

**Wear It  
Green  
Day**

# MOVEMENT CALENDAR MAY 2024



Being active is so important for our mental health and this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going

for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

This movement calendar is an amazing way to keep track of all your daily movements and plan out your movements for each week!

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> Do some yoga, pilates or core exercises	<b>2</b> Walk, run, swim or cycle	<b>3</b> Meditation / Breathwork	<b>4</b> <b>Keep going!</b> Rest day or movement of your choice
<b>5</b> <b>Believe in yourself!</b> Rest day or movement of your choice	<b>6</b> Walk, run, swim or cycle	<b>7</b> Clean the house!	<b>8</b> Walk, run, swim or cycle	<b>9</b> Meditation / Breathwork	<b>10</b> Do some yoga, pilates or core exercises	<b>11</b> <b>Rest days are important too!</b> Rest day or movement of your choice
<b>12</b> <b>You're doing great!</b> Rest day or movement of your choice	<b>13*</b> Walk, run, swim or cycle	<b>14*</b> Bake a tasty cake!	<b>15*</b> Meditation / Breathwork	<b>16*</b> Do some yoga, pilates or core exercises	<b>17*</b> Walk, run, swim or cycle	<b>18*</b> <b>Be kind to yourself!</b> Rest day or movement of your choice
<b>19*</b> <b>You can do it!</b> Rest day or movement of your choice	<b>20</b> Dance around the house to your favourite music	<b>21</b> Walk, run, swim or cycle	<b>22</b> Do some yoga, pilates or core exercises	<b>23</b> Meditation / Breathwork	<b>24</b> Walk, run, swim or cycle	<b>25</b> <b>Wow! You've moved for 25 days in a row</b> Rest day or movement of your choice
<b>26</b> <b>Almost there!</b> Rest day or movement of your choice	<b>27</b> Walk, run, swim or cycle	<b>28</b> Do some yoga, pilates or core exercises	<b>29</b> Do an activity around the house	<b>30</b> Walk, run, swim or cycle	<b>31</b> Meditation / Breathwork	

**\*13-19 of May is Mental Health Awareness Week**