Active April 2023

Monday:
3. Listen to your body and be grateful for what it can do
4. Eat healthy and natural food today and drink lots of water
5. Turn a regular activity into a playful game today
6. Do a body-scan meditation and really notice how your body feels
7. Get natural light early in the day. Dim the lights in the evening

Tuesday:
8. Give your body a boost by laughing or making someone laugh
9. Turn your housework or chores into a fun form of exercise

Wednesday:
10. Have a day with less screen time and more movement
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

Thursday:
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

Friday:
17. Be active outside. Dig up weeds or plant some seeds
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

Saturday:
22. Enjoy moving to your favourite music. Really go for it
23. Go out and do an errand for a loved one or neighbour

Sunday:
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

Action for Happiness

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