



April 2022

Penny Fahey

FC Wellness Program

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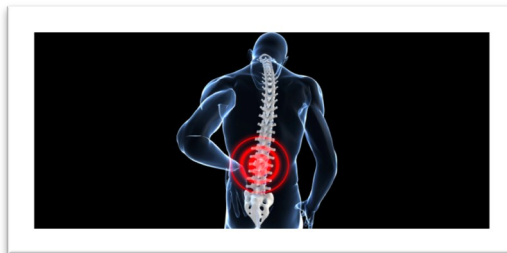
www.fremontcountywellness.com

Is Your Low Back Stiff and Sore?

In April, you can learn how to loosen your low back with stretches I will demonstrate on my Facebook page each Monday at noon. Join me on April 4th, 11th, 18th, and 25th as I demonstrate a quick stretch you can do. Can't make it at noon? The video will be posted on my Facebook page for you to watch later. Each stretch builds into a quick routine you can do everyday, and you can receive this routine at the end of April by contacting me, or messaging me on Facebook.

Coming in May: Stretches for the Upper Back and Neck

My Facebook page: <https://www.facebook.com/pennykfahey>



MARK YOUR CALNEDARS FOR THE SPRING EMPLOYEE HEALTH FAIR

April 26 & 27 in Lander

April 28 in Riverton

Flyers and appointment instructions are posted on the Wellness Website (fremontcountywellness.com), *Health Fair* tab.



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 - 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	
<u>Miles</u>	Monthly Total	Average Equivalent	Normal less than 120 less than 80
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 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week	
<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	EMERGENCY Higher than 180 Higher than 120
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	