**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

**TUESDAY**
2. Have an outdoor meeting, instead of sitting down inside
9. Do a body-scan meditation and really notice how your body feels

**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

**THURSDAY**
4. Go up and down the stairs whenever possible today
11. Eat only healthy & natural food and drink lots of water

**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

**SATURDAY**
6. Go exploring around your local area and notice new things
13. Turn your housework or chores into a good form of exercise

**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

**ACTION FOR HAPPINESS**

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

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