

# Active April 2021

MONDAY



5 Eat healthy and natural food today and drink lots of water

12 Set yourself an exercise goal or sign up to an activity challenge

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

26 Try a new online exercise, activity or dance class

TUESDAY



6 Turn a regular activity into a playful game today

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

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

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

WEDNESDAY



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

14 Make sleep a priority and go to bed in good time

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

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

THURSDAY

1 Commit to being more active this month, starting today

8 Get natural light early in the day. Dim the lights in the evening

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

22 Regularly pause to stretch and breathe during the day

29 Meet a friend outside for a walk and a chat

FRIDAY



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

9 Give your body a boost by laughing or making someone laugh

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

23 Enjoy moving to your favourite music. Really go for it

30 Become an activist for a cause you really believe in

SATURDAY

3 Spend as much time as possible outdoors today

10 Turn your housework or chores into a fun form of exercise

17 Go exploring around your local area and notice new things

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

SUNDAY

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

11 Be active outside. Dig up weeds or plant some seeds

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

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

