



# April 2025

Tatum Hall

**FC Wellness Program**

307-714-2380 cell

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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  
5:45am-9:30am  
Lander Library, Room A & B

April 24th  
5:45am-9:30am  
Riverton Fairgrounds, Heritage Hall



### To schedule your health fair appointment:

1. Go to [fremontcountywellness.com](http://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](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
	<b>April</b>	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	1 <b>May</b>	2	3

<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>Wow!</b>	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	
<b>In The Zone</b>	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	
<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>Wow!</b>	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	
<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	
			<b>Normal</b> less than 120 less than 80
			<b>Elevated</b> 120-129 less than 80
			<b>Stage 1</b> 130-139 80-89
			<b>Stage 2</b> 140 or higher 90 or higher
			<b>EMERGENCY</b> Higher than 180 Higher than 120