



# April 2021

**Penny Fahey**

**FC Wellness Program**

**307-714-2380**

**Fremontcounty.wellness@gmail.com**

**www.fremontcountywellness.com**

## Get Out & Get Moving Program Begins April 19

Spring is coming and it is time to get moving by participating in The Get Out & Get Moving Physical Activity Program. The program will include information on:

- how to easily include physical activity in your daily routine,
- ideas on how to find something you enjoy (like Nordic walking!)
- how to move better, improve mobility and strength: getting fit instead of "getting old"
- a fun challenge that is great for the whole family!

STAY TUNED FOR MORE INFO IN APRIL!

## **F.C. EMPLOYEE HEALTH FAIR COMING APRIL 27-29**

Lander Library: April 27-28, 6-10a

Riverton Fairgrounds: April 29, 6-9:30a

- Schedule an appointment
- Save time in line! Complete the Check-In Check List before you go.
- Download the health fair flyer to learn more about the tests the county offers once per year, and extra tests offered by Wyo. Health Fairs.

**Go To [fremontcountywellness.com](http://fremontcountywellness.com), *Health Fair* tab today!**

## **Second Chances**

Do you think you can now meet a standard you missed on the premium reduction form? Re-measure with Penny, or submit a new measurement, April 1–May 31 to have this changed on your monthly premium reduction July 1.

**LOGS FROM JANUARY—MARCH DUE NOW!**

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	1

<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	* BP Category
<b>Wow!</b>	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	
<b>In The Zone</b>	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	
<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	* BP Category
<b>Wow!</b>	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	
<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	

**\* BP Category**

**Normal**  
less than 120  
less than 80

**Elevated**  
120-129  
less than 80

**Stage 1**  
130-139  
80-89

**Stage 2**  
140 or higher  
90 or higher

**EMERGENCY**  
Higher than 180  
Higher than 120