



# ChallengeME

## MONTHLY MINUTE

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Monthly topic: **A New Year**

**ChallengeME**  
MaineDOT Healthy Workforce



### Pick a Big Goal!

#### Gym Reimbursement Program

Hit the gym 8 times a month (twice a week) to get your membership reimbursed. Save money & improve your health!

#### Dempsey Challenge

September 21st, 2024 – Lewiston

Annual run, walk, or ride experience to benefit the Dempsey Center. Six different events/routes to choose from depending on your skill level, including options for novice's & the whole family.

#### Ironman 70.3 (Half Ironman)

July 28th, 2024 – Augusta

1.2 Miles of swimming in the Kennebec, 56 Miles of biking, and 13.1 Miles of Running. If you really want to challenge yourself – this is for you!

#### Build your Emergency Fund

An ideal emergency fund would cover at least 3 months of your living expenses. Pick an amount to set aside every month that is challenging but reasonable. You may have to cut back on unnecessary purchases to meet your goal.

### Looking for more information?

#### The Dempsey Challenge

<https://www.dempseycenter.org/>

#### Ironman 70.3

<https://www.ironman.com/im703-maine>

#### Living Resources (EAP)

[www.guidanceresources.com](http://www.guidanceresources.com)

### Choose a Secondary Resolution

If you have the bandwidth for it, pick an additional resolution that is a long-term mindset change rather than a single goal. Use the questions below to brainstorm about changes you want to make in your life.

#### Relationships

How can you be a better partner, parent, or friend? Are you making time for your Family? Have you unintentionally fallen out of contact with loved ones? Take a step back and evaluate what you can do to foster your relationships.

#### Work Life

Can you become more engaged at work? Would you be interested in taking a class at the training center or signing up for a college course? Are you bringing work stress home with you? What would it take for you to love your job? You might have more control over it than you think!

#### Fulfillment

Do you feel fulfilled? Have you recently felt like you made a positive impact on someone else's life? The secret to feeling more fulfilled is to improve others' lives. Consider volunteering your time, donating to charity, or raising awareness for a cause you care about.

### Visit the ChallengeME Website:

#### Sign up for Health Coaching:

Call: TTY: 800.697.0353 | Online: [guidanceresources.com](http://guidanceresources.com)

WellStarME: [wellstar@mcd.org](mailto:wellstar@mcd.org) | 207-620-9202

#### Health & Wellness Navigation Team

[wellnessnavigator@mcd.org](mailto:wellnessnavigator@mcd.org) | 207-620-9209

For benefits questions, please contact Employee Health & Wellness: (207) 624-7380 or 1-800-422-4503 TTY: dial Maine Relay 711 or visit [maine.gov/mdot/challengeme](http://maine.gov/mdot/challengeme)

**Coming up February: Heart Health**

Comments, questions, ideas, or submissions?  
Please email [Elizabeth.Moulton@maine.gov](mailto:Elizabeth.Moulton@maine.gov)