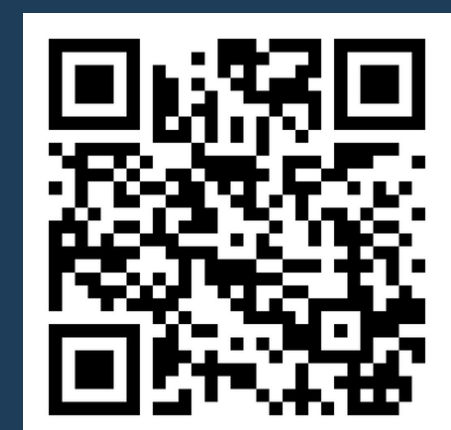


Wellness Council Webinar

December 2023



Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Healthy Holiday Tips and Tricks**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**

Where's the WFHTN team?

Spot Kayla, Kristina, Lindsey and Morgan throughout this presentation.
Let us know what slides they appear on for a chance to win a prize!

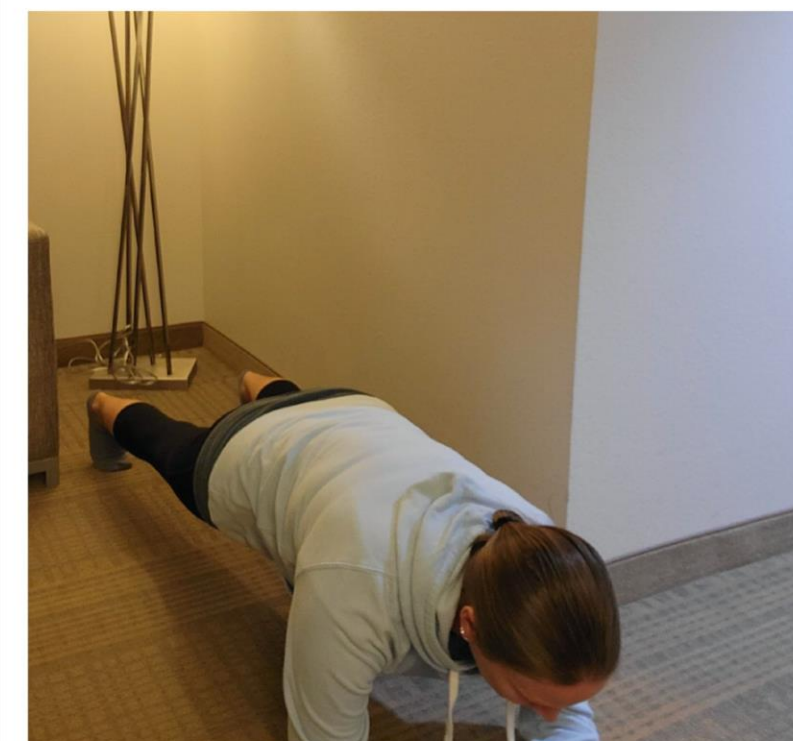
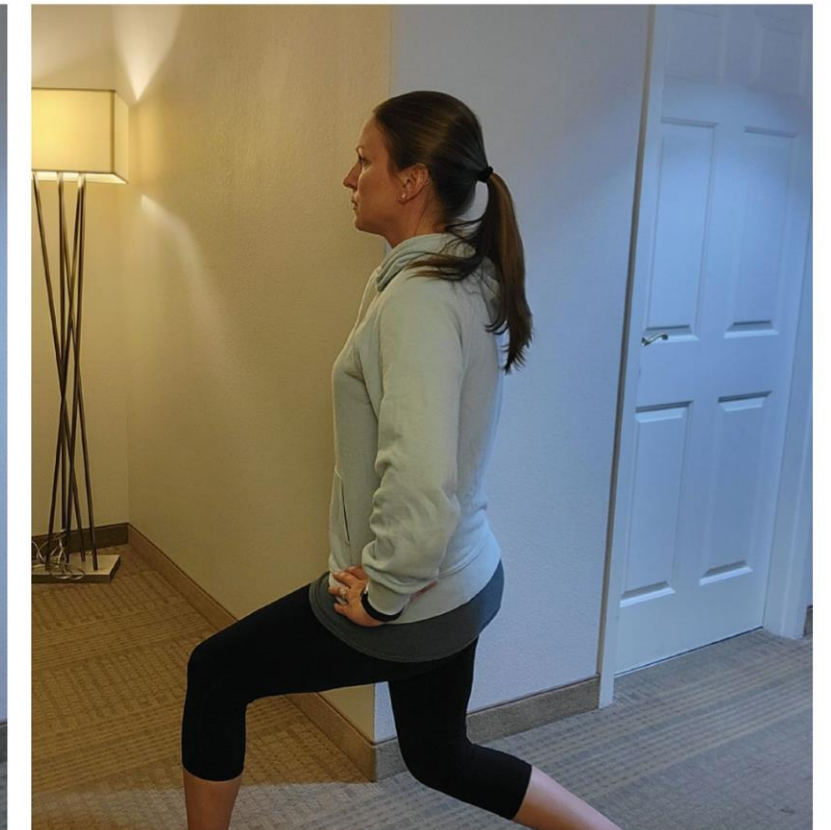
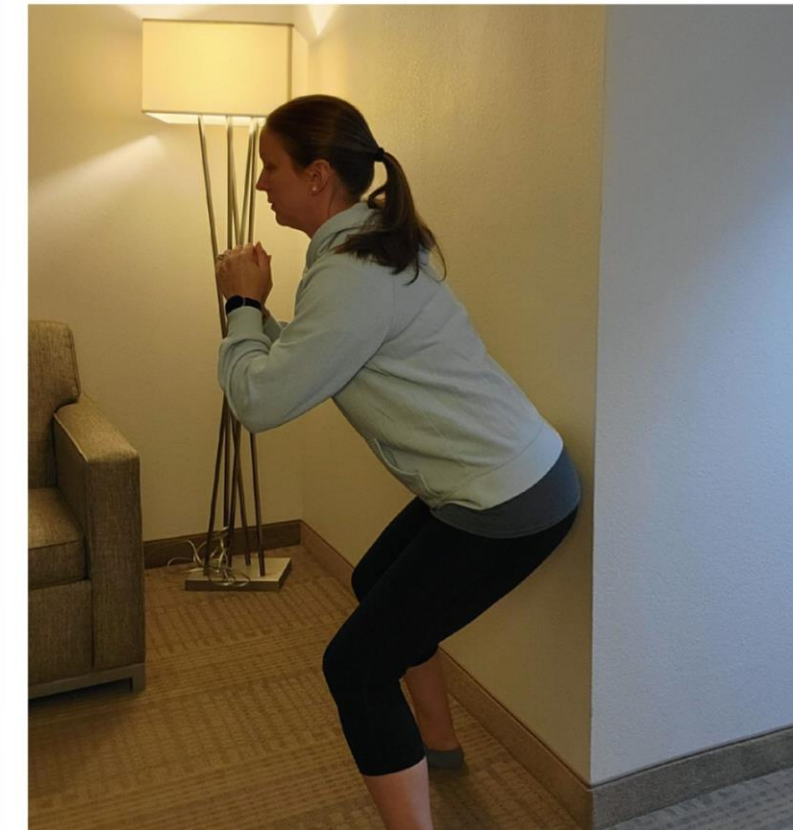
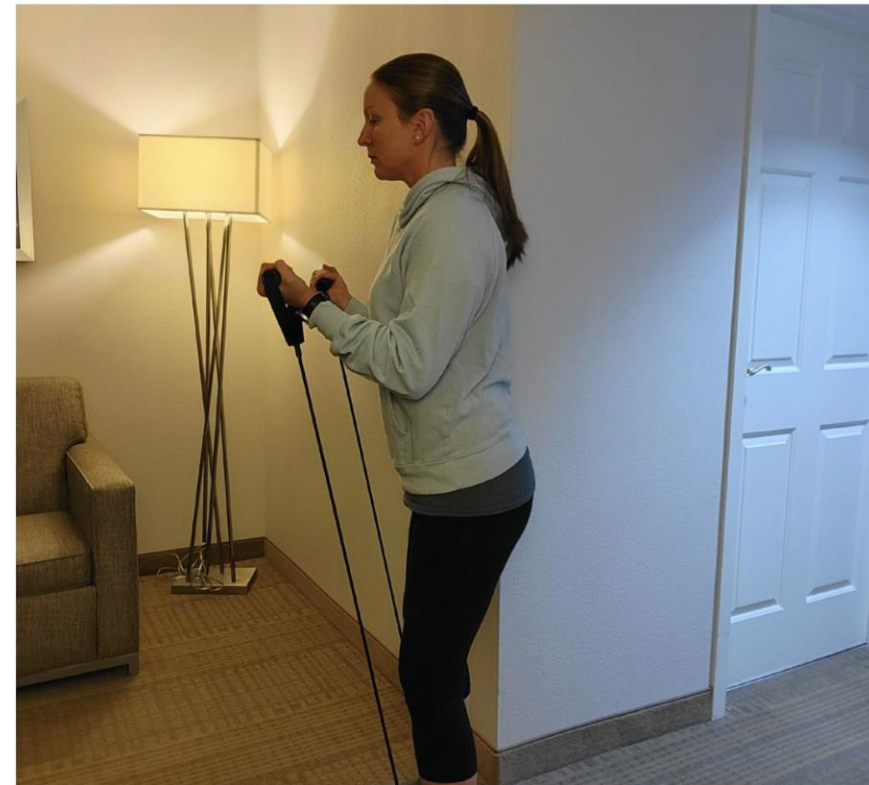


Healthy Holiday Tips and Tricks



Kayla

“Make time to move.”



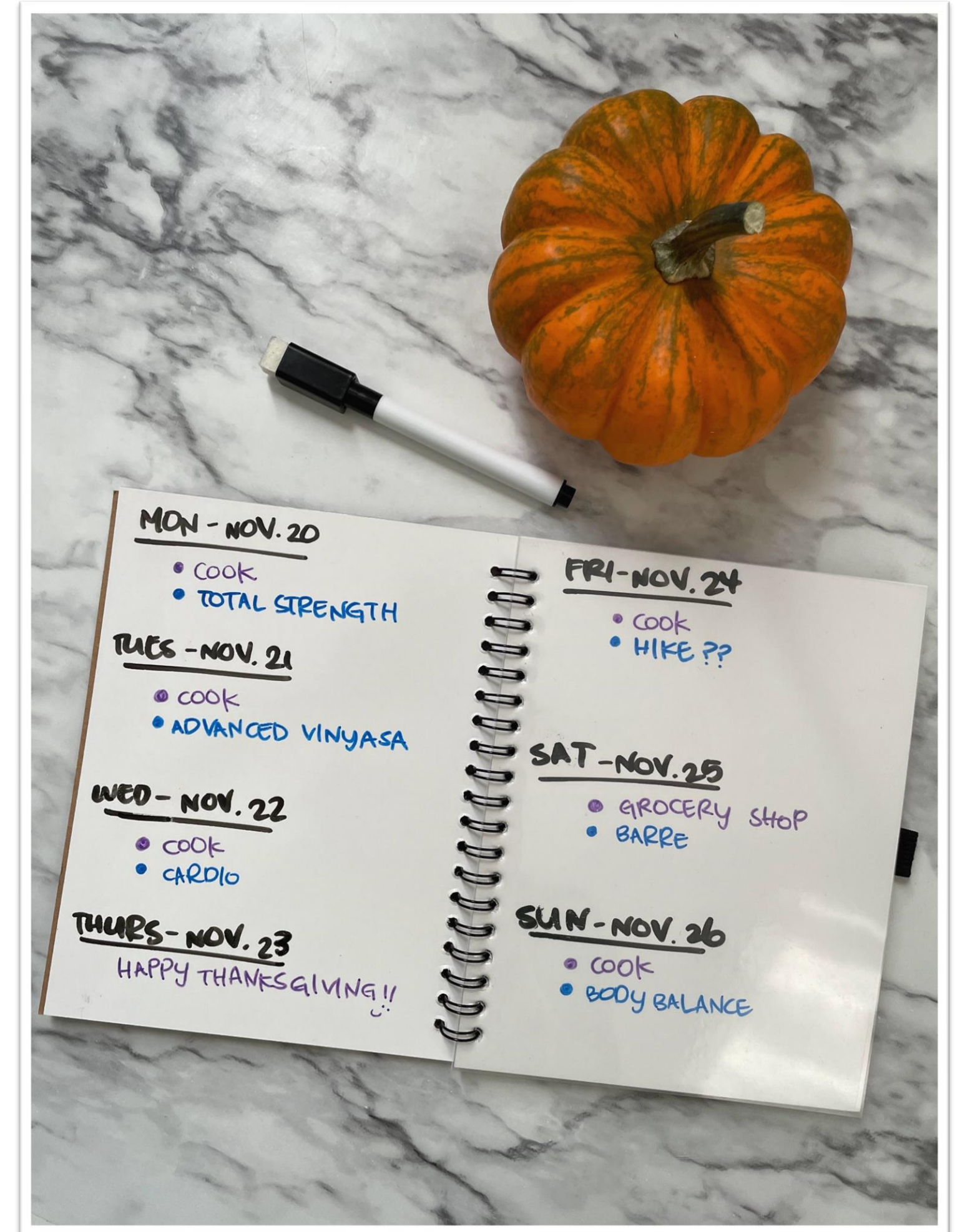
Kristina

“Get the whole family moving during the holidays!”



Lindsey

“My go-to is enjoy myself at meals, and plan to get right back into my regular routine as soon as I can!”



Morgan



“One way I take care of my mental health during the holidays is by getting outside by myself.”



Quarterly Activity List

December Activities & Info

- Share [Helpful Tips for Healthy Holiday Parties.](#)
- Promote and join **Healthy Eating During the Holidays** on Tuesday, Dec. 12 from 12:30-1 p.m. CT.
- Join our **O'Fitness Tree Challenge** from Dec. 6-12.



Sneak Peek at January 2024

- Join our [Goal Getters group](#) starting Jan. 8!
- **International Brain Teaser Month** - Complete these [Word Picture Puzzles](#) by Jan. 31
- **Virtual Events**
 - Goal Getters Group Check-in
 - What Is a Healthy Weight?

www.tn.gov/wfhtn/achievement-levels/activity-lists.html

What's New?

December Wellness Calendar

The screenshot shows the website's navigation bar with the logo and a search bar. Below the navigation bar, the 'Activities & Challenges' section is active, with a red underline. The 'Wellness Events' section is displayed, listing several options: EVENTS FLYER, WELLNESS CALENDAR (highlighted with a yellow oval), ACTIVITIES, CHALLENGES, WEBINARS, WORKOUTS, and WEBEX TIPS. The background features a large, faint graphic of the state of Tennessee.

www.tn.gov/wfhtn/challenges/wellness-events.html

Wellness Council Activity Submission Form



Wellness Council Spotlights

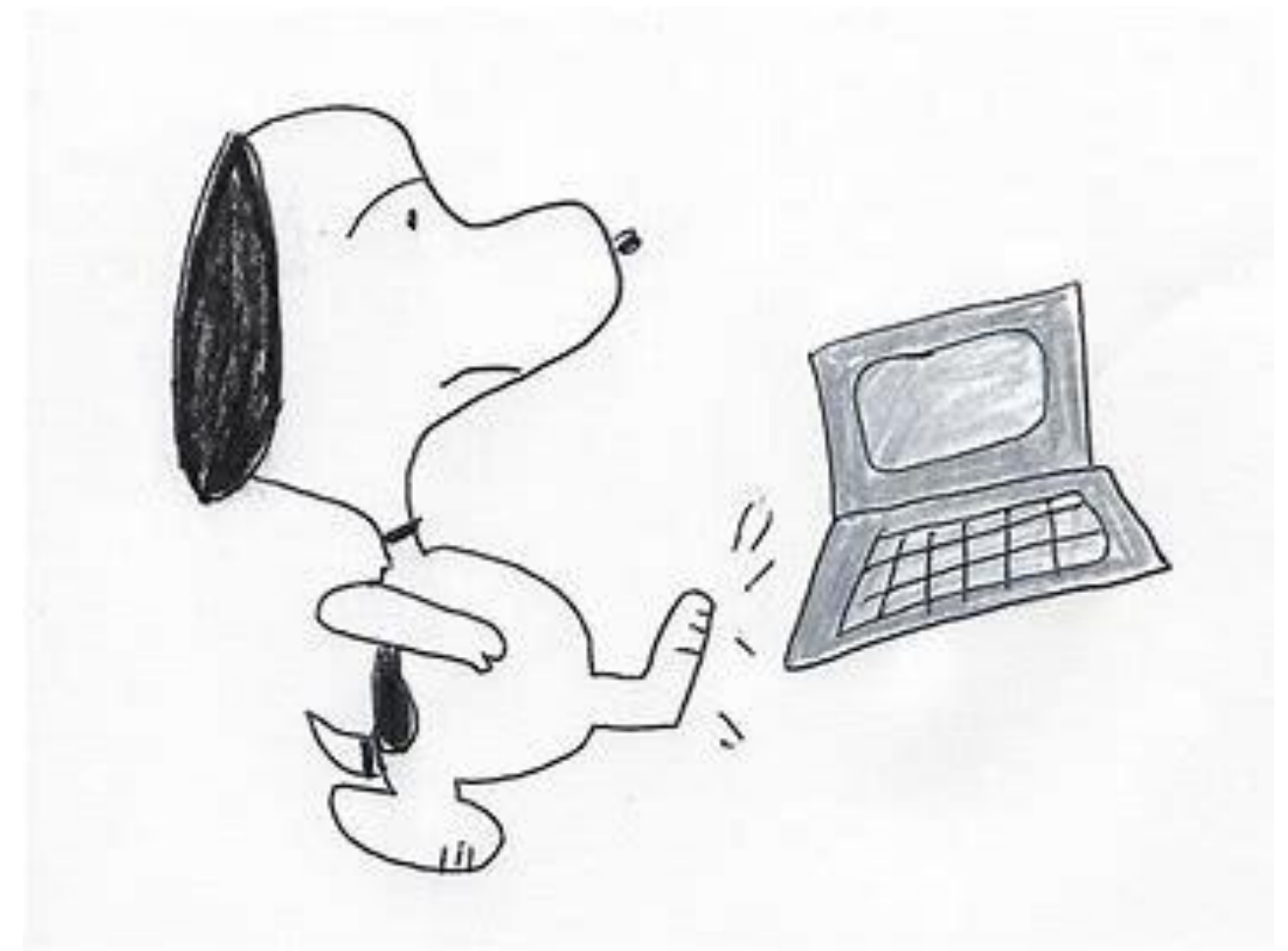
Planksgiving Challenge

Department of Human Services employees in Lenoir City enjoying Day 2 of Planksgiving!



Shred Your Stress Challenge

13% increase in participation!



Upcoming Schedule



January Wellness Council Webinar

Thursday, Jan. 11 from 9-9:45 a.m. CT

Guest speaker: Sharecare

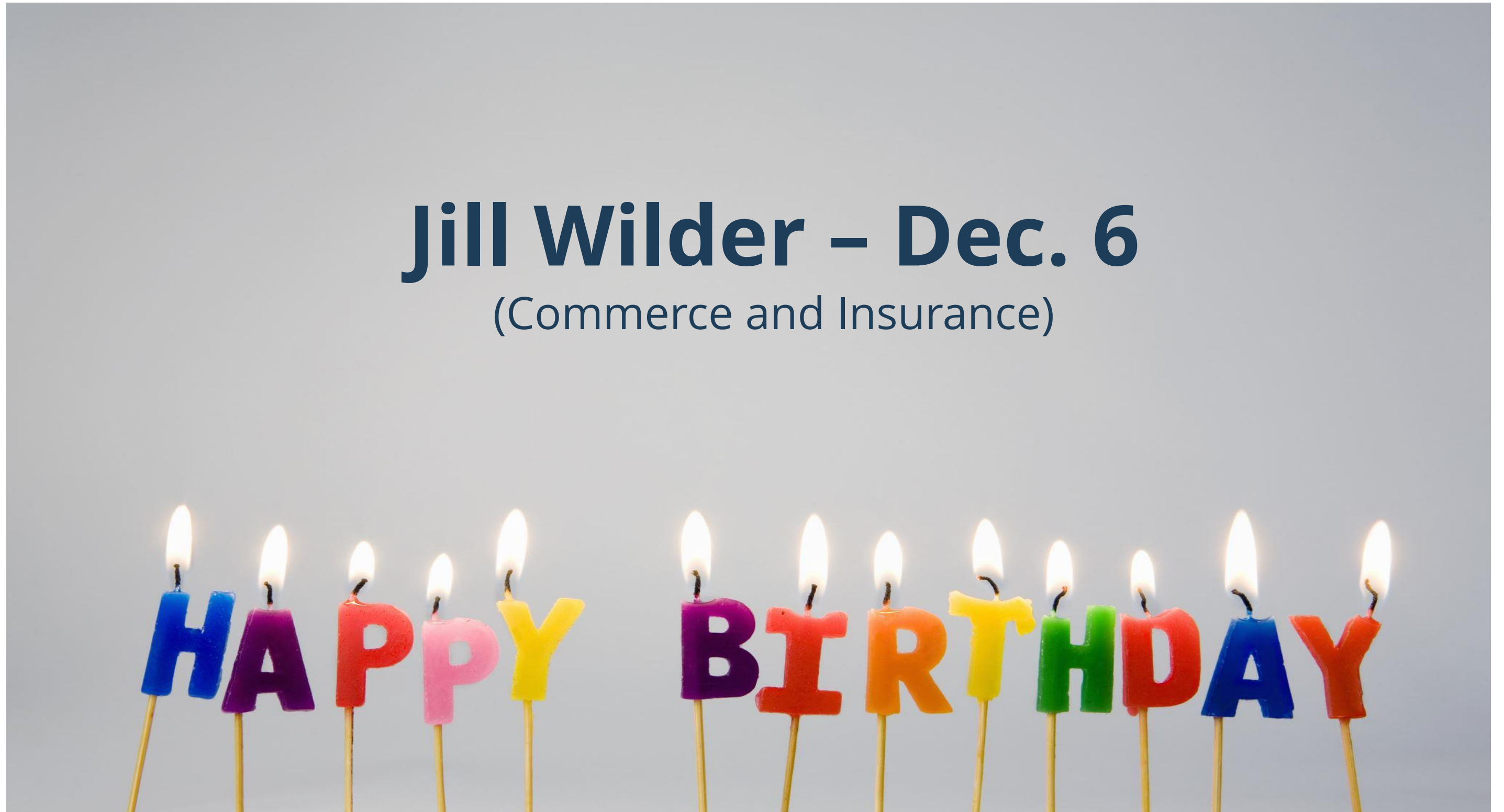
Quarter 2 (October-December) Activities

Please submit completed activities to your Wellness Coordinator by 5 p.m. CT on Friday, Jan. 5.



Celebrations

Jill Wilder – Dec. 6
(Commerce and Insurance)



What are you celebrating? Let us know at
https://stateofennessee.formstack.com/forms/wellness_council_member_celebrations



**Happy
Holidays!**

Questions



Where's the WFHTN team?

Spot Kayla, Kristina, Lindsey and Morgan throughout this presentation. Email us at WFHT.TN@tn.gov to let us know what slides they appear on for a chance to win a prize!



Don't miss an update!
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