



MAY 2025

GET UP... GET OUT... GET ACTIVE!



SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1 Meditate	2 Call a friend Wear green	3 Photograph nature
4 Complete 20 minutes of cardio at a park	5 Start an Exercise routine	6 Eat a healthy snack or meal	7 Walk in an environmental park	8 Have lunch at a park picnic shelter	9 Visit a dog park Wear green	10 Do yoga for 30 minutes
11 Check out a new book from the library	12 Start a journal	13 Walk outdoors for 30 minutes	14 Play Disc Golf	15 Register for a Fitness Class	16 Join a friend for coffee Wear green	17 Bird Watch at Prairie Creek Preserve
18 Kayak or paddleboard	19 Take morning or evening water aerobics class	20 Watch the sunset	21 Visit Cedar Point Environmental Park	22 Visit the Meditation station at Bill Coye Preserve	23 Go for a hike Wear green	24 Use fitness equipment at Larry Taylor Kiwanis Park
25 Walk for 30 minutes	26 Have a picnic in a park	27 Register for a recreation activity	28 Do a random act of kindness	29 Cycle on Cape Haze Pioneer Trail	30 Have a walking work meeting Wear green	31 Take time for you!