

# Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>5</b> Eat healthy and natural food today and drink lots of water	 <b>6</b> Turn a regular activity into a playful game today	 <b>7</b> Do a body-scan meditation and really notice how your body feels	<b>1</b> Commit to being more active this month, starting today	<b>2</b> Listen to your body and be grateful for what it can do	<b>3</b> Spend as much time as possible outdoors today	<b>4</b> Have a day free from TV or screens and get moving instead
<b>12</b> Set yourself an exercise goal or sign up to an activity challenge	<b>13</b> Move as much as possible, even if you're stuck inside	<b>14</b> Make sleep a priority and go to bed in good time	<b>8</b> Get natural light early in the day. Dim the lights in the evening	<b>9</b> Give your body a boost by laughing or making someone laugh	<b>10</b> Turn your housework or chores into a fun form of exercise	<b>11</b> Be active outside. Dig up weeds or plant some seeds
<b>19</b> Have a 'no screens' night and take time to recharge yourself	<b>20</b> Spend less time sitting today. Get up and move more often	<b>21</b> Focus on 'eating a rainbow' of multi-coloured vegetables today	<b>15</b> Relax your body & mind with yoga, tai chi or meditation	<b>16</b> Get active by singing today (even if you think you can't sing!)	<b>17</b> Go exploring around your local area and notice new things	<b>18</b> Make time to run, swim, dance, cycle or stretch today
 <b>26</b> Try a new online exercise, activity or dance class	<b>27</b> Take an extra break in your day and walk outside for 15 minutes	<b>28</b> Find a fun exercise to do while waiting for the kettle to boil	<b>22</b> Regularly pause to stretch and breathe during the day	<b>23</b> Enjoy moving to your favourite music. Really go for it	<b>24</b> Go out and do an errand for a loved one or neighbour	<b>25</b> Get active in nature. Feed the birds or go wildlife-spotting
	<b>29</b> Meet a friend outside for a walk and a chat		<b>30</b> Become an activist for a cause you really believe in			

ACTION FOR HAPPINESS

Happier · Kinder · Together

