

ACTIVE APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Invite family members to take a walk with you. Journal! Write down some positive things that happened in your day.	2 As you get out of bed, put on some music and dance yourself awake. Even though it's Monday, Smile! It helps to activate your brain.	3 If you sit at a desk, try standing and taking a walk for 5-10 minutes every hour. Try using your less dominant hand for simple tasks.	4 Take the stairs! Write down your dreams when you wake up.	5 If you are going to talk on the phone, stand or walk around instead of sitting. Try using chopsticks to eat!	6 Try Tai Chi! When you wake up, create a quick one minute vlog with your phone of what you want to accomplish for the day.	7 Go for a bike ride! Doodle! Then put them on the fridge.
8 Try out some yoga! Learn how to play chess.	9 If you have a dog, go for a nice walk (if you don't, pretend you have one and still go for a walk) Grab a book and do some reading.	10 Get outside and do some yard work! Practice some deep breathing.	11 Lose the remote... if you are going to watch TV, get up each time you want to change the channel. Learn how to play Mahjong.	12 Play a game of tag! (It's not just for kids!) Give aromatherapy a try.	13 Make housework a little more fun by adding some music and dance moves Take a MindReset! #TMR	14 Try plogging (picking up trash while jogging) Do the morning crossword.
15 Get up and walk during commercials if watching TV. Try learning a new language.	16 Roll your shoulders and do some stretching while you sit. Take a hot bath and relax.	17 Learn to play a musical instrument. Write a letter to a friend or relative.	18 Ping pong anyone? Do chores with your eyes closed.	19 After doing laundry, carry clothes an armload at a time. Read a book aloud.	20 Help a neighbor clean their yard! Take a new route home.	21 Do leg lunges as you walk down hallways. Try something new.
22 Try a climbing wall. Choose to do something using only your mind and body as a resource.	23 Use the kitchen counter to do pushups while bracing your hands on the counter. Connect with someone new.	24 Lift laundry detergent bottles like they are weights. Write a story.	25 Rearrange the furniture! Engage in a cultural activity.	26 Use a stability ball instead of a chair. Set daily goals.	27 Practice holding your stomach tense while you sit or stand. Take a MindReset. #TMR	28 Create your own dance moves. Share memories with a family member or friend.
29 Clean out a closet! Play brainteasers.	30 Walk backwards down the hall! Take a MindReset. #TMR	<p>What: A daily list of activities that can be done throughout a typical day. Each activity is either physical or mental and promotes part of a healthy lifestyle.</p> <p>Who: Anyone who wants some ideas for being more active in their day to day lives!</p> <p>Why: Being active is an important part of living a healthy lifestyle, The MindReset encourages all individuals to be mindful and engage in self-care. Additionally, you may be able to help others around you become more active as well!</p>				