



ACTION CALENDAR: ACTIVE APRIL 2019



MONDAY

1 Commit to doing something active every day this month

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

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

22 Arrange to get together with a friend to walk and talk

29 Spend as much time as possible outdoors today

TUESDAY

2 Have an outdoor meeting, instead of sitting down inside

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

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

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

30 Make time for doing your favourite sport or activity

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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

SATURDAY

6 Go exploring around your local area and notice new things

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

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

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

SUNDAY

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

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

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

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



"Movement is a medicine for changing our physical, emotional and mental states" ~ Carol Welch



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