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TUNE: Live Your Life Like It's Your Favorite Song

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"It's about me being able to find my identity, my values, who I am... have a fully confident sense of self." – TUNE Artist

The Nebraska Department of Health and Human Services (DHHS) recently launched TUNE, a unique and interactive health and wellness program to help young women make positive choices and live healthier lives through music.

It's a way to turn inspiration into songs that empower young women, 16 to 25, to choose a healthy lifestyle early on and to stay in tune with themselves.

Nebraska was one of 13 states to receive federal funding to develop an information campaign. All pieces of TUNE tie in health messages with the overall theme to "live your life like it's your favorite song."

The music was selected from more than 150 original songs from across the United States and a few other countries through a contest. Eight finalists were chosen – five from Nebraska, two from Texas and one from Iowa. The artists received a recording session and music video.

TUNE uses many ways to promote the music and messages to young women including Twitter, MySpace, Facebook, YouTube and a custom website with free downloads. So start living life like it's your favorite song. Go to <http://www.tunemylife.org> to meet the artists, hear their songs. Find out what inspired them and what can inspire you.