

# April 2025

## Wellness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Spring is a great time to go through your digital files and emails. Clean up your devices, unsubscribe from unnecessary newsletters, and declutter your digital life to feel more organized and less overwhelmed.	2 Fuel your muscles by eating protein after a workout to help with muscle repair and recovery.	3 Instead of sitting still, stretch your legs and back during your favorite shows to add gentle movement.	4 April is a great time to snack on early spring vegetables like snap peas, radishes, and baby carrots. These are perfect for dipping into hummus or adding to salads.	5 Set a small, achievable fitness goal each week, like doing 5 extra minutes of cardio or increasing your plank time by 10 seconds.
6 Eat a salad with a variety of colorful vegetables to maximize your nutrient intake.	7 Aim for a consistent sleep schedule by going to bed and waking up at the same time each day. Sleep is essential for physical recovery, mental clarity, and emotional well-being.	8 With the days getting longer, use the extra daylight to get outside in the evening. A walk after dinner or outdoor stretching can help promote better sleep and relaxation.	9 Learn something new. Enroll in a short course or watch educational videos on a topic you're curious about to keep your mind engaged.	10 Start your day with 5 minutes of movement. Whether it's dancing, jumping jacks, or light stretching, a morning routine can energize you.	11 Focus on whole, unprocessed foods to help reduce added salt, sugar, and unhealthy fats.	12 Whether it's painting, photography, journaling, or crafting, engage in activities that ignite your creativity. This can help reduce stress and provide a fulfilling outlet for self-expression.
13 Prepare meals in bulk to save time during busy weeks while ensuring you have healthy options readily available.	14 Start your workouts with a gentle warm-up and end with a cool-down to prevent injury and improve flexibility.	15 Aim to fill half your plate with vegetables at each meal to boost fiber and nutrients.	16 Curate a playlist of your favorite uplifting songs to boost your mood.	17 Find an activity you enjoy. Whether it's dancing, swimming, or hiking, find a fitness activity that feels fun, not like a chore.	18 Take time to acknowledge and celebrate even the small victories. Whether it's finishing a project, reaching a fitness goal, or simply having a good day, recognizing your achievements can help you stay motivated.	19 Engage in a volunteer activity in your community to give back, reduce stress, and boost your sense of fulfillment.
20 Set the tone for your day by establishing a peaceful morning routine that might include stretching, journaling, or a healthy breakfast.	21 Take 5-minute movement breaks to refresh your mind and body. Even a short walk or stretch can boost your focus.	22 Set a daily time limit on social media to help reduce digital overload and improve mental well-being.	23 Perform small acts of kindness, like complimenting a stranger or helping a friend, to uplift others and boost your own mood.	24 Start enjoying early spring greens like arugula and spinach. These leafy greens are packed with nutrients and can be added to salads, sandwiches, or smoothies.	25 Spend at least 15 minutes outside in the morning sunlight to regulate your circadian rhythm and boost vitamin D.	26 Visit your local farmer's market and enjoy fruits and vegetables that are in season for the freshest options.
27 Take a mindful nature walk. Leave your phone behind and focus fully on the sounds, sights, and smells of nature to clear your mind.	28 As the sun becomes stronger, make sure to wear sunscreen to protect your skin from UV rays. This is a great time to establish a healthy skin care routine that includes SPF every day.	29 Gardening is a great way to stay active and enjoy the outdoors. Planting flowers, vegetables, and herbs can be a fun, low-intensity activity that also helps reduce stress.	30 Wellness is not about perfection but balance. Allow yourself the flexibility to adjust your routines as needed, and don't be too hard on yourself if things don't go as planned.			