

Active April

Get active with us in the Yarra Ranges this April! Join in on the fun – tick off daily activities and upload a photo to Instagram with the hashtag #yrcactiveapril!



1 Drink at least 8 glasses of water today! <input type="checkbox"/>	2 Balance on each foot for 1-minute while brushing your teeth! <input type="checkbox"/>	3 Get outside for a 30-minute walk today! <input type="checkbox"/>	4 Prioritise your sleep and get to bed earlier than normal. <input type="checkbox"/>	5 Try a new online workout with Get Active Victoria! <input type="checkbox"/>
6 Calm your mind with a 10-minute guided meditation. <input type="checkbox"/>	7 Eat your 5 serves of vegetables today! <input type="checkbox"/>	8 Reduce your screen time and replace it with movement. <input type="checkbox"/>	9 Allow your body to recover by stretching today. <input type="checkbox"/>	10 Get out in nature and spot 10 different birds! <input type="checkbox"/>
11 Take the stairs instead of an elevator. <input type="checkbox"/>	12 Write down 3 things you're grateful for today! <input type="checkbox"/>	13 Drink a glass of water before each meal. <input type="checkbox"/>	14 Invite a friend or neighbour to walk with you! <input type="checkbox"/>	15 Dance to your favourite songs for 10 minutes! <input type="checkbox"/>
16 Do a full body mindfulness scan to check in with yourself. <input type="checkbox"/>	17 Join an online exercise class with Reclink Connect. <input type="checkbox"/>	18 Eat 2 serves of fruit today! <input type="checkbox"/>	19 Make household chores more fun by listening to music! <input type="checkbox"/>	20 Walk around the block on your lunch break. <input type="checkbox"/>
21 Read a book for 20 minutes before going to sleep. <input type="checkbox"/>	22 Do some deep breathing while waiting for something. <input type="checkbox"/>	23 Stand up and stretch your body every hour. <input type="checkbox"/>	24 Park away from the shops and walk the extra distance. <input type="checkbox"/>	25 Plan an outing with a loved one. <input type="checkbox"/>
26 Set a goal for a number of steps today! <input type="checkbox"/>	27 Pause for a moment to appreciate nature when outside! <input type="checkbox"/>	28 Walk around while talking on the phone. <input type="checkbox"/>	29 Go screen free for 2 hours before going to sleep! <input type="checkbox"/>	30 Take a moment to be grateful for daily movement. <input type="checkbox"/>