# Action Calendar – Active April 2022

## Active April - Day 1 Friday

Commit to being more active this month, starting today

## Active April - Day 2 Saturday

Spend as much time as possible outdoors today

## Active April - Day 3 Sunday

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

## Active April - Day 4 Monday

Eat healthy and natural food today and drink lots of water

## Active April - Day 5 Tuesday

Turn a regular activity into a playful game today

## Active April - Day 6 Wednesday

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

## Active April - Day 7 Thursday

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

## Active April - Day 8 Friday

Give your body a boost by laughing or making someone laugh

## Active April - Day 9 Saturday

Turn your housework or chores into a fun form of exercise

## Active April - Day 10 Sunday

Have a day free from TV or screens and get moving instead

## Active April - Day 11 Monday

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

## Active April - Day 12 Tuesday

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

## Active April - Day 13 Wednesday

Make sleep a priority and go to bed in good time

## Active April - Day 14 Thursday

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

## Active April - Day 15 Friday

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

## Active April - Day 16 Saturday

Go exploring around your local area and notice new things

## Active April - Day 17 Sunday

Be active outside. Dig up weeds or plant some seeds

## Active April - Day 18 Monday

Try a new online exercise, activity or dance class

## Active April - Day 19 Tuesday

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

## Active April - Day 20 Wednesday

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

## Active April - Day 21 Thursday

Regularly pause to stretch and breathe during the day

## Active April - Day 22 Friday

Enjoy moving to your favourite music. Really go for it

## Active April - Day 23 Saturday

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

## Active April - Day 24 Sunday

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

## Active April - Day 25 Monday

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

## Active April - Day 26 Tuesday

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

## Active April - Day 27 Wednesday

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

## Active April - Day 28 Thursday

Meet a friend outside for a walk and a chat

## Active April - Day 29 Friday

Become an activist for a cause you really believe in

## Active April - Day 30 Saturday

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