



October 2022

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[FC Wellness Program](#)

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IMPORTANT: CURRENT PREMIUM REDUCTIONS WILL EXPIRE DEC. 31. BE SURE TO SIGN UP FOR YOUR 2023 PREMIUM REDUCTION BETWEEN OCT 1 - NOV 30.

Premium reductions forms and instructions on how to complete it this year are posted under the Premium reduction tab at fremontcountywellness.com.



Sugar, Sugar Everywhere! Begins Oct 17th

I recently gave up eating all sugar for 7 days and it was quite a learning experience. So, I thought that I would dust off the sugar challenge we had completed a couple of years ago and offer it to you again. During the 4 week challenge you will be asked to focus on different goals, from tracking sugar intake, reading labels, eating only the recommended daily allowance, and may even give up sugar altogether, temporarily anyway (unless you discover, like I did how great it was to give it up). Watch for logs and a new weekly video posted each week beginning Oct 17 on the wellness website, fremontcountywellness.com, and on my personal Facebook page.



Be sure to have your logs from July, August, and September turned-in by Oct 7.

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
2	3	4	5	6	7	1 _____
						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
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	