



April 2024

Tatum Hall

FC Wellness Program

307-714-2380 cell

tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

April is Stress Awareness Month

Protect yourself from too much stress for optimal health:

- **Free up your calendar!** Don't schedule too many activities, especially those you aren't excited about and allow for some downtime.
- **Prioritize your tasks.** Make a list of things you need to accomplish that day. Tackle the most important things first.
- **Declutter your surroundings.** Doing so will make it easier for you to focus and find things.

MARK YOUR CALNEDARS FOR THE SPRING EMPLOYEE HEALTH FAIR

April 23rd & 24th
6:30am-9:30am
Lander Library, Carnegie Room

April 25th
6am-10am
Riverton Fairgrounds, Heritage Hall
**Changed from Fremont Center*



To schedule your health fair appointment:

1. Go to fremontcountywellness.com
Click on the Book Online tab
Click on Health Fair Appointments
Click on the date you want then the time you want
**Note: if the the time slot you want is not available, click on the drop down box that says Staff Member then, pick a different station # and see if either of those have the time slot you are wanting.*
2. Call or text Tatum to get your appointment scheduled
Office: 307-332-1030
Cell: 307-714-2380

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
	1 April	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	1 May	2	3	4

<u>Steps</u>	Monthly Total	Average Equivalent	* BP Category
Wow!	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/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 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/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