



September 2023

Tatum Hall

FC Wellness Program

307-714-2380

tatum.hall@fremontcountywy.gov

www.fremontcountywellness.com

September is Cholesterol Awareness Month!

Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease. If you have high cholesterol, "plaque" can build up in your blood vessels and block blood flow, causing chest pains and heart attacks. There are no symptoms for high cholesterol, which is why it is important to get annual blood work done!

Eat foods high in fiber to help lower cholesterol such as:

avocados
tree nuts
oatmeal
kidney beans
apples
pears

You can also lower it by eating healthy high cholesterol foods such as:

eggs
full-fat yogurt
swiss cheese
shellfish
pasture raised steak

High cholesterol foods to avoid:

fried foods
fast foods
processed meats
desserts (cakes, cookies, processed sweets)
trans fats (listed on food labels as "partially hydrogenated oils")

How To Turn In Logs:

1. Fax them securely: 307-215-1226
2. Email them to tatum.hall@fremontcounty.gov
3. Put them in the lock box outside of the bookkeeping office

Please contact me with questions!

- Call or Text: 307-714-2380
- Email: tatum.hall@fremontcountywy.gov
- Check for logs on fremontcountywellness.com



Premium Reduction Season Returns in October!

**Stay tuned for news on scheduling appointments for the
2024 Premium Reduction Program!**

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
 September				31	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	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	