



April 2026

Tatum Hall

FC Wellness Program

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www.fremontcountywellness.com

April is Stress Awareness Month

Spring Wellness Tips:

- **Get Outside & Move:** April's milder weather is ideal for walks, hikes, or biking. Aim for 30 minutes daily – to boost mood and vitamin D.
- **Spring Cleaning for Body & Mind:** Declutter your space and routine. Swap heavy winter meals for lighter, fresh options for more energy.
- **Mindful Moments:** Practice deep breathing or short meditations (apps like Calm are great). Staying hydrated and managing stress helps prevent fatigue.
- **Sleep & Nutrition Boost:** With longer days, reset your sleep schedule. Focus on seasonal produce like asparagus, greens, and citrus for immune support.

MARK YOUR CALNEDARS FOR THE SPRING EMPLOYEE HEALTH FAIR!

Wednesday & Thursday April 22nd & 23rd

Wednesday:

Lander Library
5:45am-9:30am

Thursday:

Riverton Fairgrounds
Heritage Hall
5:45am-9:30am



Sign at:

fremontcountywellness.com
by contacting Tatum
or by clicking [here](#)

Can't make it to the health fair on these dates? Wyoming Health Fair visits Riverton, Lander, and Dubois each month. You are able to attend any Wyoming Health Fairs event in any location. Go to wyominghealthfairs.com for more information!

NAME: _____ DEPT.: _____

- **Physical Activity:** On the calendar below, record your physical activity in minutes, steps or miles and record the total after each week to figure your monthly grand total. OR
- **Blood Pressure:** Take your blood pressure at least once per week and record it on the calendar below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	April		1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

<u>Steps</u>	Monthly Total	Average Equivalent	* BP Category
Wow!	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7days/week	
In The Zone	100,001 - 240,000	5001 - 10000 steps @ 5 - 6 days/week	
Getting Stronger	48,001 - 100,000	3001 - 5000 steps @ 4 - 5 days/week	
Great Start!	36,000 - 48,000	1000 - 3000 steps @ 3 - 4 days/week	Normal less than 120 less than 80
<u>Miles</u>	Monthly Total	Average Equivalent	Elevated 120-129 less than 80
Wow!	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	
In The Zone	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	
Getting Stronger	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week	
Great Start!	7.5 - 22mil	0.5 - 1.4miles@3 - 4days/week	Stage 1 130-139 80-89
<u>Minutes</u>	Monthly Total	Average Equivalent	Stage 2 140 or higher 90 or higher
Wow!	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	
In The Zone	601-1080 min	31 - 45 min @ 5 - 6 days/week	
Getting Stronger	321-600 min	21 - 30 min @ 4 - 5 days/week	
Great Start!	120-320 min	10 - 20 min @ 3 - 4 days/week	EMERGENCY Higher than 180 Higher than 120