



# September 2024

Tatum Hall

FC Wellness Program

307-714-2380

[tatum.hall@fremontcountywy.gov](mailto:tatum.hall@fremontcountywy.gov)

[www.fremontcountywellness.com](http://www.fremontcountywellness.com)

## September is Cholesterol Awareness Month!

Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease. If you have high cholesterol, "plaque" can build up in your blood vessels and block blood flow, causing chest pains and heart attacks. There are no symptoms for high cholesterol, which is why it is important to get annual blood work done!

### Eat foods high in fiber to help lower cholesterol such as:

avocados  
tree nuts  
oatmeal  
kidney beans  
apples  
pears

### You can also lower it by eating healthy high cholesterol foods such as:

eggs  
full-fat yogurt  
swiss cheese  
shellfish  
pasture raised steak

### High cholesterol foods to avoid:

fried foods  
fast foods  
processed meats  
desserts (cakes, cookies, processed sweets)  
trans fats (listed on food labels as "partially hydrogenated oils")

### How To Turn In Logs:

1. Fax them securely: 307-215-1226
2. Email them to [tatum.hall@fremontcounty.gov](mailto:tatum.hall@fremontcounty.gov)
3. Put them in the lock box outside of the Wellness Office

*\*Note: The lock box has been moved from outside of the bookkeeping office to outside of the Wellness Office*

- Call or Text: 307-714-2380
- Email: [tatum.hall@fremontcountywy.gov](mailto:tatum.hall@fremontcountywy.gov)
- Check for logs on [fremontcountywellness.com](http://fremontcountywellness.com)



## Premium Reduction Season Returns in October

Stay tuned for news on scheduling appointments for the  
2024 Premium Reduction Program!

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  September	2 Labor Day	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					

<u>Steps</u>	Monthly Total	Average Equivalent	<b>* BP Category</b>
<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	<b>Normal</b> less than 120 less than 80
<b>Wow!</b>	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	<b>Elevated</b> 120-129 less than 80
<b>In The Zone</b>	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	<b>Stage 1</b> 130-139 80-89
<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	<b>Stage 2</b> 140 or higher 90 or higher
<b>Wow!</b>	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	<b>EMERGENCY</b> Higher than 180 Higher than 120
<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	