



# May 2024

Tatum Hall

**FC Wellness Program**

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www.fremontcountywellness.com

## May is time for spring cleaning

Spring cleaning is not just for cleaning our house, it is for cleaning and cleansing our bodies too. Spring signals a time of change where we can use the change in seasons to lighten up our meals, shed the heaviness of winter and embrace the energy of spring. Now is the perfect time to incorporate fresh produce into your diet by shopping at your local farmer's market.



## 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 your 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
	29	30	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	* BP Category
<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	