

Wellness Council Webinar

August 2023



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Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Guest Speaker: ActiveHealth Management**
- **Quarterly Activity List**
- **What's New from WFHTN**
- **Wellness Council Spotlights**
- **Upcoming Schedule**

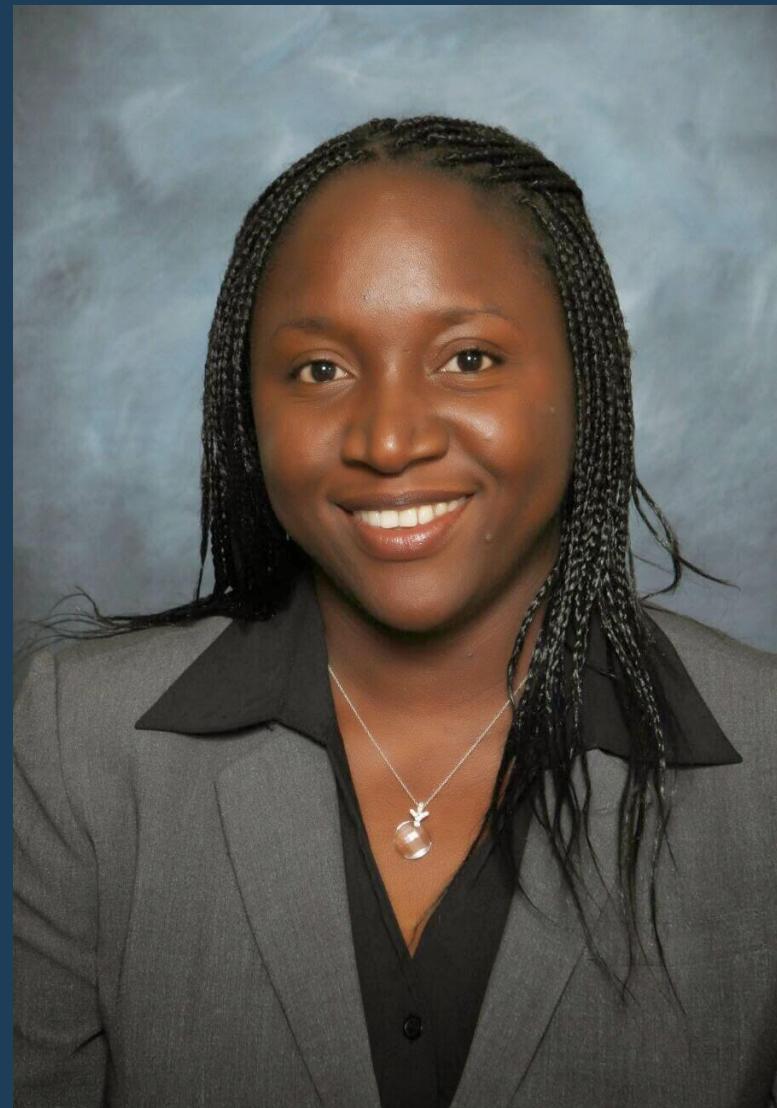
Guest Speaker:

Matt Berte

ActiveHealth Management



Guest Speaker: Dr. Vivian Ogueli ActiveHealth Management



Quarterly Activity List

August Challenge

48 A Day Challenge: August 14-27

For good health, aim to drink at least 48 ounces of water each day.

[Sign up](#) for the challenge by Friday, Aug. 11.

Five participants chosen at random will win a prize!



August Activities & Webinar

- **4Mind4Body: State Retirement Plans & Resources (RetireReadyTN)**
Wednesday, Aug. 9 from 11:30-12:30 p.m. CT
- **Barriers to Being Active**
Thursday, Aug. 10 from 1-1:30 p.m. CT
- **Relaxation Techniques**
Friday, Aug. 18 from 10-10:15 a.m. CT
- **Here4TN Financial Resources (Optum Health)**
Thursday, Aug. 24 from 12-12:15 p.m. CT
- **Get the Facts on Food Labels**
Tuesday, Aug. 29 from 1-1:30 p.m. CT



What's New?

Reminder: Wellness Council Activity Submission Form



https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024

August Wellness Calendar & Events

Make August Amazing



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 1-4	<p>Join the 48 A Day Water Challenge from August 14-27. Sign up by Friday, Aug. 11!</p>	<p>Join us for A Safe and Savvy Summer (Presented by ActiveHealth) from 10:30-11 a.m. (Calendar invite)</p>	<p>This Tuna P Wiggle recipe is great for busy schedules!</p>	<p>Refresh with TDOE's Meditation Break Thursdays from 11:15-11:30 a.m. (Calendar invite)</p>	<p>Learn about Pick Tennessee Products.</p>
August 7-11	<p>Plan your summer visit to a Tennessee State Park.</p>	<p>Join us for a Dance Break from 12-12:15 p.m. (Calendar invite)</p>	<p>Take a 10-Minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)</p>	<p>Learn about your Barriers to Being Active from 1-1:30 p.m. (Calendar invite)</p>	<p>Join Yoga for All from 12-12:15 p.m. (Calendar invite)</p>
August 14-18	<p>Try this Sweet and Sour Pork Fried Rice. The secret is to cook and refrigerate the rice the day before!</p>	<p>Check out this video for Fun Ways to Stay Well with Co-workers.</p>	<p>Give your mind a break at Meditation with Nat from 11:30 a.m. - 12 p.m. (Calendar invite)</p>	<p>Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)</p>	<p>Learn and practice Relaxation Techniques from 10-10:15 a.m. (Calendar invite)</p>
August 21-25	<p>Take this short quiz to help you overcome your barriers to exercise.</p>	<p>It's peach season! Enjoy fresh peaches with this Peach Ricotta Toast.</p>	<p>Yoga for All is relaxing for all fitness levels. Join us from 12-12:15 p.m. (Calendar invite)</p>	<p>Learn about Financial Resources available through Here4TN from 12-12:15 p.m. (Calendar invite)</p>	<p>Check out this popular 60-second Microwave Egg Recipe.</p>
August 28-31	<p>Join Yoga for All from 12-12:15 p.m. (Calendar invite)</p>	<p>Attend Get the Facts on Food Labels from 1-1:30 p.m. (Calendar invite)</p>	<p>Have you ever wondered what serving sizes look like? Check out this 30-second video.</p>	<p>Celebrate National Trail Mix Day with this Healthier Trail Mix.</p>	<p>Please note: All times listed are in the Central time zone.</p>

Upcoming Events August 2023

Workouts

Yoga for All
Mondays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

Dance Break
Tuesdays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

Wednesdays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

DHS 10-minute Fitness Break
Wednesdays from 11-11:10 a.m.
[Link to join](#). [Calendar invite](#).

Fridays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

DCS Fitness Break
Thursdays from 10-10:15 a.m.
[Link to join](#). [Calendar invite](#).

Challenge



48 A Day
August 14-27

In honor of World Water Week, aim to drink at least 48 ounces of water each day. Sign up for the challenge by Friday, Aug. 11: https://stateoftennessee.formstack.com/forms/wfhtn_48_a_day_challenge_sign_up
Five participants chosen at random will win a prize!

Activities & Webinars

TDOE Meditation Break
Thursdays from 11:15-11:30 a.m.
[Link to join](#). [Calendar invite](#).

Meditation with Nat
Wednesday, Aug. 16 from 11:30 a.m.-12 p.m.
[Link to join](#). [Calendar invite](#).

A Safe and Savvy Summer (Presented by ActiveHealth)
Tuesday, Aug. 1 from 10:30-11 a.m.
[Link to join](#). [Calendar invite](#).

Here4TN Financial Resources (Presented by Optum Health)
Thursday, Aug. 24 from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).

Barriers to Being Active
Thursday Aug. 10 from 1-1:30 p.m.
[Link to join](#). [Calendar invite](#).

Get the Facts on Food Labels
Tuesday, Aug. 29 from 1-1:30 p.m.
[Link to join](#). [Calendar invite](#).

Please note: All times are listed in the Central time zone.

For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html.



2023 Annual Celebration



Wellness Council Spotlights

Get Outdoors Challenge



Tennessee State Parks

Department of Finance & Administration



Alternative Milk: Do You Cashew?

Department of Human Services



Wellness Tips for Working Parents

Department of Health





Upcoming Schedule

September Wellness Council Webinar

Thursday, Sept. 7 from 9-9:45 a.m. CT

Guest speaker: Revenue (Tennessee Works Tax Act)

Quarter 1 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates



WHAT'S
GOING
ON?

Questions





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