# Action Calendar – Active April 2023

## Active April - Day 1 Saturday

Commit to being more active this month, starting today

## Active April - Day 2 Sunday

Spend as much time as possible outdoors today

## Active April - Day 3 Monday

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

## Active April - Day 4 Tuesday

Eat healthy and natural food today and drink lots of water

## Active April - Day 5 Wednesday

Turn a regular activity into a playful game today

## Active April - Day 6 Thursday

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

## Active April - Day 7 Friday

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

## Active April - Day 8 Saturday

Give your body a boost by laughing or making someone laugh

## Active April - Day 9 Sunday

Turn your housework or chores into a fun form of exercise

## Active April - Day 10 Monday

Have a day with less screen time and more movement

## Active April - Day 11 Tuesday

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

## Active April - Day 12 Wednesday

Move as much as possible, even if you’re stuck inside

## Active April - Day 13 Thursday

Make sleep a priority and go to bed in good time

## Active April - Day 14 Friday

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

## Active April - Day 15 Saturday

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

## Active April - Day 16 Sunday

Go exploring around your local area and notice new things

## Active April - Day 17 Monday

Be active outside. Dig up weeds or plant some seeds

## Active April - Day 18 Tuesday

Try a new online exercise, activity or dance class

## Active April - Day 19 Wednesday

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

## Active April - Day 20 Thursday

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

## Active April - Day 21 Friday

Regularly pause to stretch and breathe during the day

## Active April - Day 22 Saturday

Enjoy moving to your favourite music. Really go for it

## Active April - Day 23 Sunday

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

## Active April - Day 24 Monday

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

## Active April - Day 25 Tuesday

Have a ‘no screens’ night and take time to recharge yourself

## Active April - Day 26 Wednesday

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

## Active April - Day 27 Thursday

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

## Active April - Day 28 Friday

Meet a friend outside for a walk and a chat

## Active April - Day 29 Saturday

Become an activist for a cause you really believe in

## Active April - Day 30 Sunday

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