



March 2026

Tatum Hall

FC Wellness Program

307-714-2380

tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

March is National Nutrition Month

March focuses on the importance of making informed food choices, having a balanced diet and developing sound eating and exercise habits. It is a great time to focus on increasing your fruit and vegetable intake, incorporating more whole grains, trying a healthy new recipe and sharing with others the foods that make your own family happy.

"EatRight, Bite by Bite", the overall message is that quality nutrition isn't restrictive, but that small changes to your diet can have a cumulative effect on health over time. Every healthy nutritional choice is a choice in the right direction!



MARK YOUR CALNEDARS FOR THE SPRING EMPLOYEE HEALTH FAIR!

April 22nd in Lander

April 23rd in Riverton



Flyers and appointment instructions coming soon!



NAME: _____ DEPT.: _____

- Physical Activity: On the calendar below, record your actual physical activity or 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
1 March 	2	3	4	5	6	7
8	9	10	11	12	13	14
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

<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	
<u>Miles</u>	Monthly Total	Average Equivalent	
Wow!	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	Elevated 120-129 less than 80
In The Zone	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	Stage 1 130-139 80-89
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	
<u>Minutes</u>	Monthly Total	Average Equivalent	
Wow!	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	Stage 2 140 or higher 90 or higher
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 80 Higher than 120