



April 2020

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FC Wellness Program

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Important Program Updates

Health Fair

The Spring Employee Health Fair in April has been rescheduled to August 26 & 27. You are welcome to attend any Wyoming Health Fair Blood Draw, but their schedule is being updated regularly. Please check wyominghealthfairs.com for current information on their blood draw schedule.

Premium Reductions

The due date for premium reductions forms will be October 2, with the 2020-2021 premium reductions taking affect December 31, 2020. Current premium reductions will stay in place until then. New employees and new participants can still complete their forms now. I will be doing in-person measurements again April 20, and I will accept any measurements you have completed with your physician or medical professional in 2020. I can accept health fair results completed within the last 24 months.

Participation Incentive

For those who qualify to receive an incentive, I am accepting logs as usual to have the incentive paid in July. I will accept all logs completed Jan-June by July 3. If you are ill and unable to complete physical activity, or are at home with no access to a BP cuff, simply record that on your log.

My Hours & Schedule

I am keeping myself in Riverton through April 20. I am happy to meet with any participant by phone, email, or even video call. I will re-evaluate my schedule for the week of April 20 and keep you posted. Tai Chi classes will be offered via Zoom meetings through the month of April, on Mondays and Wednesdays at noon for 30 minutes. You are welcome to join us! Light physical activity helps boost the immune system and helps you feel better...mentally, emotionally, and physically. To join class, go to fremontcountywellness.com, click on the Panda and then "go to link."

For Fun: "I Ate This As A Kid And Survived" Survey

Recently, I had an interesting conversation in the Courthouse and it got me thinking. We were talking about things we ate as kids that would never pass as healthy today. My mom would make me sandwiches with bologna, Miracle Whip, and crunched up Lays Potato Chips between 2 slices of Wonder Bread. Sometimes, the Wonder Bread would sandwich slices of Spam (I still remember collecting the keys from the cans). So, what did you eat as a kid that would not pass as healthy, or maybe even safe, today- although it probably tasted really good?



Submit your answer electronically at fremontcountywellness.com; click on the picture of the Happy Meal and then "go to link." You can always email me your response as well. I will publish responses, anonymously of course, in the May logs and newsletter.

- **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. See the activity and blood pressure charts below to check your category.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	APRIL 2020		1	2	3	4	Total
5	6	7	8	9	10	11	Total
12	13	14	15	16	17	18	Total
19	20	21	22	23	24	25	Total
26	27	28	29	30			Total
							Grand Total:

<u>Steps</u>	Monthly Total	Average Equivalent
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
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
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
Elevated 120-129
Stage 1 130-139
Stage 2 140 or higher
EMERGENCY Higher than 180 Higher than 120