

How to make every day in 2019 a step towards a healthier you.



**Do you want to feel better? Look better?
Have more stamina and energy?
Have you wished it were easier to live a healthier lifestyle?**

You can do it! All it takes to get started is a commitment to do at least one healthy thing every day. And there is no better time than now to make that resolution for 2019. MaineDOT invites

you to get on the road to a healthier lifestyle. We are here to help you on this important journey with information, encouragement and coaching through the **ChallengeME** program.

5 Tips for Making a Commitment to Healthier Living

1: Step up to the challenge.	2: Go for it!	3: Don't do it alone.
<p>It all begins with a commitment to a realistic, achievable goal. Enter into a contract with yourself to make at least one healthy choice every day, and to build on that over time. (We even have a contract form for you!)</p>	<p>One day at a time. Your goal will best be achieved one small step at a time, with every day you make a healthy choice or take a healthy action.</p>	<p>Include friends and family in what you are doing. Even better, enlist someone to join you in the healthier choices and actions you are taking.</p>
4: Be flexible.	5: Ask for help.	
<p>If you slip-up, don't be too hard on yourself. Remember why you set your goal(s), and get back on track as soon as you can!</p>	<p>Our ChallengeME coaches are health and wellness professionals trained to help people make the changes necessary to live a healthier, happier lifestyle. Coaching is available free of charge, and is completely confidential. Learn more at mainedot.gov/challengeme</p>	

Examples of Goals for Healthier Living

<ul style="list-style-type: none"> Lose Weight Reduce Waist Size Increase Physical Activity Improve Stamina/Energy 	<ul style="list-style-type: none"> Increase Strength Quit Smoking Improve Nutrition/Eat Healthier Reduce Sugars/Reduce Carbohydrates 	<ul style="list-style-type: none"> Drink More Water Get More Sleep/Sleep Better Reduce Stress Overall Reduce Stress over Finances
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Start Today!

Pick up and complete your ChallengeME contract from the ChallengeME committee, or download at mainedot.gov/challengeme. The contract is strictly for you, a reminder of the commitment you are making to yourself.