



AUGUST 2024



ACTIVE AUGUST



SUN	MON	TUE	WED	THU	FRI	SAT
			<p>Come on!</p>  <p>You can do it!</p>	1 Commit to being more active this month, starting today	2 Have a day free from tv and screens and get moving instead	3 Eat healthy and natural foods today
4 Try something new to get out of your comfort zone	5 Turn a regular activity into a playful game	6 Do a body scan and really notice how your body feels	7 Take an extra break in your day to walk outside	8 Give your body a boost by laughing or making someone laugh	9 Turn household chores into a fun exercise	10 Set an exercise goal or sign up for a workout class
11 Make an effort to stay hydrated today	12 Be active outside. Dig up weeds or plant flowers	13 Make sleep a priority and go to bed on time	14 Move as much as possible, even if you're stuck indoors	15 Relax your mind and body with yoga or meditation	16 Get active by singing and dancing around	17 Explore your local surroundings and notice new things
18 Make time to stretch	19 Go for a walk, jog, or bike ride	20 Avoid screens at night and take time to recharge	21 Spend less time sitting, get up and move	22 Focus on eating a "rainbow" of multi-colored vegetables	23 Regularly pause to stretch and take deep breaths	24 Enjoy moving to your favorite music
25 Go out and do an errand for a loved one	26 Get active in nature. Feed the birds or look for wildlife	27 Try a new online exercise	28 Get natural light early in the day. Dim the lights in the evening	29 Meet a friend outside for a walk and a chat	30 Spend as much time as possible outdoors	31 Listen to your body and be grateful for what it can do