



March 2021

Penny Fahey

FC Wellness Program

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www.fremontcountywellness.com

Healthy Eating Program

Our focus in the program is how to build a healthy plate. Contact Penny to learn how many calories are best for you based on your goals, and how to build healthy meals around those calories. Everyone who meets with Penny will receive a build-your-healthy plate placemat and tools to help you measure portions.

We have also talked about how pre-diabetes is not only linked to our diet and physical activity levels, but also family history and age. People who are otherwise healthy can have pre-diabetes and not realize it until it develops into Type 2 Diabetes. This is why it is so important that we all take the **Do I Have Pre-Diabetes** quiz published by the Centers of Disease Control. You can take it anonymously online or print it out. Find it at:

doihaveprediabetes.org

(the link is also posted on the Wellness website, Healthy Eating tab)

LOGS FROM JANUARY– MARCH DUE BY APRIL 2!

Since logs contain personal information (blood pressure and physical activity records), I ask that you send it to me in a secure, private way (these are also listed on the wellness website):

- In the Courthouse, you can place your log in the locked dropbox outside of Bookkeeping.
- Fax your log directly to me using an encrypted fax account: **307-215-1010**
- Email your log using my encrypted email (super easy to use):

<https://sendsafe.to/healthypenny.wellness@gmail.com>

Email me and I will send you this link, or use the Secure Email button on the Wellness Website: fremontcountywellness.com, *Reductions & Incentives* tab. You do not need to set up an account– simply compose an email and attach your file.

Coming This Spring

- **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.**
- **The Spring Employee Health Fair is coming April 27-28 (Lander Library), and April 29 (Riverton). Flyers with more information will be available in March.**
- **We will switch our focus from healthy eating to physical activity and how to move better. Stay tuned for information!**

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
 March	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	31	4	Did you take the Do I Have Pre-Diabetes Quiz? You don't have to turn It In to me. Be sure to share it with you doctor.	

<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	* BP Category
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	* BP Category
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	
			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