Good for the soul, good for the heart.

Practicing gratitude can have lasting effects in a person’s life. It can even help lower blood pressure. Grateful people engage in more exercise and have better dietary behaviors. In five minutes, you can practice gratitude from the HEART by following this guide:

Health
Your feet can take you up a mountain, your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body.

Eat
Take a minute to savor a yummy meal with your special valentine.

Activity
Did you give your all at the gym or take a quiet moment to reflect? Take a minute to focus on an important moment.

Relationship
Is it someone who sets your heart on fire, or makes you laugh until you cry? Take a minute to smile as you think about this special person.

Time
Every single day you wake up with 24 brand new hours. Take a minute to be thankful for the gift of time.
### Three ways I can focus on my health this month:

1. **Practice your five minutes of reflection while walking to add steps to your day.**
   [Learn more here.](#)

2. **Add a winter fruit or vegetable to your lunch box this week.**
   [Learn more here.](#)

3. **Make a healthy breakfast for a special person in your life.**
   [Start with this healthy recipe.](#)

4. **What can your body do for you today? Add a new workout to your day.**
   [Learn more here.](#)

5. **Who do you look forward to seeing today? Take a minute to focus on these positive thoughts.**

6. **Today has 24 brand new hours. How will you spend your gift of time today?**

7. **If you met your health goals this month, reward yourself by doing something you enjoy today.**

8. **Are you meeting your health goals this month? Check them above.**

9. **Stay positive with your health focuses. Reflect on how much you have achieved this month.**

10. **Invite a coworker on a walk and learn something new about them.**

11. **Practice your five minutes of reflection while walking to add steps to your day.**

12. **What is your favorite relaxing activity? Read a new book or sit by the fire tonight.**

13. **Make a healthy breakfast for a special person in your life.**
   [Start with this healthy recipe.](#)

14. **Add a winter fruit or vegetable to your lunch box this week.**
    [Learn more here.](#)

15. **Practice your five minutes of reflection while walking to add steps to your day.**
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16. **Stay positive with your health focuses. Reflect on how much you have achieved this month.**

17. **Add a new healthy meal to your recipe list.**

18. **What can your body do for you today? Add a new workout to your day.**
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19. **Who do you look forward to seeing today? Take a minute to focus on these positive thoughts.**

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23. **Stay positive with your health focuses. Reflect on how much you have achieved this month.**

24. **Add a new healthy meal to your recipe list.**

Source: Heart.org