



ACTION CALENDAR: ACTIVE APRIL 2018



SUNDAY

1 Commit to doing something active every day this month

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

15 Sign up for an activity challenge as a goal to work towards

22 Arrange to meet up with friends and do something active

29 Spend as much time as possible outdoors today

MONDAY

2 Have an outdoor walking meeting, instead of sitting inside

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

16 Go to bed an hour earlier than normal (set a reminder!)

23 Spend less time sitting down today - get up and move more!

30 Make time for doing your favourite sport or exercise

TUESDAY

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

10 Join an activity club or class that you'll actually enjoy

17 Choose to park further away and enjoy some extra exercise

24 Actively 'eat a rainbow' of multi-coloured vegetables today



WEDNESDAY

4 Go up and down the stairs whenever possible today

11 Eat only healthy & natural food and drink lots of water

18 Do stretch and breathe exercises at 3 different times

25 Get out into nature. Feed the birds or go wildlife-spotting



THURSDAY

5 Get natural light early in the day. Turn off lights in the evening

12 Choose to walk or cycle instead of going by car or bus

19 Take an extra break in your day and go for a 15 min walk outside

26 Recharge yourself. Avoid tech for 2 hours before bedtime

FRIDAY

6 Enjoy dancing to your favourite music. Really go for it :)

13 Go exploring around your local area and notice new things

20 Relax your body & mind with Yoga, Tai Chi or Meditation

27 Do something active and fun like air guitar or a silly walk :)

SATURDAY

7 Get outside and plant a tree, flowers or some seeds

14 Turn your housework or chores into a good form of exercise

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

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



"Take care of your body. It's the only place you have to live" ~ Jim Rohn

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys