

# Active April

## Wellness Calendar

Join the fun by completing daily activities and sharing on Instagram #YRCActiveApril



Mindfulness and Mental Health

Community and Social Connection

Movement

Digital Detox and Relaxation

Eating Well

Mixed Wellness Activities

<b>1</b> Do a full body mindfulness scan to check in with yourself <input type="checkbox"/>	<b>2</b> Do 5 minutes of deep breathing exercises <input type="checkbox"/>	<b>3</b> Stretch your body for 10 minutes <input type="checkbox"/>	<b>4</b> Walk in nature and notice 5 different things <input type="checkbox"/>	<b>5</b> Spend 10 minutes doing a hobby you enjoy <input type="checkbox"/>
<b>6</b> Follow a 10-minute beginner yoga routine <input type="checkbox"/>	<b>7</b> Do a 15-minute brisk walk <input type="checkbox"/>	<b>8</b> Try a 10-minute online workout <input type="checkbox"/>	<b>9</b> Walk or jog for 20 minutes <input type="checkbox"/>	<b>10</b> Balance on each leg for 15 seconds <input type="checkbox"/>
<b>11</b> Eat a nutritious snack like fruits or nuts <input type="checkbox"/>	<b>12</b> Drink 8 glasses of water <input type="checkbox"/>	<b>13</b> Prepare and eat a simple nutritious meal <input type="checkbox"/>	<b>14</b> Try a new fruit <input type="checkbox"/>	<b>15</b> Try a new vegetable <input type="checkbox"/>
<b>16</b> Walk around the block with a colleague during your lunch break <input type="checkbox"/>	<b>17</b> Help a friend or family member with a physical task <input type="checkbox"/>	<b>18</b> Attend a group fitness class <input type="checkbox"/>	<b>19</b> Call a friend while walking <input type="checkbox"/>	<b>20</b> Go for a walk with a friend or family member <input type="checkbox"/>
<b>21</b> Read a book for 20 minutes <input type="checkbox"/>	<b>22</b> Go screen free for 2 hours before going to sleep <input type="checkbox"/>	<b>23</b> Go for a walk without your phone <input type="checkbox"/>	<b>24</b> Spend 10 minutes journaling <input type="checkbox"/>	<b>25</b> Plan a phone-free outing with a friend <input type="checkbox"/>
<b>26</b> Reach your step goal <input type="checkbox"/>	<b>27</b> Stand outside for 5 minutes, close your eyes and take in the sounds <input type="checkbox"/>	<b>28</b> Dance to your favourite songs for 10 minutes <input type="checkbox"/>	<b>29</b> Share a positive message <input type="checkbox"/>	<b>30</b> Reflect on your wellness progress for Active April <input type="checkbox"/>