



30 Minutes of fitness a day in April
Track your progress here

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



The City of Waconda is thrilled to introduce the Waconda +30 Fitness Initiative, a new community-wide effort designed to inspire residents to add 30 minutes a day to their normal fitness routine during the month of April—or, if they are not already involved with a fitness routine, to start with just 30 minutes of activity each day. Then celebrate your fitness at Lola's Half Marathon, 10 Mile and 5K on May 2, 2026.

More info here:

