



ACTION CALENDAR: ACTIVE APRIL 2018





SUNDAY

Commit to doing something active every day this month

- 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

- 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!
- Make time for doing your favourite sport or exercise

TUESDAY

- Listen to your body and be grateful for what it can do
- Join an activity club or class that you'll actually enjoy
- 17 Choose to park further away and enjoy some extra exercise
- Actively 'eat a rainbow' of multi-coloured vegetables today

WEDNESDAY

- 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

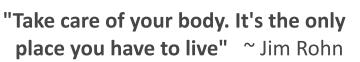
- Get natural light early in the day. Turn off lights in the evening
- 12 Choose to walk or cycle instead of going by car or bus
- **19** Take an extra break in your day and go for a 15 min walk outside
- 26 Recharge yourself. Avoid tech for 2 hours before bedtime

FRIDAY

- **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

- 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





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