



March 2023

Tatum Hall

FC Wellness Program

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www.fremontcountywellness.com

March is National Nutrition Month

March focuses on the importance of making informed food choices, having a balanced diet and developing sound eating and exercise habits.

"Eat Right, Bite by Bite" and the overall message is that quality nutrition isn't restrictive, but that small changes to your diet can have a cumulative effect on health over time. Every healthy nutritional choice is a choice in the right direction!



MARK YOUR CALNEDARS FOR THE SPRING EMPLOYEE HEALTH FAIR

April 25 & 26 in Lander

April 27 in Riverton

**Flyers and appointment instructions are posted to the
Wellness Website, Health Fair tab.**



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	1

<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	