



Employee Wellness

February Newsletter

Benefits Spotlight

♥ Blood Pressure: Protect Your Heart!

High blood pressure is often silent, many people don't know they have it. Left unmanaged, it increases the risk for heart attack, stroke, and kidney disease. Many people successfully manage high blood pressure with lifestyle changes, monitoring, and support.

Know Your Numbers

- Normal: <120/80
- Elevated: 120-129/<80
- Stage 1: 130-139/80-89
- Stage 2: 140+/90+

Risk Factors

Family history • High sodium • Low activity • Stress
Smoking • Alcohol • Excess weight

Healthy Habits

- Heart-healthy meals & less sodium
- Stay physically active
- Manage stress
- Take medications as prescribed
- Avoid tobacco & limit alcohol
- Check BP regularly

Webinar Alert! Blood Pressure Basics

February 25, 2026

Learn prevention tips & how to stay in a healthy range

🕒 8 am



🕒 5 pm



Three Veggie Challenge

The February Three Veggie Challenge will begin Feb. 4th and end Feb. 20th. Each day you eat a minimum of three vegetable servings, enter your name in the form below. You can submit one entry per day. The winner will be announced in the first week of March and will receive a one-month membership to Body Fit Training.

<https://forms.gle/eCECuMRe328e8zfl7>



HEALTHY TIP

Fill half your plate with colorful vegetables to give your body the vitamins and minerals it needs to stay strong and energized. Try mixing them into meals you already love; add veggies to tacos, pasta, or omelets for an easy boost. Eating vegetables regularly helps improve digestion, support heart health, and strengthen the immune system. The more variety of colors you eat, the more benefits your body gets! 🥕🥦🌈

HEALTHY RECIPE

Warm up with a wholesome and satisfying dish that delivers comfort without compromising your health. The link and QR code below are for Mini Meatloaves with Low-Fat creamed spinach.

<https://tinyurl.com/46d44a3d>



CHALLENGE WINNER

Suzie Noeske a teacher from Del Valle MS was our January Health Challenge winner and received a \$100 Snap Kitchen gift card.

