



# ChallengeME MONTHLY MINUTE

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Monthly topic:

## Behavior Change and Healthy Habits With Virgin Pulse

### How Can Virgin Pulse Help You?

Virgin Pulse offers a wide range of guides and tools to help you achieve your health goals.

**Nutrition Guide** allows you to set up a nutrition profile and find healthy tips and great recipes.

**Sleep Guide** provides you with customized tips and a place to see all of your sleep data in one place.

**Social Groups** are a foundational part of your wellbeing journey. Friends can prompt one another to adopt healthy habits, celebrate success, and encourage engagement. You can invite up to 10 friends outside of work to participate in your challenges.

**Team Challenges** set you up for healthy competition to help you reach your goals.

**Track Steps, Workouts, Active Minutes, & Calories Burned**

**Daily Healthy Habit Cards** help you keep track of your habits.

**Events Calendar** to keep track of upcoming activities.

### Join Virgin Pulse!

Sign up at: [join.virginpulse.com/stateofmainedot](http://join.virginpulse.com/stateofmainedot)

## Virgin Pulse Mobile App

Use the free mobile app or website to:

### Track Progress

- Track your steps and other activities
- Check your progress and milestones
- Track healthy habits

### Get Healthy Tips From Cards

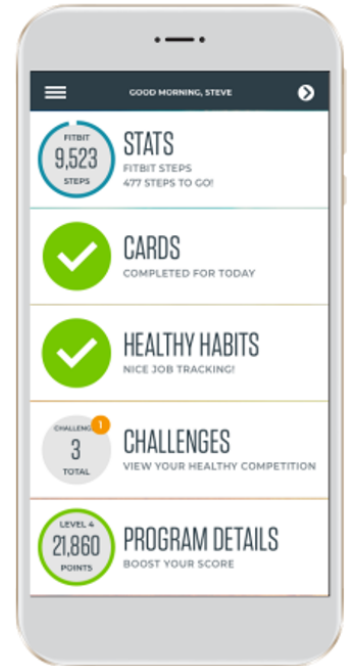
- Read, complete, and share your daily cards to explore new ways to get healthier

### Compete in Challenges

- Check your progress in a challenge by using team and individual leaderboards

### Sync Your Steps

- Automatically sync your activity from your fitness tracker
- No fitness tracker? Use the app to track your steps



## 52 Week Money Challenge

Budgeting or keeping a savings can be a healthy habit too! Keep putting money toward your savings goal.

### SEPTEMBER 2020

S	M	T	W	T	F	S	\$
30	31	01	02	03	04	05	\$36
06	07	08	09	10	11	12	\$37
13	14	15	16	17	18	19	\$38
20	21	22	23	24	25	26	\$39
27	28	29	30	01	02	03	\$40

Monthly Total: \$154

Grand Total: \$820

## Use The Five Steps to Build Real Habits That Will Last.

### HOW DO YOU BUILD HABITS?

1. Match the right behavior

2. Make it easy

3. Trigger it

4. Celebrate success

5. Practice and revise

**1. Choose a behavior.** You can start anywhere. Find a goal that interests you.

**2. Make it easy.** Think of tiny successes one after another. Celebrate the small successes.

**3. Trigger it.** A trigger tells you to "do it now". Triggers can be external, like an alarm, or from your daily routine.

**4. Celebrate Success.**

**5. Practice and Revise.** It's okay if you don't get it right the first time. Is your goal too big? Make it smaller.

**Coming Up** October: Cancer Awareness

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)