



February 2020

Penny Fahey

FC Wellness Program

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Going Stir Crazy Walking Program Going On Now Thru Feb. 28

fremontcountywellness.com, Happening Now tab



Are You At Risk for Falling?

Usually when we think of someone at risk for falling we think of a parent or a senior neighbor, but we could also be at risk (or be well on our way) and not realize it. Take the quiz below and see if you have any concerns about falling. In March, we will discuss easy ways to make improvements in our stability.

These questions are based on a quiz published by the Centers of Disease Control. Answer the following questions to check if you are at risk for falling, and have a family member take it as well! Each Yes is worth 1 point, and each No is worth 0. Penny has the full pamphlet with quiz and tips to reduce falling.

Yes or No: I have fallen in the past year.

People who have fallen once are likely to fall again.

Yes or No: Sometimes I feel unsteady while walking and often steady myself on furniture.

This is a sign of poor balance.

Yes or No: I am worried about falling.

The fear of falling increases the risk it will happen.

Yes or No: I need to push with my hands to stand up from a chair.

This is a sign of weak leg muscles.

Yes or No: I have trouble stepping up onto a curb.

This is a sign of weak leg muscles.

Yes or No: I have lost some feeling in my feet.

Numbness can make you unsteady on your feet.

Yes or No: I take medicine that makes me feel light-headed, and/or help me with sleep or improve mood.

Medications can increase your risk of falling.

Yes or No: I often feel sad or depressed.

Often symptoms of depression and not feeling well are linked to falling.

How'd You Do?

0-1: your risk is low but be careful

2-3: make improvements now by improving balance and strength (see the March Log and Newsletter for tips)

4+: speak with your doctor about concerns for falling

FYI: This quiz is for your information so you don't have to turn this in to Penny

- **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	
FEBRUARY 2020						1	Total
2	3	4	5	6	7	8	Total
9	10	11	12	13	14	15	Total
16	17	18	19	20	21	22	Total
23	24	25	26	27	28	29	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 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