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Participate in a SWC class	Pick up 5 pieces of litter	Complete an online yoga or Pilates class	Dust an area of your home	Goofy Plank Pose
Go for a bike ride or walk	Enjoy 20 minutes of sunshine	Have a dance party!	Vacuum or sweep the house	Try April's Workout of the Month
Take a stretch break	Plant something (indoor or outdoor)	FREE	Clean an appliance	Participate in a SWC class
Take a stretch break	Do some gardening	Do computer work standing (30 mins)	Declutter an area of your home	Take a stretch break or foam roll
Participate in a SWC class	Pick up 5 pieces of litter	Try a new type of fitness activity	Disinfect commonly touched surfaces	Try April's Move of the Month