

2021 APRIL

A healthy lifestyle is made up of a collection of daily decisions. Eating better and exercise may seem insignificant, but when spread out over a week, month or year, it adds up to a healthy, happy you! **Print out this calendar and check it daily** to see what little things you can do to keep healthy, strong and motivated.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



April is National Move More Month

National Move More Month is every April and the objective of this month is clear and simple: get up and move! Set a goal to MOVE this month, create a workout routine that you can stick with!

1
Schedule Your Workouts
Get your workouts ready for the month! Pencil them in weekly like any other appointment.

BELIEVE THERE IS GOOD IN THE WORLD

3
Healthy Grocery List Ideas
Need some ideas to kickstart healthier grocery shopping for the month? Check this list out: bit.ly/3clgzmj

4
HAPPY EASTER

5
Eat Smart At Work
Like to nibble while you work? Try to find ways to eat healthy snacks throughout the day. bit.ly/3dbxLy

Get up... get out... and get going and make it happen!

7
Stress Management
Add some greenery to your scenery. Adding indoor plants to your desktop can have a soothing effect and make your space feel calmer.



8
Hydrate!
Struggle to drink enough water each day? Use a marked water bottle to help motivate you: amzn.to/2JJrA5K

10
Weekend Motivation
Finish what you start. Don't let your list of to do's add up. Start and finish a project this weekend and high five yourself!

11
Meal Prep
Meal prepping can save time and money! Plan out your meals this weekend so you can grab and go during the week.

14
Slow-Cooker Vegetarian Tex-Mex Casserole
This delicious slow cooker recipe is healthy and savory and will be ready when you're done with work. Kick it up by adding a protein. bit.ly/3rll8RZ

14
Go Hard
Happy Wednesday! Make today your hardest workout of the week. Tomorrow, rest and recover.

15
Skip Day!
Halfway through the month already? Take the day off from exercising and check in with your goals tomorrow.

16
Dinner Plans?
Plans to go out to dinner tonight? Challenge yourself to eat a low calorie entree and drink two glasses of water.

17
Buy Local
Check out the benefits of supporting farmers markets. bit.ly/2S1Jwdp

18
Unplug!
Put down your tablet or phone for a couple of hours and enjoy a good book, exercise or practice some breathing exercises.

19
Eat Slower This Week
Taking smaller bites and thoroughly chewing your food helps lead to fewer digestive problems and weight loss.

20
Mindful Moment Tip
Wash your bowl. Rinse away self-importance and clean up your own mess. Don't leave anything undone.

21
No Time To Exercise?
There is always a way to sneak movement into your day. Today, be sure to stand up and do some lunges while you're on a few work calls.

22
Happy Earth Day

YOU CAN GROW YOUNG OR OLD; THE CHOICE IS YOURS.

24
Sit Less Today
Weekends are for relaxing, but challenge yourself to find reasons to stay busy and active today.

25
Me Time
It's Sunday! Make time for yourself today. Take a break from your weekend routine and enjoy doing something just for you.

IMPROVE YOUR OUTLOOK: EXERCISE RELIEVES TENSION AND DECREASES STRESS.

27
No Fast Food Challenge!
Yes, we know it's convenient, but challenge yourself this week to not find yourself in the drive-thru line.

28
Have you had your fruits and veggies today?
Plan on eating a colorful salad for lunch or dinner.

29
Quick Pre-Shower Workout
20 squats
15 crunches
20 push ups
Don't forget to eat a healthy breakfast!

30
Congrats!
You made it through April! How did you do? Start thinking about May's goals while you're at it!

APRIL GOALS