# Action Calendar – Active April 2024

## Active April - Day 1 Monday

Commit to being more active this month, starting today

## Active April - Day 2 Tuesday

Spend as much time as possible outdoors today

## Active April - Day 3 Wednesday

Listen to your body and be grateful for what it can do

## Active April - Day 4 Thursday

Eat healthy and natural food today and drink lots of water

## Active April - Day 5 Friday

Turn a regular activity into a playful game today

## Active April - Day 6 Saturday

Do a body-scan meditation and really notice how your body feels

## Active April - Day 7 Sunday

Get natural light early in the day. Dim the lights in the evening

## Active April - Day 8 Monday

Give your body a boost by laughing or making someone laugh

## Active April - Day 9 Tuesday

Turn your housework or chores into a fun form of exercise

## Active April - Day 10 Wednesday

Have a day with less screen time and more movement

## Active April - Day 11 Thursday

Set yourself an exercise goal or sign up to an activity challenge

## Active April - Day 12 Friday

Move as much as possible, even if you’re stuck inside

## Active April - Day 13 Saturday

Make sleep a priority and go to bed in good time

## Active April - Day 14 Sunday

Relax your body & mind with yoga, tai chi or meditation

## Active April - Day 15 Monday

Get active by singing today (even if you think you can’t sing!)

## Active April - Day 16 Tuesday

Go exploring around your local area and notice new things

## Active April - Day 17 Wednesday

Be active outside. Plant some seeds and encourage growth

## Active April - Day 18 Thursday

Try out a new exercise, activity or dance class

## Active April - Day 19 Friday

Spend less time sitting today. Get up and move more often

## Active April - Day 20 Saturday

Focus on 'eating a rainbow' of multi-coloured vegetables today

## Active April - Day 21 Sunday

Regularly pause to stretch and breathe during the day

## Active April - Day 22 Monday

Enjoy moving to your favourite music. Really go for it

## Active April - Day 23 Tuesday

Go out and do an errand for a loved one or neighbour

## Active April - Day 24 Wednesday

Get active in nature. Feed the birds or go wildlife-spotting

## Active April - Day 25 Thursday

Have a ‘no screens’ night and take time to recharge yourself

## Active April - Day 26 Friday

Take an extra break in your day and walk outside for 15 minutes

## Active April - Day 27 Saturday

Find a fun exercise to do while waiting for the kettle to boil

## Active April - Day 28 Sunday

Meet a friend outside for a walk and a chat

## Active April - Day 29 Monday

Become an activist for a cause you really believe in

## Active April - Day 30 Tuesday

Make time to run, swim, dance, cycle or stretch today