

April is **National Autism Awareness, Stress Awareness Month, and National Donate Life Month**

You can find the best resources by clicking the names above.

April 7 - World Health Day

A healthy eating challenge is a great way to celebrate this day. Promise to **eat healthy and nutritious food**, and remember it's never too late to start!

April 9 - Easter

Happy Easter! Celebrate with hope, love, laughter, and with the people that matter most.

April 11 - National Pet Day

Treat yourself and your pup to ice cream, or have a catnap with your kitty. Just show your furry friends how much you adore them today.

April 22 - Earth Day

Investing in our planet doesn't have to be complicated. **Make every day Earth Day** with these [52 ways to help our planet](#). #EarthDay

April 26 - Administrative Professionals Day

Take your administrators out to lunch, bring them a coffee, or give them the afternoon off.

April 28 - Arbor Day & National Superhero Day

Be a superhero! In honor of Arbor Day, plant something. #ArborDay #trees #shrubs #gardens

"The true meaning of life is to plant trees under whose shade you do not expect to sit."

~ Nelson Henderson

FOOD & DRINK

What's in season? Peas, carrots, rhubarb, asparagus, artichokes, radishes, leeks, fennel, grapefruit, mango, oranges, tangerines, and mandarins.

Post for 4/5 - Celebrate National Deep Dish Pizza Day with a [healthish pie](#). The secret ingredient? Vegetables!

April is a great time to become more eco-friendly. Did you know mushrooms are considered one of the world's most sustainable foods? Eat up!

For a twist on the traditional, [try this recipe](#) the next time you crave Italian. You'll consume fewer calories, less fat, and less cholesterol, and tofu offers a good source of calcium.

In case you missed it, **blueberries are now on the dirty dozen list**. Find out what other fruits and vegetables [made the list](#).

Post for 4/12 - It's National Grilled Cheese Day. Make a decadent [Italian Grilled Cheese](#) with a healthy side of roasted broccoli, asparagus, or bell peppers.

Mediterranean foods are some of the healthiest foods you can eat. And since artichokes are in season, [this easy roasted version](#) will perfectly accompany your main meal.

Diets high in fruits and vegetables, whole grains, nuts, and legumes **are associated with lower greenhouse gas emissions**. Try these [Quinoa Lettuce Wraps](#) and eat right for Earth Day!

[Strawberry Rhubarb Smoothie](#)? Yes, please!

Post for 4/26 - It's National Pretzel Day! Treat yourself, top your favorite burger with grilled mushrooms and Swiss cheese, and serve on a pretzel bun.



LIFESTYLE

April is National Stress Awareness Month. Take some time for yourself and engage in stress-relieving activities like yoga, meditation, or a relaxing walk in nature.

Post for 4/7 - It's National Beer Day. Fun fact - It's the combination of hops, malt, and alcohol that stimulates the appetite and leads you to eat fatty foods and excess calories that can make you acquire a 'beer belly'.

Did you know that regular exercise can improve your mental health? Try incorporating physical activity into your daily routine to boost your mood and reduce stress.

We love this! **Create a gratitude album** in your phone's photo app and make a point once a day to add an image of something that makes you feel grateful. Then scroll through it daily, appreciating all the good in your life.

Post for 4/10 - #NationalSiblingsDay - Take a walk down memory lane with your siblings! Share your childhood photos, toy collectibles, and games you played together.

Trending: "The Things Club" - Once a month, a different person picks a thing to do in your city that they've never done. Anyone available shows up and checks it off the bucket list.

It's time to start socializing in the great outdoors! Whether it's catching a baseball game or a grandchild's soccer match, a sporting event can help you connect with family and friends.

April is a great time to get outside and enjoy the sunshine! **Take a hike, bike ride, or simply walk around your neighborhood** to get some fresh air and boost your mood.

In the news: Fiber. It helps lower cholesterol and helps reduce the risk of colorectal cancer. It also keeps your blood sugar levels from spiking. Here are [31 high-fiber foods](#) to add to your diet.



COMMUNITY

April 3 is the start of National Public Health Week. Each day there is a focus on a particular public health topic. [Learn more](#) and review the [toolkit here](#).

Looking for ways to contribute this month? Learn about how to be an active supporter of the [Donate Life cause](#) and help save lives!

Earth Day Activities and Ideas

- Support pollinators by planting a garden
 - Clean up trash in your neighborhood or local park
 - Plant a tree
 - Think of clever ways to reuse plastics
 - Build an insect hotel with your kids
 - Teach your kids to recycle
 - Switch to Earth-friendly cleaning products
 - Start a compost bin
 - Conserve water
 - Host a drive to collect e-waste
 - Spend extra time outdoors
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Wear blue to shine a light on autism in April during World Autism Month and all year through!

This April, get connected as we **#CelebrateDifferences** during [Autism Acceptance Month](#). Download resources, host a fundraiser, and connect with others.

Fun ideas for Arbor Day! Hide geocaches under the trees in your community, practice tree-themed yoga poses, or read a book by a tree in your backyard.



HEALTH

National Walking Day is April 4th. Get a jump start on your steps, **join the American Heart Association's "50 Miles in April" challenge**, and do lots of walking today!

You're only one workout away from a good mood. **Get those endorphins flowing at the Y!**

Here's what's on our list of healthy on-the-go snacks for April - Pistachios, Mandarins, Rice Cakes with Avocado, Tuna on Flax Seed Crackers, and a couple of slices of Manchego.

Regular exercise can improve your heart health and reduce the risk of heart disease. Make sure to incorporate cardiovascular exercise into your routine, such as running, cycling, or swimming.

A single serving of pistachios has 12 grams of healthy fat. They're also **a complete protein, containing all nine essential amino acids**. So, get cracking!

Make a healthy snack for World Health Day. Toss drained canned chickpeas with olive oil, salt, and Italian seasoning, then roast for 40 minutes at 400°.

Did you know that stretching can help prevent injuries and improve flexibility? Take a few minutes every day to stretch your muscles and improve your range of motion.

Celebrate the month of April with these **bright and healthy recipes** featuring seasonal flavors.

Staying hydrated during exercise is essential, especially as the weather starts to warm up. Drink plenty of water before, during, and after your workout to keep your body functioning properly.



PARENTING

Lead by example: Your children look up to you as a role model, so be mindful of your online behavior. **Practice what you preach, and teach them to use social media responsibly.**

Earth Day is an opportunity to educate your children and have fun! [Here are some activities that introduce](#) recycling, composting, and other essential concepts.

Fill those Easter baskets with things that suit their personalities. For the outdoor explorer - sidewalk chalk, bubbles, binoculars, gummy worms, and chocolate eggs. The budding artist - tie-dye kit, colored pencils, sketchbook, fun erasers, and jelly beans.

Great idea for Earth Day! Disconnect from electronics and plan a family picnic in the park, take a walk, or play outdoor games. Then consider making it a weekly routine.

Post for 4/10 - It's National Siblings Day! **Sit down with the kids, and show them their baby photos.**

Great idea for Arbor Day! Go for a hike and teach your kids how to identify the trees along the way.

Get your [FREE Spring Coloring Pages](#) here!

Your kids will love helping in the kitchen when you enlist them to make these [super cute and healthy](#) Easter snacks.

Get crafty with the kids! There are many [fun ideas here](#) - Paper Trees for Arbor Day, a basket of Spring Flowers, or get a head start on Mother's Day with Tissue Paper Roses.

MEMBERSHIP

April showers bringing you down? Don't let the weather stop you from getting your daily exercise in! Head to the Y for an indoor workout.

Build healthy habits at the Y!

"Motivation is what gets you started. Habit is what keeps you going." ~ Jim Rohn

Fueling your body with nutritious foods is essential to maintain good health. **Try adding more fresh fruits and vegetables to your diet this April** to improve your overall well-being.

Have your dietician answer the following question via video - "I've read that restrictive diets can do more harm than good. What is the best way to lose weight without the risk of the weight returning?"

Don't give up! When you're at the Y feeling like you'll never be one of those people who look like they've been at it their entire lives, **just remember they all started somewhere.**

April is a great time to set new fitness goals for yourself! Whether you're increasing your daily step count, trying a new exercise class, or running a 5k, set achievable goals and watch your progress unfold.

"Exercise is a celebration of what your body can do. Not a punishment for what you ate."

~ Unknown

Two words - Summer Camps! ([link to your webpage with Summer Camp information](#))

Are you looking for a fun way to stay active this April? Why not try a dance class or a game of basketball with friends? Exercise doesn't have to be boring to be effective!



TRIVIA

How old is the Earth? A. 2.3 billion Years B. 4.5 billion years C. 13.9 billion

Answer: According to radiometric dating, the Earth formed over 4.5 billion years ago.

Which famous English writer died in April 1616 on what was believed to be his birthday?

Answer: William Shakespeare

Who starred in the 80s workout video series "Sweatin' to the Oldies?"

Answer: Richard Simmons

What animal has the highest blood pressure?

Answer: Giraffe

What is the most consumed alcoholic beverage in the world?

Answer: Beer. We consume over 50 billion gallons of beer every year!

What is the geographical term used to describe when your progress with your fitness or diet routine "flattens out?"

Answer: Plateau

On which day in April did the Titanic sink?

Answer: April 15

What spaceship launched on April 11, 1970?

Answer: Apollo 13

Which major golf tournament takes place in the first week of April?

Answer: The Masters Tournament



INSPIRATION

"The body achieves what the mind believes." ~ Unknown

"The best time to plant a tree is twenty years ago. The second best time is now."
~ Chinese proverb

Remember this on the cold and gloomy days this month. "If April showers should come your way, they bring the flowers that bloom in May." ~ Buddy de Sylva

"A seed hidden in the heart of an apple is an orchard invisible." ~ Welsh proverb

It's your workout, your time, your body. Own it.

"I don't mind making jokes, but I don't want to look like one." ~ Marilyn Monroe

"He who plants a tree, plants a hope." ~ Lucy Larcom

"The greatest wealth is health." ~ Virgil

"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal." ~ Unknown

"The most beautiful springs are those that come after the most horrible winters!"
~ Mehmet Murat ildan

When you feel like quitting, think about why you started. You've got this!