



# July 2023

Tatum Hall

**FC Wellness Program**

307-714-2380

[tatum.hall@fremontcountywy.gov](mailto:tatum.hall@fremontcountywy.gov)

[www.fremontcountywellness.com](http://www.fremontcountywellness.com)

**Happy July!**



Please get your incentive logs turned into me ASAP as I will try to process them next week so the checks can go out right away.

### How To Turn In Logs:

1. Fax them securely: 307-215-1226
2. Email them to [tatum.hall@fremontcountywy.gov](mailto:tatum.hall@fremontcountywy.gov)
3. Drop them off to me in my office or the drop box outside of bookkeeping

Note: If you are participating in the "Get Up & Move" Challenge, you do *not* need to fill out the incentive logs *and* the challenge log. Just turn in the challenge log by August 24th in order to be entered into the drawing for Visa gift cards worth up to \$100!



## **Weekly Wyoming Health Fairs Events**


Did you miss the health fair? No worries! You are able to attend any event with Wyoming Health Fairs event, and the great news is WHF is now travelling to Fremont County each week.

Go to [wyominghealthfairs.com](http://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
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					

<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	