

Wellness Council Webinar

May 2023



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Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Team Building**
- **Quarterly Activity List**
- **What's New from WFHTN**
- **Wellness Council Spotlights**
- **Upcoming Schedule**

Getting to Know the Team



Getting to Know the Team

Kayla:

When Kayla was young, she wanted to be a _____.

- Fire fighter
- Professional tennis player
- Flight attendant



Getting to Know the Team

Kristina:

Kristina's first job in Nashville was as a _____.

- Truck driver
- Golf caddy
- Yoga instructor



Getting to Know the Team

Lindsey:

Lindsey's a _____ in the Chinese Zodiac!

- Horse
- Rabbit
- Rat



Getting to Know the Team

Morgan:

Morgan's favorite cookie is _____.

- Oatmeal chocolate chip
- Oatmeal raisin
- Oatmeal nut



Getting to Know the Team

Natalie:

True or False?

Natalie dressed up as Snowbird for a prior job.



Quarterly Activity List

May Suggestions

Better Bites BINGO

In one week, aim to complete a horizontal, vertical or diagonal row of healthy eating activities listed on the [BINGO card](#).

[Let us know you participated](#) by Wednesday, May 31

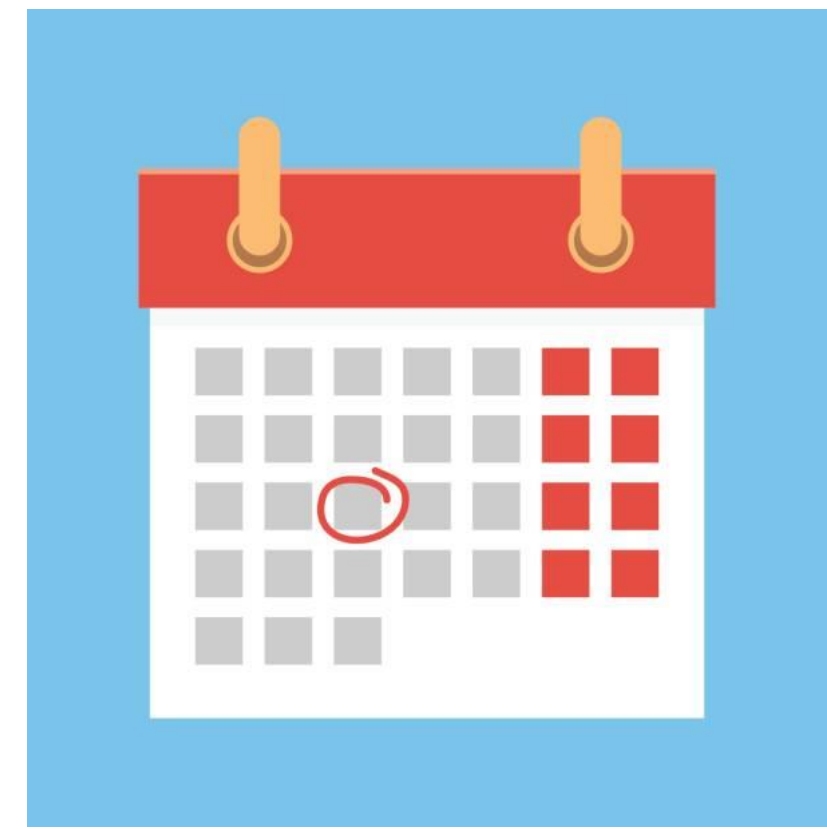
Five participants chosen at random will win a prize!



May Suggestions

National Health Observances

- Promote [Blood Pressure Education Month](#) by having employees complete the [Blood Pressure Scavenger Hunt](#). Three participants chosen at random will win a prize!
- In recognition of [National Osteoporosis Month](#) share this [Calcium and Vitamin D: Shopping List](#).
- In honor of [World No Tobacco Day](#) (May 31), ask employees to complete a tobacco cessation sign and share a photo ([with permission](#)) to WFHT.TN@tn.gov.
 - [#MyWhy](#)
 - [#TheDayIQuit](#)
 - [#WhyIDon'tSmoke](#)



May Suggestions

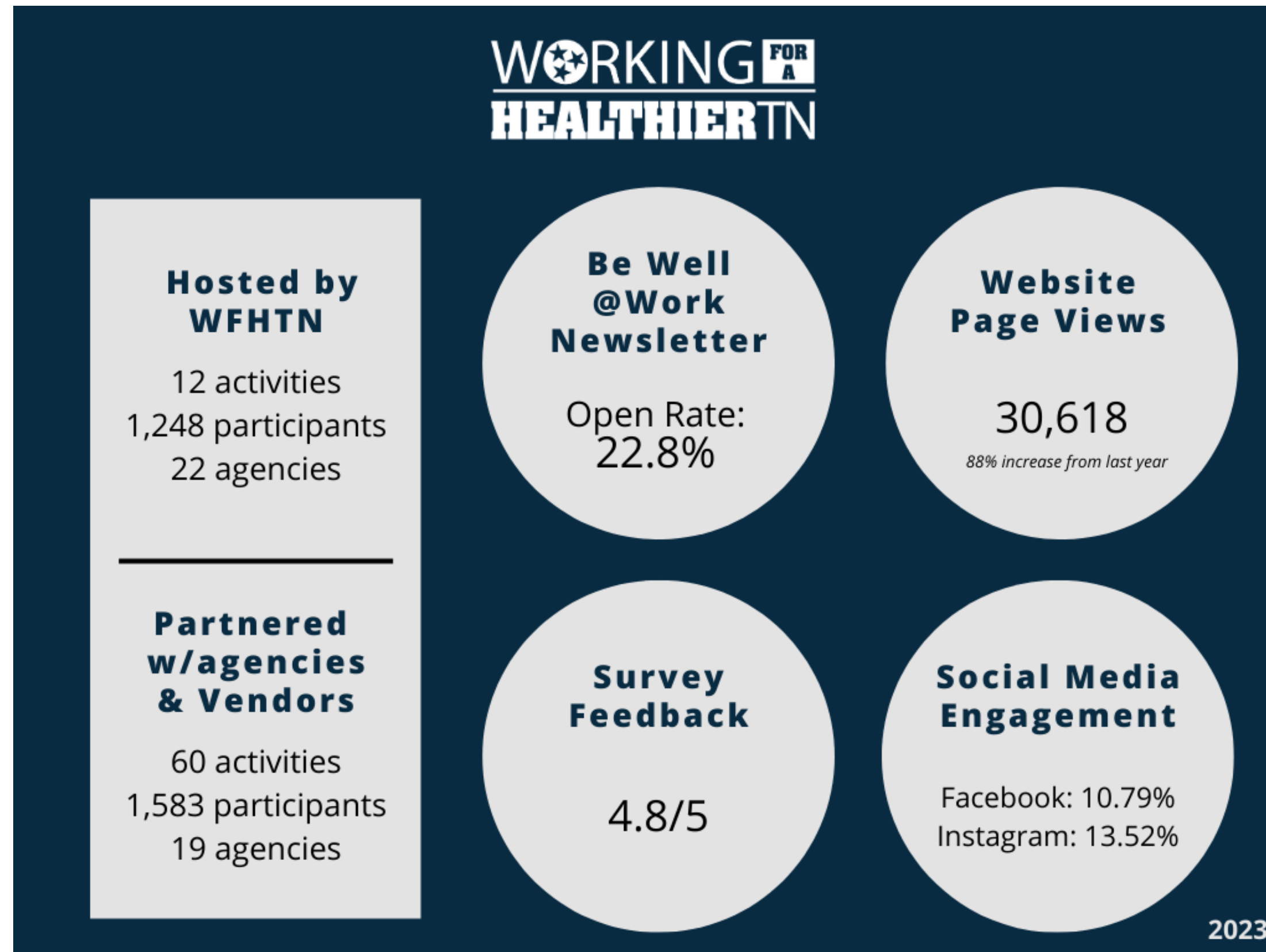


Activities, Workouts & Webinars!

- **Self-Care: Small Changes for Positive Results (Presented by Optum Health)**
Tuesday, May 2 from 10:30-11 a.m. CT
- **4Mind4Body webinar: Be Proactive and Age Healthfully**
Wednesday, May 10 from 11:30-12:30 p.m. CT
- **Build Stronger Bones**
Thursday, May 11, from 1-1:15 p.m. CT
- **Healthy Living Trivia**
Friday, May 19 from 10-10:30 a.m. CT
- **Get to Know the Hunger Scale**
Thursday, May 25 from 12-12:15 p.m. CT
- **Tobacco-Free Living (Presented by ActiveHealth)**
Wednesday, May 31 from 1-1:30 p.m. CT

What's New?

Quarter 3 Metrics



Celebrations! 🎉



Reminder: We'd love to celebrate you.
Share your birthday with us on
Formstack!

Budget Reminder

How much?

- Division A: \$200
 - Division B: \$150
 - Division C: \$100
-
- **To use by May 15, 2023**
 - **Send requests to your Wellness Coordinator.**
 - *Note: Cannot be used to purchase gift cards, vouchers or memberships.*

2023 Annual Celebration

July 20 from 10 a.m. - 12 p.m. CT



WORKING FOR A HEALTHIER TN

Wellness
IS A JOURNEY

July 20, 2023
10 a.m. - 12 p.m. CT
Tennessee State Library & Archives

May Daily Wellness Calendar & Virtual Events

Upcoming Events May 2023



Workouts

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

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

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

Dance Break
Tuesdays from 11:45 a.m.-12 p.m.
[Link to join.](#) [Calendar invite.](#)

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

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

Build Stronger Bones
Thursday, May 11 from 1-1:15 p.m. CT
[Link to join.](#) [Calendar invite.](#)

Challenge

Better Bites BINGO
During the month of May, complete this one-week challenge. Aim to complete a horizontal, vertical or diagonal row of healthy eating activities listed on the **BINGO card**. Five participants chosen at random will win a prize!



Activities & Webinars

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

Self-Care: Small Changes for Positive Results (Optum Health)
Tuesday, May 2 from 10:30-11 a.m.
[Register.](#)

Meditation with Nat
Wednesday, May 17 from 11:30 a.m. - 12 p.m.
[Link to join.](#) [Calendar invite.](#)

Healthy Living Trivia
Friday, May 19 from 10-10:30 a.m.
[Link to join.](#) [Calendar invite.](#)

Get to Know the Hunger Scale
Thursday, May 25 from 12-12:15 p.m.
[Link to join.](#) [Calendar invite.](#)

Tobacco-Free Living (ActiveHealth)
Wednesday, May 31 from 1-1:30 p.m.
[Link to join.](#) [Calendar invite.](#)

Please note: All times are listed in Central time zone.
For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html.



MOVING IN MAY



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1-5	Join Yoga for All every Monday 12-12:15 p.m. (Calendar invite)	Join Self-Care: Small Changes for Positive Results (Presented by Optum Health) from 10:30-11 a.m. (Register)	May is National Osteoporosis Month . Learn how to prevent bone loss.	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	It's National Hamburger Month! Celebrate with a vegetarian option: Black Bean Burgers.
May 8-12	May is Blood Pressure Education Month . Learn about blood pressure by completing the Blood Pressure Scavenger Hunt .	Happy National Shrimp Day! Try this easy and delicious Shrimp Pad Thai .	Yoga for All is relaxing for all fitness levels. Join us on Wednesdays from 12-12:15 p.m. (Calendar invite)	Learn how to Build Stronger Bones from 1-1:15 p.m. (Calendar invite)	Join Yoga for All every Friday from 12-12:15 p.m. (Calendar invite)
May 15-19	Play Better Bites BINGO! Three participants will win a prize!	Women's Health Week is May 14-20.	Give your mind a break at Meditation with Nat from 11:30 a.m. - 12 p.m. (Calendar invite)	Refresh with TDOE's Meditation Break every Thursday from 11:15-11:30 a.m. (Calendar invite)	Test your knowledge with Healthy Living Trivia from 10-10:30 a.m. (Calendar invite)
May 22-26	Have you ever wondered what a serving size looks like? Check out this 30-second video .	Join us every Tuesday for a Dance Break from 11:45 a.m. - 12 p.m.! (Calendar invite)	Take a 10-Minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Learn to listen to your body and Get to Know the Hunger Scale from 12-12:15 p.m. (Calendar invite)	Broccoli can be prepared in different ways. Try this Broccoli Stalk Hummus .
May 29-31	Celebrate Memorial Day & National Biscuit Day with Whole Wheat Yogurt Biscuits .	Barbara started smoking at age 16. Find out how she finally kicked the habit!	Learn more for yourself or a loved one about Tobacco-Free Living from 1-1:30 p.m. (Calendar invite)		



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

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

Wellness Council Spotlights

March Madness Steps Challenge

Labor & Workforce Development



Walk with Commissioner Finance & Administration



Learning & Development Conference

Human Resources



National Humor Month

Employees Jokes!



workingforahealthiertn Tennessee

workingforahealthiertn You all submitted some seriously funny jokes to us for #NationalHumorMonth in April! Let's start the week with a few of our favorite funnies!



Congrats to Julie!

General Services



Shoutout to Kyle!

Labor and Workforce Development



Upcoming Schedule



June Wellness Council Webinar

Thursday, June 1 from 9-9:45 a.m. CT

Quarter 4 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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