



Wellness Newsletter

March 2022



March is National Nutrition Month, an opportunity for all of us to refocus and make nutrition a priority in our lives.



Stress and Heart Health

Happy National Nutrition Month! Celebrated through March, this holiday is centered around empowering families with healthy eating resources to nurture your child's growth. Click below to discover the role of nutrition in child development, and discover food assistance programs and family nutrition tools that give you the information and support you need to access healthy food and resources. Click below to learn more.

[Learn More](#)



Nutrition Tips for Kids

Many children and families today have busy schedules. These make it hard to sit down to homemade meals every day. Many kids' diets involve a lot of convenience and takeout food. But these foods can be unhealthy. They can have a negative effect on your child's health. Some of the problems unhealthy eating causes can continue into adulthood. They can even develop into lifelong diseases. Click below to learn more.

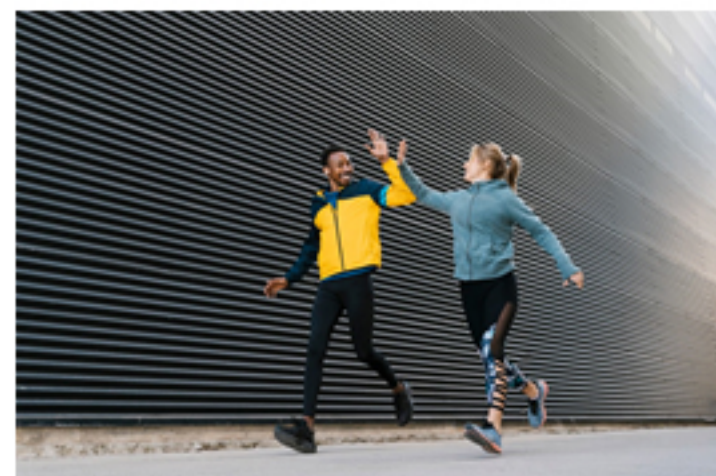
[Learn More](#)



Cook & Learn: Budget-Friendly Tips for Healthy Eating

This live webinar was prepared by Trish Ruzicka Wright, RDN, LD, a Registered Dietitian Nutritionist. Tune in to this Cook & Learn featuring budget tips for healthy eating and a low-cost healthy soup recipe to help you stick to your health and money goals this year. Click below to register for the webinar you would like to attend.

[Click Here to View](#)



Nutrition Rules That Will Fuel Your Workout

Your body is a machine. And, like all machines, it needs the right fuel to run well — especially if you are active. But what foods should you eat to benefit your workout? And when? Click below to learn more.

[Learn More](#)



How Healthy Eating Prevents Disease

"You are what you eat." You know your diet impacts your health. You've probably heard this over and over again. But have you ever wondered how exactly it improves your health? How does what you put into your body prevent certain life-threatening illnesses like heart disease, stroke, diabetes and osteoporosis? 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](#)



Salmon with Lemon-Herb Orzo & Broccoli

This healthy salmon dish is as balanced as it is delicious. You add broccoli right into the pot along with the pasta during its last minute of cooking to save time here. One less thing to wash too!

[Get the Recipe Here](#)

UPCOMING



Stay tuned for information about our 2022 Wellness program!

Visit zoltek.com/wellness anytime for more information.

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