



# March 2022

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FC Wellness Program

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## Blood Pressure Awareness Program

This year's Blood Pressure Awareness Program and Challenge kicks-off on Heart Day, February 16th through April 1st. To participate in the challenge, be sure to complete the 7 day online program that focuses on blood pressure basics, and then take your blood pressure at least 12 times within the 6 week program.

Everyone who completes the challenge will be eligible for fun prize drawings to be announced March 7. The department with the most participants completing the online program and logging at least 12 blood pressures will be eligible to win a Breadboard Lunch!



All the information, logs, and link to the online program will be available on the wellness website: fremontcountywellness.com February 16th.

Have fun and good luck!

### Eat Your Veggies!

You are welcome to sign up for another program offered within the Blood Pressure Awareness Challenge: **Eat Your Veggies!**, where we will discuss how to eat the rainbow of vegetables. Did you know there are red, purple, green, AND white veggies? We will focus on all of them (even potatoes!).

If you hate vegetables, or have someone in your house who does, we will learn how to cook and prepare vegetables so they are delicious, or at least tolerable (you can't win everyone over!). :)



**The Eat Your Veggies Program has been postponed to March 15.**  
Please contact me (fremontcounty.wellness@gmail.com) if you are interested in participating and I will send you the information!

## MARK YOUR CALNEDARS FOR THE SPRING EMPLOYEE HEALTH FAIR

April 26 & 27 in Lander

April 28 in Riverton

Flyers and appointment instructions will be posted to the Wellness Website, Health Fair tab, March 15.



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
 1		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	31	1	2

<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	