Active April 2022

**MONDAY**
- Eat healthy and natural food today and drink lots of water

**TUESDAY**
- Turn a regular activity into a playful game today

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

**THURSDAY**
- Get natural light early in the day. Dim the lights in the evening

**FRIDAY**
- Commit to being more active this month, starting today
- Spend as much time as possible outdoors today

**SATURDAY**
- Give your body a boost by laughing or making someone laugh
- Turn your housework or chores into a fun form of exercise

**SUNDAY**
- Listen to your body and be grateful for what it can do
- Have a day free from TV or screens and get moving instead
- Be active outside. Dig up weeds or plant some seeds

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

**12** Move as much as possible, even if you're stuck inside

**13** Make sleep a priority and go to bed in good time

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

**15** Get active by singing today (even if you think you can't sing!)

**16** Go exploring around your local area and notice new things

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

**18** Try a new online exercise, activity or dance class

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

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

**21** Regularly pause to stretch and breathe during the day

**22** Enjoy moving to your favourite music. Really go for it

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

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

**25** Have a 'no screens' night and take time to recharge yourself

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

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

**28** Meet a friend outside for a walk and a chat

**29** Become an activist for a cause you really believe in

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

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**ACTION FOR HAPPINESS**

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