



Quarterly Activity List

Q4 (April-June 2022) FY 2022

Please use this activity list as a *guide* for possible activities instead of trying to complete every activity suggested. Your Wellness Coordinator can assist if you need additional options.

PRE-ACTIVITY CHECKLIST:

- Obtain approval for activity by your internal legal counsel.

POST-ACTIVITY CHECKLIST:

- Distribute a Post-Activity Feedback Survey. (*Ask your Wellness Coordinator for an online form version.*)
- Submit photos ([with permission](#)) from events, challenges and success stories to WFHT.TN@tn.gov or to your Wellness Coordinator. (The [participation tracking sheet](#) may be submitted in addition to, or as an alternative to, photos.)
- Track your completed activities on an activity planner ([Excel spreadsheet](#), [Word doc](#) or [pdf](#)).

GUIDELINES:

- Submit completed activities to your Wellness Coordinator by 5 p.m. Central on Thursday, June 30.
- [Frequently Asked Questions](#)
- [WFHTN Achievement Levels](#)



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FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
(Applies to related focus area.)	Share: <ul style="list-style-type: none"> Information on any National Health Observance. WFHTN's scheduled Activities, Workouts & Webinars and/or Yoga for All sessions. Resources and/or events from Here4TN or ActiveHealth. A WFHTN Monthly Handout 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host or promote and join a Lunch 'n Learn or Webinar (live or recorded). Host or promote and join a virtual exercise or stretch break. 	<ul style="list-style-type: none"> Host OR promote and join any Team-Building Activity. Host OR promote and join any Well-being, Physical Activity, Healthy Eating or Tobacco Cessation Challenge. Share an employee success story.
WELLNESS COUNCIL	Share: <ul style="list-style-type: none"> This Quarterly Activity List with your Wellness Council members. A Post-Activity/Webinar Survey after an activity or webinar. 	<ul style="list-style-type: none"> Participate in the monthly <i>WFHTN Wellness Council Webinar</i>. (Click here to join.) Recruit a new Wellness Council member. Invite other agency(s) to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Host a Wellness Council meeting.
PHYSICAL ACTIVITY	Share: <ul style="list-style-type: none"> Get the Right Sneakers for Your Workout Infographic Get Out! 5 Benefits of Outdoor Exercise in recognition of Great Outdoors Month (June). 	<ul style="list-style-type: none"> Share these Yoga Video Resources in recognition of Stress Awareness Month (April). Get active outdoors by visiting one of the many Tennessee Greenways, Trails or State Parks! 	<ul style="list-style-type: none"> Promote and join the WFHTN Spring Virtual 5k Series.
HEALTHY EATING	Share: <ul style="list-style-type: none"> "Grow Your Own: A Vegetable Garden How-To Guide" in recognition of National Garden Month (April) "Bone Health Basics" in recognition of National Osteoporosis Month (May) "Seasoning with Herbs & Spices" in recognition of National Herbs and Spices Day (Friday, June 10) 	<ul style="list-style-type: none"> In honor of National Fruits & Vegetables Month (June), check out a local Farmers Market and send us a snapshot or selfie (with permission) to WFHT.TN@tn.gov. <i>Five participants chosen at random will win a prize!</i> Take a lunch hour with us for National Take Back the Lunch Break Day (Friday, June 17). Tell us what you enjoyed for lunch at WFHT.TN@tn.gov. <i>Five participants chosen at random will win a prize!</i> 	<ul style="list-style-type: none"> Host or promote and join a "Mediterranean Diet Trivia" game in honor of International Mediterranean Diet Month (May). Join WFHTN on May 19 from 1-1:15 p.m. Join us to take action to restore our earth for Earth Day (Friday, Apr. 22). Tell us what food-focused action(s) you took HERE. <i>Ten participants chosen at random will win a prize!</i>
WELL-BEING	Share: <ul style="list-style-type: none"> Humor Month (April) Handout Stress Management Month (April) Handout Prenatal Health Handout Men's Health Month (June) Handout 	<ul style="list-style-type: none"> Promote this Mental Health Quiz in honor of Mental Health Month (May) Promote the "Get the Best of Stress," "How to Support Mental Health Concerns in the Workplace," and/or "Aging Healthfully" webinars (presented by Here4TN). Click here for more info. Promote the #4Mind4Body webinars in April and May. Click here for more info. 	<ul style="list-style-type: none"> Join WFHTN's all-agency "Wellness Week Challenge" June 6-10. <i>Ten participants chosen at random will win a prize!</i> Benefits of quitting tobacco are almost immediate. Read 100 reasons to quit tobacco. Or have you or a family member quit using tobacco? Share your/their success story to WFHT.TN@tn.gov.

**We want your Wellness Council to be creative! Share your ideas with your Wellness Coordinator to see which goal it would fall under.*



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