



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April in Action!

Here is a great tool to help you and your family stay motivated at home this month. These daily movement ideas are an easy way to encourage physical activity.

Share these simple ideas with your friends and families this month!

April in Action Calendar:

<https://www.shapeamerica.org/uploads/pdfs/2020/calendar/April-2020-Secondary-Calendar-English.pdf>

