

Activate April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Feel free to adapt or replace activities so your Activate April best suits you!

1

Change a short car journey for a walk

2

Follow a 15 minute YouTube video



3

Keep your heels on the ground and lift your toes up for 1 minute

4

Throw air punches while the kettle boils

5

Stretch your legs at the start of every hour

6

Hold your arms up for 2 minutes

7

Hold a squat while brushing your teeth

8

Park further away than usual

9

Do a small DIY task



10

Stand up and shimmy whenever you feel tired

11

March on the spot while watching TV

12

Dance to your favourite song

13

Get some fresh air at lunch time

14

Lift and lower your legs while you read

15

Carry in the shopping one bag at a time

16

Spend time in your garden/local park



17

Lunge from one side of the room to the other

18

Take the stairs wherever possible

19

Twist your body at the waist when you're losing concentration

20

Do 20 bicep curls holding tin cans

21

Keep your toes on the ground and lift your heels up for 1 minute

22

Act out a film scene and see if someone can guess it

23

Polish the surfaces around your home

24

Spend some time focusing on your breathing

25

Vacuum your home

26

Do a star jump every time you stand up

27

Turn your head slowly towards each shoulder three times

28

Repeat the action of your favourite day!

29

Go for a walk with someone

30

While standing, cross one leg in front of the other, repeat

