



# June 2024

Tatum Hall

**FC Wellness Program**

307-714-2380

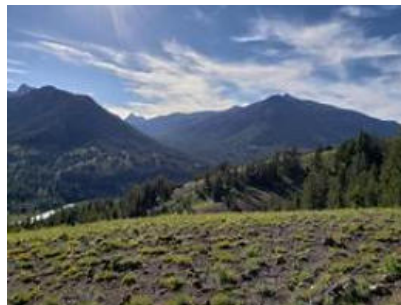
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www.fremontcountywellness.com

## **June is time to get outside and stay hydrated!**

June is the perfect time to get outside and get some fresh air and Vitamin D! Most of us do not spend enough time outside but the benefits are incredible. Spending time outside can improve health, by way of a stronger immune system, better sleep, and reduced stress. The outdoors can boost physical and mental health in a range of ways. You don't have to spend hours at a time outside before those benefits kick in, either. Just start with a few minutes each day before work, during lunch or at the end of the day.

Don't forget to stay hydrated! Drink a glass of water when you are outdoors or if you are feeling hungry. People often think they're hungry when they are actually thirsty. If the glass of water curbs your appetite, you can wait a bit longer to get something to eat. Drinking water before a meal can help keep you from over eating.



## **Weekly Wyoming Health Fairs Events**

**Thank you to all participants who attended the Fremont County Health Fair!**

**Did you miss the health fair? No worries! You are still able to get**

**a wellness blood draw with the Lander Medical Clinic, Wyoming Health Fairs or your health care provider.**

**Get more information:**

**fremontcountywellness.com**

**landermedicalclinic.com**

**wyominghealthfairs.com**



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
	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29 

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