

31 ways to be Active this August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 Walk or cycle to work, uni or school	02 Play a musical instrument	03 Connect to country	04 Be active in the sunshine	05 Start an online program	06 Get to know your neighbours	07 Add high intensity exercise to your workouts
08 Do a crossword puzzle	09 Go out bush or go for a walk	10 Catch up with friends over a walk or at the gym	11 Do some puzzles and challenge yourself	12 Engage in a spiritual activity	13 Try resistance based exercise	14 Learn to play sudoku
15 Volunteering can be a great way to be socially active	16 Do indoor based exercise if there is bad weather	17 Visit famous art galleries online	18 Arts activities are great way to be active	19 Visit your local park	20 Enrol in an online course	21 Try your local Parkrun
22 Read a good book	23 Creative writing can reduce stress	24 Connect to culture	25 Try relaxation techniques	26 Enjoy the sunshine while gardening	27 Doing small things, like holding a door open for someone, can boost your mood.	28 Try activities that help with balance
29 Bring nature to you	30 Check in with family and see how they are going.	31 Combine nature with creativity	<p>31 evidence-informed ways to be active mentally, physically, socially, spiritually and culturally... Some of these you may already do, but why not try something new this month to support and improve your mental health and wellbeing.</p>			



Search for local activities using the new Activity Finder on our website actbelongcommit.org.au/activity-finder and follow us [@actbelongcommit](https://twitter.com/actbelongcommit)