







# April 2022

## Wellness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><i>April Goals:</i>            *Move for 30 minutes a day!            *Be aware of nutrition &amp; water intake.</p>	<p>1 April Fools Day            Your health is no joke.            *Make 2 goals to use all month long.            #1 and #2 Goals</p>	<p>2 It's time to move            *Walk            *Run/Jog            *Hike            Breathe in the fresh air as you move.</p>
<p>3 Nutrition Day            *Get 3-4 servings of fresh vegetables today.            *Drink 8-10 glasses of water today</p>	<p>4 Mental Health Monday            *Take 3-15 minutes to journal, sit quietly, breathe, or practice yoga.</p>	<p>5 Digital Diet            Stay off social media and technology 2 hours before you go to sleep.</p>	<p>6 Thank You Note            Send a thank you note to someone that has shown kindness to you this month.</p>	<p>7 Notice how you feel mentally &amp; physically            Take time to notice without judgement.            Move your body or Journal as support.</p>	<p>8 Grateful Practice            List 5 things that you are grateful for.</p> 	<p>9 Stressors            Acknowledge the stressors. Anticipate when they may occur.            Take a deep breath &amp; pause beforehand.</p>
<p>10 Incorporate an additional 30-45 minutes of activity outdoors today.            Snow, rain or shine—go outdoors!</p>	<p>11 Mental Health Monday            *Take 3-15 minutes to journal, sit quietly, breathe, or practice yoga.</p>	<p>12 Notice how you feel mentally &amp; physically. Take time to notice without judgement. Move your body or Journal as support.</p>	<p>13 Grateful Practice            List 5 things that you are grateful for.</p> 	<p>14 Thank You Note            Send a thank you note to someone that has shown kindness to you this month.</p>	<p>15 Stressors            Acknowledge the stressors. Anticipate when they may occur.            Take a deep breath &amp; pause beforehand.</p>	<p>16 Dance Party            Begin your Saturday with your favorite music. Dance Like No One Is Watching!</p>
<p>17 Nutrition Day            *Get 3-4 servings of fresh vegetables today.            *Drink 8-10 glasses of water today</p>	<p>18 Mental Health Monday            *Take 3-15 minutes to journal, sit quietly, breathe, or practice yoga.</p>	<p>19 Thank You Note            Send a thank you note to someone that has shown kindness to you this month.</p>	<p>20 Notice how you feel mentally &amp; physically Take time to notice without judgement. Move your body or Journal as support.</p>	<p>21 Preventative Care            Make an effort to make appointments for dental, vision, mental &amp; physical health this week.</p>	<p>22 Picnic Dinner            It may be rainy or sunny. Plan for a picnic indoors or outside tonight.</p> 	<p>23 Strength Train            Incorporate weights or body weights into your exercise routine.            Excellent for bone density for all ages.</p>
<p>24 Healthy Eating            Make a conscious effort to eat extra fruits and vegetables this week.</p>	<p>25 Mental Health Monday            *Take 3-15 minutes to journal, sit quietly, breathe, or practice yoga.</p>	<p>26 Grateful Practice            List 5 things that you are grateful for.</p> 	<p>27 Check in on your eating habits.            Eat additional fresh vegetables and fruit this week.</p>	<p>28 Cardio Day            Run, Cycle, HIIT or Swim for 30 minutes.            Increase your heart rate &amp; burn calories.            *Mental Clarity!</p>	<p>29 Notice how you feel mentally &amp; physically Take time to notice without judgement. Move your body or Journal as support.</p>	<p>30 Acknowledge your progress from meeting the goals you set this month!!! Celebrate your wellness.</p>