

April 2026

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Blank Children's Hospital
UnityPoint Health

A department of UnityPoint Health - Des Moines - Iowa Methodist Medical Center

Carrots

Make an effort to try out this vegetable each Saturday in April. Carrots are a root vegetable that are rich in nutrients that promote good health. They contain carotenoids, which can help promote healthy eyesight. Eat them roasted, blended in a smoothie, raw with a Greek yogurt dip or add them to a soup or stew.



Walk It Out

One of the easiest ways to get exercise is walking. On Thursdays this month, take a walk with a family member, friend, or even your dog. Aim for at least 30 minutes.



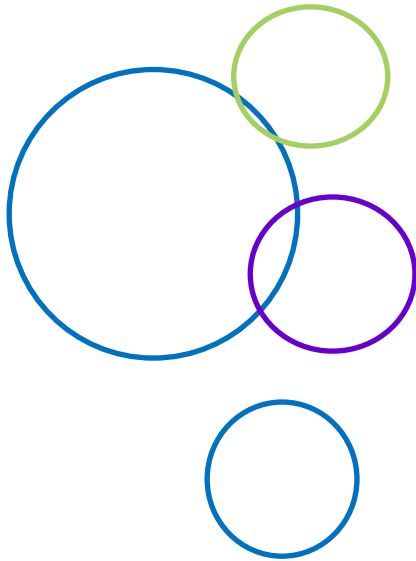
Stress Awareness Month

Time to focus on your physical, mental and emotional health and well-being. Stress is a widespread feeling that almost everyone will experience at one time or another. It can have an impact on a person's physical, mental and emotional health. Aerobic activity is one of the best ways to reduce stress. It helps the body to release chemicals that improve your mood. Stretching can also help relieve tension in muscles. Start with toe touches and neck stretches. Guided imagery engages the senses to focus on a positive image or scene in your mind. It's something you can do anytime and anywhere. Guided imagery has many benefits, especially for children who are just learning about emotions and how their mind works. It helps to reduce stress and anxiety and helps the body and mind relax. Try this one out on-line: [Guided Imagery - Age 6 to 12 - YouTube](#)

Beneficial Bananas

Bananas are rich in nutrients and antioxidants, including potassium and fiber. There are many simple ways to add bananas into your diet. Try eating a banana at least every Wednesday in April. Here are some easy ways to incorporate them into your diet:

- Add one to a smoothie
- Add one to oatmeal
- Add to fruit salad
- Eat one with nut butter
- Add one on top of a piece of whole grain toast with nut butter



Eggs are Excellent

Eggs are a good source of protein and vitamins. Remember, eggs aren't just for breakfast, although it is a great option! Try eating eggs at different meals on Mondays this month. Here are some ideas:

Snack: Hardboiled egg

Lunch: Healthy egg salad: use Greek yogurt and Dijon mustard as the base and serve open-faced on a toasted slice of whole grain bread

Dinner: Try out Brussel Sprouts and Sweet Potato Sheet Pan Hash

[Brussels Sprouts & Sweet Potato Sheet Pan Hash | Walder Wellness, RD](#)

0 Sugary Drinks

The "0" in 5210 stands for zero sugary drinks. 70-80% of our body is made up of water and we need to replenish that after we exercise! Did you know that soda has no nutritional value and is high in sugar? Try 100% juice if drinking juice and limit the amounts to 4-6 ounces for 1-6 year olds and 8-12 ounces for 7-18 year olds. Instead, try water! Keep a pitcher in the refrigerator so it's always cold and easy to grab. Add lemon, lime or orange wedges to the water to add natural flavors. Try mixing seltzer water with just a tiny splash of juice for something different. Drink water to help quench your thirst!

Get Outside

Try to get outside every Sunday during April. Being in nature has shown to improve mood and feelings of well-being. Go for a nature walk around the neighborhood, find a trail to hike, go for a bike ride or sit outside and read a new book.

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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