



June 2026

Tatum Hall

FC Wellness Program

307-714-2380

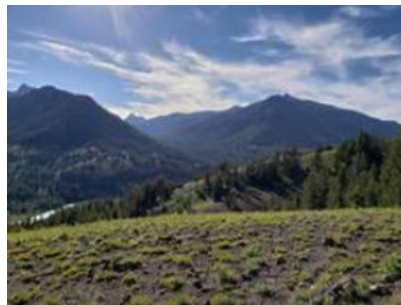
tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

June is time to get outside and stay hydrated !

June is the perfect time to get outside and get some fresh air and Vitamin D! Most of us do not spend enough time outside but the benefits are incredible. Spending time outside can improve health, by way of a stronger immune system, better sleep, and reduced stress. The outdoors can boost physical and mental health in a range of ways. You don't have to spend hours at a time outside before those benefits kick in, either. Just start with a few minutes each day before work, during lunch or at the end of the day.

Don't forget to stay hydrated! Drink a glass of water when you are outdoors or if you are feeling hungry. People often think they're hungry when they are actually thirsty. If the glass of water curbs your appetite, you can wait a bit longer to get something to eat. Drinking water before a meal can help keep you from over eating.



Weekly Wyoming Health Fairs Events

Thank you to all participants who attended the Fremont County Health Fair!

Did you miss the health fair? No worries! You are still able to get a wellness blood draw with the Lander Medical Clinic, Wyoming Health Fairs or through your preferred health care provider.

Get more information:

fremontcountywellness.com

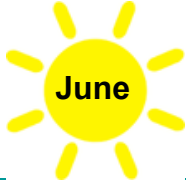
landermedicalclinic.com

wyominghealthfairs.com



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
 June	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	* BP Category
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	
<u>Minutes</u>	Monthly Total	Average Equivalent	* BP Category
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	

*** BP Category**

Normal
less than 120
less than 80

Elevated
120-129
less than 80

Stage 1
130-139
80-89

Stage 2
140 or higher
90 or higher

EMERGENCY
Higher than 180
Higher than 120