TeenHelp

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APRIL 2022

S	M	T	W	T	F	S
	SEXUAL ASSAULT AWARENESS	AUTISM AWARENESS MONTH	STRESS AWARENESS MONTH	MOVE MORE MONTH	1 WALK TO WORK DAY	2
3	4 LONG-DISTANCE RUNNING	5	6 TABLETOP TENNIS DAY	7	8	9 TRY NEW EXERCISE ROUTINES
10 HAVE A FITNESS DAY	11 MAKE EXERCISE GOALS	12	13	14 LAUGHTER DAY	15 EXERCISE LIKES AND DISLIKES	16
17 THE ROLE OF A PERSONAL TRAINER	18 PARALYMPICS	19	20 TIPS FOR TEEN WORKOUTS	21	22 EARTH DAY	23
24 WORKOUT MOTIVATION	25	26	27 EXERCISING WITH A CHRONIC ILLNESS	28	29 INTERNATIONAL DANCE DAY	30