

ACTIVE AUGUST 2019

THURSDAY

1
Check out our Activity Finder for ways you can get Active this August!

8
At the end of the day, reflect on 3 things you are grateful for today

15
Get creative. Paint, draw, take photos or colour-in

22
Unplug 2 hours before bedtime and get a good nights sleep

29
Nurture your spiritual side by meditating, praying, doing some yoga or Tai chi - whatever works for you

FRIDAY

2
At every chance, take the stairs instead of using the lift or escalator

9
Turn up the music, sing and dance

16
Arrange a pot luck lunch at work where everyone brings in a dish representing their culture

23
It's Fri-yay! Treat yo' self to your favourite meal, a movie, a massage, or hit the shops for some retail therapy

30
Who would you like to reconnect with? Make time to contact them for a chat or a meet up

SATURDAY

3
Plan an active outing with mates, such as a bush walk, horse or bike ride, or paddle

10
Try something new or do something you have never done before!

17
It's Book Week!
What better way to start then to unplug and relax while reading a good book

24
Reconnect with nature - spend time outdoors soaking up the fresh air ... even if it's raining!

31
Reflect on how you can keep active throughout the rest of the year!

SUNDAY

4
Act green and head outdoors to do some gardening

11
Head to the park to kick the ball with your kids, loved ones or mates

18
Watch a documentary or a TED talk from around the world

25
Spend time with someone over 60 or under 6 to get a different perspective

MONDAY

5
Be mindful this Monday. Slow down and take the day moment by moment

12
Celebrate National Science Week in your workplace or school with activities, crafts, quizzes and baking

19
Write someone an anonymous 'warm fuzzy' (aka a note of gratitude).

26
Smile. It's contagious! Acknowledge people you walk past with a friendly smile or hello

TUESDAY

6
Catch up with a friend for a walk

13
Take regular breaks today, even if it's for 10 minutes. You will feel so much more refreshed!

20
Share your knowledge and teach someone something

27
Enrol in a course, register for a class, or join a club or a group

WEDNESDAY

7
Try a recipe from a different culture – Moroccan, Indian, Vietnamese... check out Pinterest for inspiration!

14
It's hump day! Treat yourself (and your housemates if you have some) to a healthy home cooked meal

21
Hit up an exercise class with a friend

28
Offer to take your neighbour's dog for a walk for them

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