

2018 February

Heart Health

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.

i a m
g r a t e f u l



2018

February

Heart Health

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1

Reflect on your health by writing down your monthly health focuses.

2

3

What can your body do for you today? Add new workout yourto day.

4

Make a healthy breakfast for a special person in your life.

5



6

Add a winter fruit or vegetable to your lunch box this week.

7

8

9

Add a new healthy meal to your recipe list.

10



11



12

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

13

14



15

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

16



17

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

18

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

19



20

21

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

22

23

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

24



25

26

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

27



28

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