



## Wellness Newsletter

February 2022



February is American Heart Month, a time when all people can focus on their cardiovascular health.



### Stress and Heart Health

Everyone feels and reacts to stress in different ways. How much stress you experience and how you react to it can lead to a wide variety of health problems — and that's why it's critical to know what you can do about it. Click below to learn more.

[Learn More](#)



### AHA Recommendations for Physical Activity in Kids

Active kids have a better chance of a healthy adulthood. How much activity do they need? Click below to learn more.

[Learn More](#)



### Cook & Learn: Show Your Heart Some Love

This live webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. Tune in to this Cook & Learn focused on heart health. Click below to register for the webinar you would like to attend.

[Wed., Feb. 9, 2022 @ 9:00 CST](#)

[Wed., Feb. 9, 2022 @ 11:00 CST](#)

[Wed., Feb. 23, 2022 @ 3:00 CST](#)

[Wed., Feb. 23, 2022 @ 5:30 CST](#)



### 3 Kinds of Exercise That Boost Heart Health

Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control and warding off the artery damage from high cholesterol, high blood sugar and high blood pressure that can lead to heart attack or stroke. Click below to learn more.

[Learn More](#)



### Heart Health Toolkit

The resources, strategies, and plain language materials in this toolkit can help you understand the consequences of high blood pressure and how they can take charge of their high blood pressure management. Click below to learn more.

[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](#)



### Pork Chops with Balsamic-Peach Glaze, Roasted Sweet Potatoes and Broccoli

This Simple Cooking with Heart American recipe is a fantastic meal that gives a hefty boost to your veggie and fruit intake for the day. American Heart Association recipes are developed or reviewed by nutrition experts and meet specific, science-based dietary guidelines and recipe criteria for a healthy dietary pattern.

[Get the Recipe Here](#)

## UPCOMING



Stay tuned for information about our 2022 Wellness program!

Visit [zoltek.com/wellness](https://zoltek.com/wellness) anytime for more information.