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

TUESDAY
4 Eat healthy and natural food today and drink lots of water

WEDNESDAY
5 Turn a regular activity into a playful game today

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

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

SATURDAY
1 1 Commit to being more active this month, starting today
2 2 Spend as much time as possible outdoors today

SUNDAY
9 9 Turn your housework or chores into a fun form of exercise
16 16 Go exploring around your local area and notice new things
23 23 Go out and do an errand for a loved one or neighbour