

Active April

Wellbeing Calendar

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



Mindfulness and Mental Health

Digital Detox and Relaxation

Community and Social Connection

Movement

Mixed Wellness Activities

Eating Well

Do a full body mindfulness scan <input type="checkbox"/>	Do 5 minutes of deep breathing exercises <input type="checkbox"/>	Stretch your body for 10 minutes <input type="checkbox"/>	Walk in nature and notice 5 different things <input type="checkbox"/>	Spend 10 minutes doing a hobby you enjoy <input type="checkbox"/>
Follow a 10-minute beginner yoga routine <input type="checkbox"/>	Do a 15-minute brisk walk <input type="checkbox"/>	Try a 10-minute online workout <input type="checkbox"/>	Walk or jog for 20 minutes <input type="checkbox"/>	Balance on each leg for 15 seconds <input type="checkbox"/>
Eat a nutritious snack like fruits or nuts <input type="checkbox"/>	Drink 8 glasses of water <input type="checkbox"/>	Prepare and eat a simple nutritious meal <input type="checkbox"/>	Try a new fruit <input type="checkbox"/>	Try a new vegetable <input type="checkbox"/>
Walk around the block during your lunch break <input type="checkbox"/>	Help someone with a physical task <input type="checkbox"/>	Attend a group fitness class <input type="checkbox"/>	Call a friend while walking <input type="checkbox"/>	Go for a walk with a friend or family member <input type="checkbox"/>
Read a book for 20 minutes <input type="checkbox"/>	Go screen free for 2 hours before bed <input type="checkbox"/>	Go for a walk without your phone <input type="checkbox"/>	Spend 10 minutes journaling <input type="checkbox"/>	Plan a phone-free outing with a friend <input type="checkbox"/>
Reach your step goal <input type="checkbox"/>	Stand outside for 5 minutes and listen <input type="checkbox"/>	Dance to your favourite songs for 10 minutes <input type="checkbox"/>	Share a positive message <input type="checkbox"/>	Reflect on your Active April progress <input type="checkbox"/>

