Visit your library and check out a cookbook - try a new healthy recipe.

Have a “Pay it Forward” day.

Visit the Sanford-Springvale YMCA for a free one day pass – if already a member, try a new activity.

Find an inspiring quote and post it where you can see it every day.

Write down everything you eat and drink for a few days.

Read a self-improvement book.

Invite a friend for a walk – for example, the Mousam Trail.

Use a pedometer to track daily steps. (10,000 steps is recommended per day,** (25 pedometers will be given out at each library - or try an app!)

Replace sugary drinks with water (4-8 glasses of water recommended a day)."

Try a new vegetable or fruit - or rety one you haven’t had in a while (maybe with a new recipe).

Attend a library program (may be at any library).

Explore your roots - try Ancestry.com at the library or visit the Sanford/ Springvale Historical Society.

Try saying only positive things for one full day.

Replace a snack with a healthy alternative.

Low tech day - give up one technology for the day - tv, video games, smart phone apps... you choose!

Participate in an outside activity.

Take a Yoga or meditation class in person, on DVD or on-line.

Listen to a relaxation or self-help CD (or on-line).

Bring a friend to sign up for the program. (and get a raffle ticket!)

Check on your financial wellness – Stop at an SIS branch and ask how you can bank 24/7.

**Wild Card** - You choose the healthy option for the day!

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Program Information:
- The program runs March 2 - May 11 (10 weeks)
- Sign up for the program at either Springvale or Goodall Library
- As you complete items on the included checklist, visit either library to get your game board stamped.
- As you approach each “Wild” space, enter your name into the prize raffle!

Check with your doctor before starting
ANY exercise program!
This is a fun, free, non-competitive program. Participants must be 18 or older