



## Wellness Newsletter

August 2021



### How Many Miles Should I Walk a Day?

It's common for people to talk about how many steps per day they walk, but it's easier to track exercise according to how often you do it and for how long. Exercising 30 minutes each day, at least 5 days a week, is a simple guideline to start with.

[Learn More](#)



### The Impact of Pandemic Life on Teens

How has the pandemic affected adolescent mental health and substance use behaviors? Deirdre Flynn, Manager of Field Operations of FCD Prevention Works, will review emerging research and identify prevention strategies for parents, caregivers, and all concerned adults.

[Learn More](#)

### Club Fitness Discounts Available

Did you know that Club Fitness discounts are available to all Zoltek employees in St. Louis? Unfortunately, this benefit is not available in Utah. All regular full-time employees and their dependents are eligible to participate in the program.

[Learn More](#)



### Lemony Pesto Pasta with Edamame & Almonds

This is the quintessential al fresco dish, full of bright, bold notes — from the squeeze of the lemon, nuttiness of the pasta, toasty almond chunks, and subtle toothsome bite of edamame. A bowl of this pasta, washed down with a glass of white wine or lemonade, is just the thing to usher in summer parties outside.

[Get the Recipe Here](#)

# UPCOMING



### Step Challenge - August 2021

Get moving and compete with your colleagues to win prizes. Track your steps and see who can get the most.

Visit our [wellness page](#) to sign up.

Stay tuned for information on upcoming events!  
Visit [zoltek.com/wellness](https://zoltek.com/wellness) anytime for more information.