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WORKING FOR A HEALTHIER TN

December Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives

Today's Agenda

Kahoot!

What's New with WFHTN

Wellness Council Spotlight

December Health Observances

Upcoming WFHTN Schedule

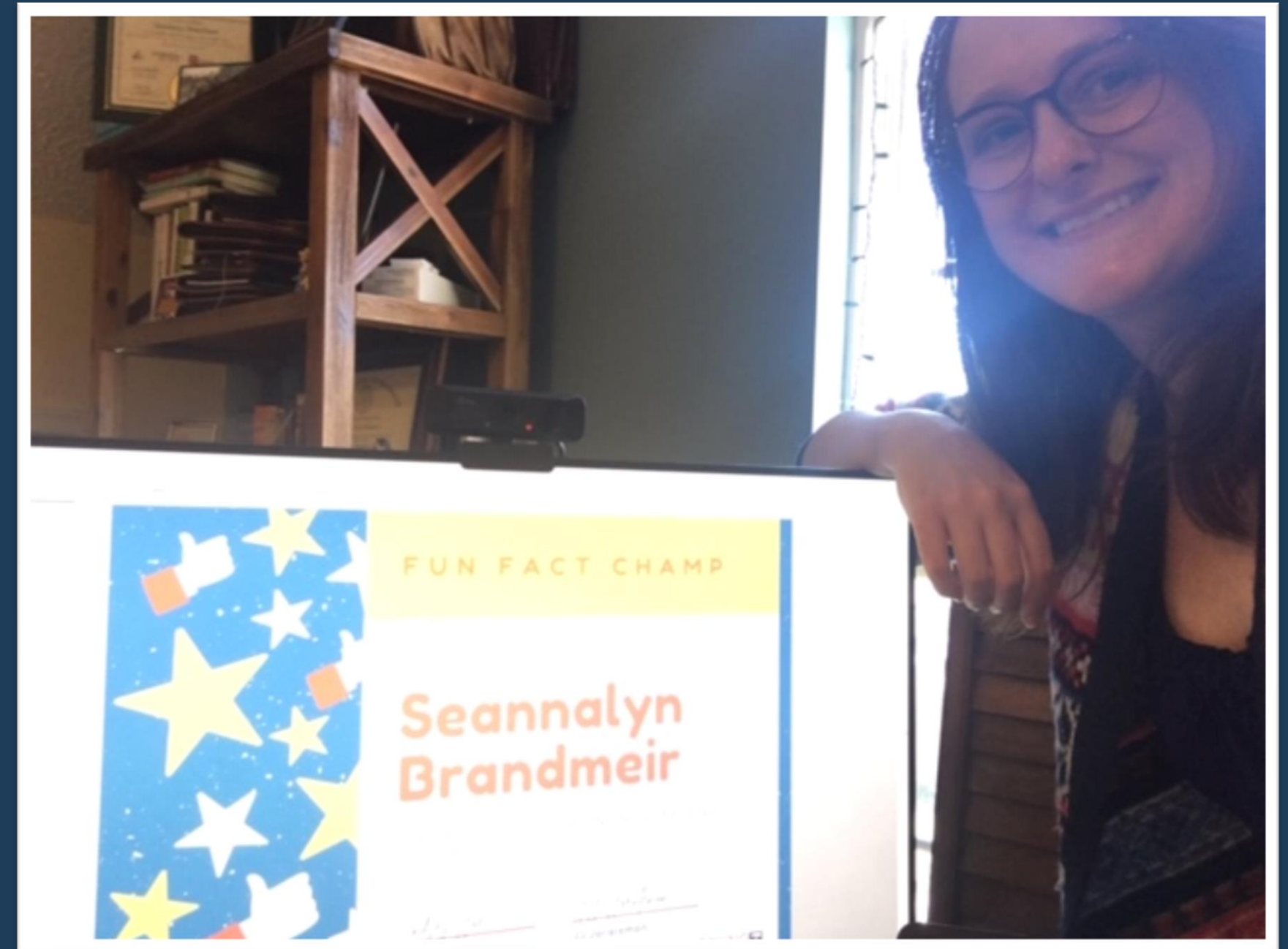
Sharing

WFHTN "Team Talk"

Fun Fact Challenge

*Congratulations to
our November Fun
Fact Champ:*

**Seannalyn
Brandmeir**
(Department of
Finance &
Administration)



Let's Play!

Join us for Kahoot!

Visit www.kahoot.it (or download the Kahoot app).

Game Pin to follow!

The Kahoot! logo is displayed in white, bold, sans-serif font on a solid purple rectangular background.

WHAT'S NEW with WFHTN!?

Q2 Quarterly Checklist

For the 2021 Wellness Warriors Award

Activity	Notes	✓
Share at least one post-challenge survey.		
Share the WFHTN monthly poll question .		
Attend at least two Wellness Council webinars and/or Water Cooler Talk.		
Hold at least one Wellness Council meeting (in-person or WebEx).		
Host at least one Here4TN or WFHTN webinar/lunch n' learn (can be live or recorded).		
Participate in an all-department challenge hosted by WFHTN or create your own four-week challenge .		

DUE: December 30th

December Activity Planner

	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the WFHTN Monthly Poll Question for December with your department.	Spread the cheer! Share about holiday volunteer opportunities (such as TN Serves , TCAD , etc.) with your employees.	Share " Helpful Tips for Healthy Holiday Parties ".
	<i>Date shared; other relevant details</i>	<i>Date completed; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the December monthly WFHTN Wellness Council Webinar on Thursday, December 3 rd at 9 a.m. Central. Click here for the meeting link.	Host a Lunch 'n Learn (live or recorded webinar) for your department. Visit the WFHTN website or search the Here4TN training catalog for topics and scheduling. Suggested topics include: <i>Holiday Survival Plan</i> <i>Making the Holidays Happier</i>	Challenge your co-workers to an online " Holiday Food Word Search "! (answer key here) Send a picture and/or let us know how you liked this activity to WFHT.TN@tn.gov .
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Participate in WFHTN's Holiday All-Department Challenge. Ask your Regional Wellness Coordinator for details!	Host a Tag You're It! Challenge (Winter Edition) . Submit your Tag Log or a participation tracking sheet with photos to WFHT.TN@tn.gov .	'Tis the season for holiday food! Encourage co-workers to partake in a virtual recipe swap. Have them share their healthier holiday favorites. To submit a recipe, they can send an email using the recipe template to WFHT.TN@tn.gov .

Have a Healthy Holiday!



Stress-Busting Activities	✓ activities as you complete them		
<u>Relax</u> for 5 Minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Nature Break</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10-Minute <u>Activity Break</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Mindfully Eat</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Meditate</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Host a Lunch 'n Learn/Webinar

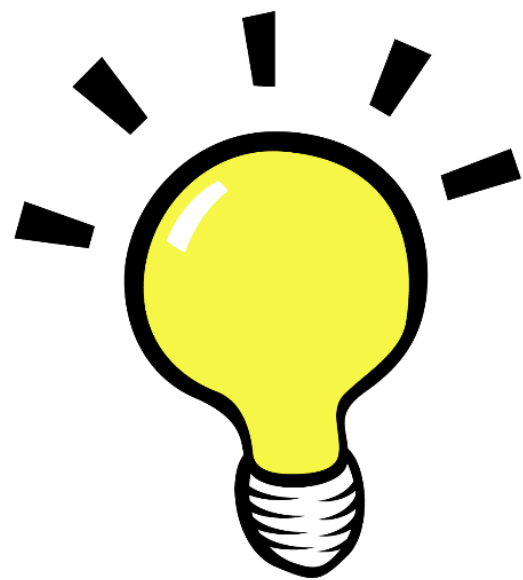
Suggested topics:
Holiday Survival Plan
Making the Holidays Happier



Recipe Swap

'Tis the season for holiday food!
Share your healthier holiday favorites.

Do you have an idea for a challenge and/or could you share some of your expertise?



Let us know!

A Look Ahead

S.M.A.R.T. Goal Challenge



LIVE Workouts with WFHTN

Eat Right on a Budget



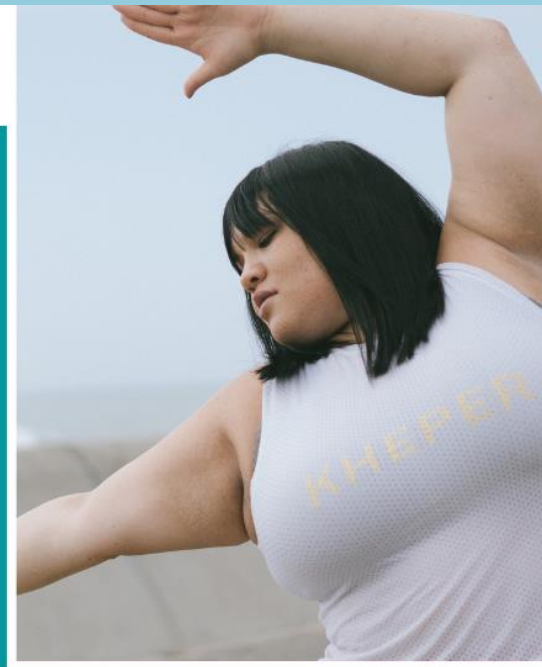
Wellness Council Spotlight



Wellness Council Spotlight

Department of Children's Services

Virtual Breaks



DCS WELLNESS COUNCIL

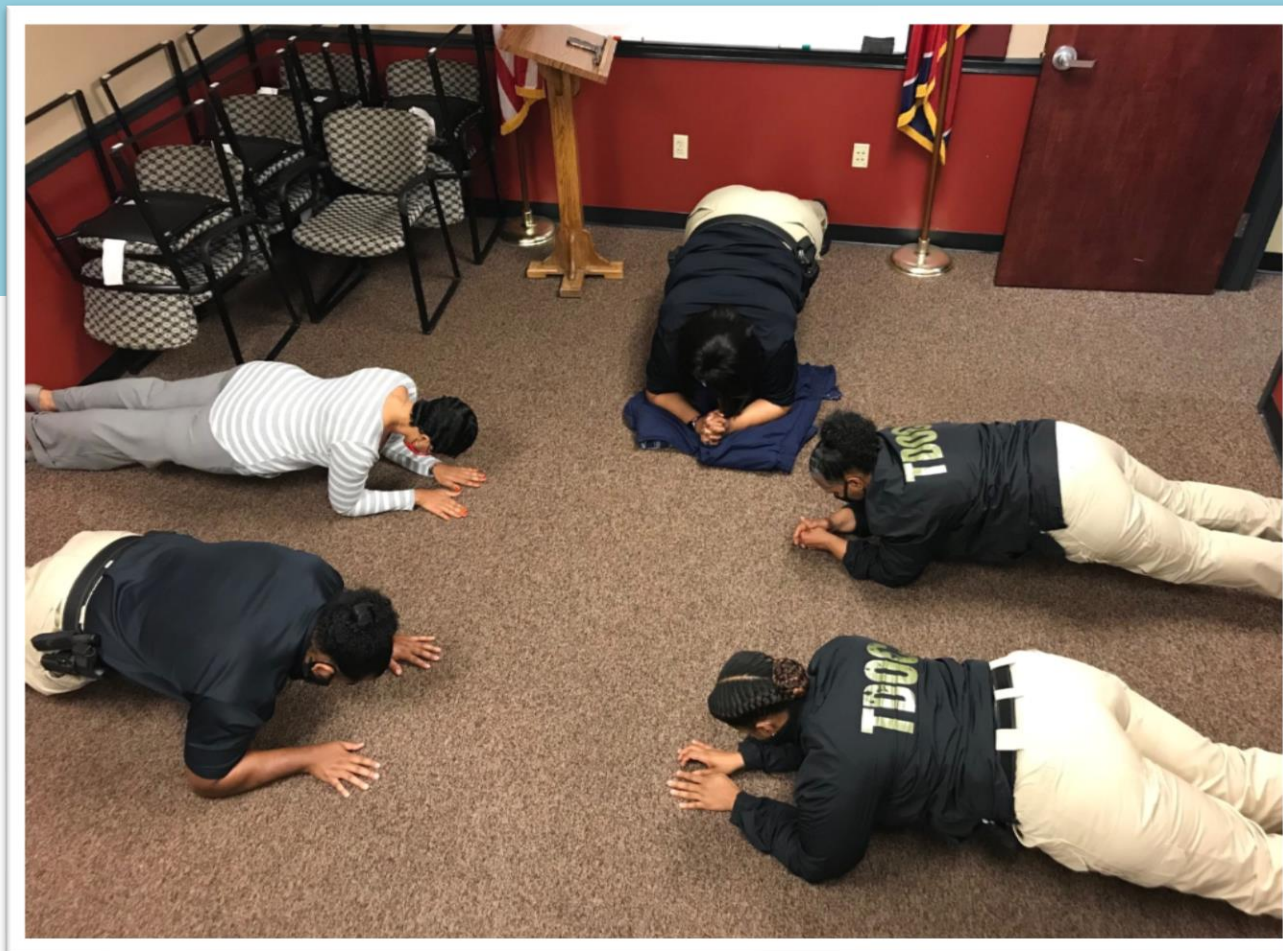
VIRTUAL STRETCH BREAK

THURSDAY, NOVEMBER 19TH @
1:00 - 1:15 P.M. CENTRAL

Wellness Council Spotlight

Department of Correction

Planksgiving Challenge



Wellness Council Spotlight

Department of General Services

“Coffee & Conversation”



*“You ought to be thankful
a whole heaping lot,
for the places and people
you’re lucky you’re not!”*

**—Dr. Seuss (*Did I Ever Tell You
How Lucky You Are?*)**

Wellness Council Spotlight

BROUGHT
TO YOU BY
THE F&A
WELLNESS
COUNCIL



Finance & Administration

F&A SLAY BELL CHALLENGE

This team challenge is aimed at helping you navigate those pesky holiday pitfalls & tackle the season realistically by practicing moderation & balance. The goal of the F&A Slay Bell Challenge is to maintain your starting weight from the holidays through the New Year.

**CHALLENGE DATES:
DECEMBER 1ST THROUGH JANUARY 5TH**

Please register your team [HERE](#) by Monday, November 30th.

Slay Bell Challenge

Wellness Council Spotlight

Human Resources

Healthy Thanksgiving Recipes

HEALTHY THANKSGIVING DAY RECIPES

Apple & Walnut Cranberry Sauce

INGREDIENTS

- 6 cups fresh cranberries
- 1 1/2 cups water
- 2 cups white sugar (or 1 cup honey)
- 1 cup brown sugar
- 2 granny smith apples peeled and diced
- 1/2 cup chopped walnuts (roasted)

Rinse cranberries and pour into a large saucepan. Add water and cook on medium high heat until cranberries come to a simmer. Cranberries will begin to pop open and make the most delicious sound. Add sugars and apples and simmer for 5-7 more minutes or until apples soften. You want them to be softened, but not mushy. Remove from heat and stir in roasted walnuts. Refrigerate and serve cooled. Cranberry sauce sets up and gels more as it cools. (1)

Green Bean Casserole

INGREDIENTS

- 1 pound frozen green beans (French cut is best), thawed
- 1 10.5-ounce can reduced-fat, low-sodium cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1/2 teaspoon pepper
- 1 small onion (cut into thin strips)
- Cooking spray
- 1/4 cup whole-wheat flour

Preheat the oven to 350° F.

In a 13 x 9 x 2-inch glass baking dish, stir together the green beans, soup, sour cream, and pepper until well blended. Bake for 20 minutes. Meanwhile, spread out the onion strips on a baking sheet. Lightly spray the onion strips with cooking spray. Sprinkle the flour over the onion strips, tossing to coat. Lightly spray a medium-large skillet with cooking spray. Cook the onions on medium-high heat for 3 to 4 minutes, or until crispy, stirring occasionally. When the casserole is done baking, remove it from the oven. Stir half of the onions into the green bean mixture. Top with the remaining onions. Bake for 5 minutes, or until the onions on top are browned. (3)

Mushroom Gravy

INGREDIENTS

- 1/3 cup diced onion
- 8 oz sliced mushrooms
- 2 1/2 tsp minced garlic
- 1/2 tsp salt
- 1/2 cup vegetable broth
- 2 tbsp flour of choice, including spelt, white, rice, sorghum, or coconut
- 1/4 tsp dried thyme, optional

Sauté the onion in 2 tsp oil (or sub oil spray or water) on med heat in a non-stick pan until it starts to brown. Add the mushrooms, salt, garlic, and optional thyme. Stir occasionally, and the mushrooms will get watery. Let cook until it starts to look dry again. Whisk in broth and flour, and cook—stirring as needed—until it thickens. (5)

Ginger-Chile Roasted Acorn Squash

INGREDIENTS

- 1 (1 1/2-lb.) acorn squash, halved lengthwise and seeded
- 3 tablespoons plus 1 tsp. olive oil, divided
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon minced red Fresno chile
- 3/4 teaspoon kosher salt
- 1 tablespoon honey
- 1/2 cup pomegranate arils
- 1/3 cup chopped fresh cilantro

Preheat oven to 425°F. Place baking sheet in oven (leave pan in oven as it preheats). Cut squash halves into 1-inch-thick slices. Combine 3 tablespoons oil, ginger, chile, and salt; rub over slices. Arrange in a single layer on preheated pan. Bake at 425°F for 25 minutes; turn over after 15 minutes. Combine remaining 1 teaspoon oil and honey; drizzle over squash. Top with pomegranate and cilantro. (2)

Waldorf Salad

INGREDIENTS

- 2 tablespoons low-fat mayonnaise
- 1 tablespoon lemon juice
- 2 small (Gala or Fuji) apples, cubed
- 1 cup seedless red grapes, halved
- 1/3 cup dried cranberries
- 1/4 cup coarsely chopped walnuts
- 1/4 cup thinly sliced celery (about 1 stalk)
- 8 Boston or Bibb lettuce leaves

Combine mayonnaise and lemon juice in a medium bowl. Add apples, grapes, and cranberries; mix well. Add the walnuts and celery, and mix well. (4)

Cranberry Jello

INGREDIENTS

- 2 cups water
- 6 ounces raspberry Jello (2 boxes, 3 ounces each)
- 2 envelopes plain gelatin
- 1/2 cup cold water
- 28 ounces whole cranberry sauce (14 ounces each)
- 28 ounces crushed pineapple, drained (1 large can, 1 small can)

Heat the water in the microwave or on the stovetop until boiling. Dissolve the jello in the boiling water and mix well. Empty 2 packages of plain gelatin in cold water and whisk together. Drizzle the plain gelatin into the raspberry Jello, whisking the entire time. Add the cranberry sauce and drained pineapple. Use a whisk to make sure the cranberry sauce is broken up and the mixture is well combined. (6)

Wellness Council Spotlight

All You Can Eat Contest!

And the winner is...

Kristin!

... with 22 baby carrots!

She may have officially replaced the peanut M&M habit by eating more carrots than she has in years.



I am honored! But I will never give up blue peanut M&Ms! Even though I could quit any time

Department of Revenue
Hearing Office/Legal Office

All You Can Eat Contest!

Wellness Council Spotlight



Department of Human Services



15-Minute WebEx Breaks

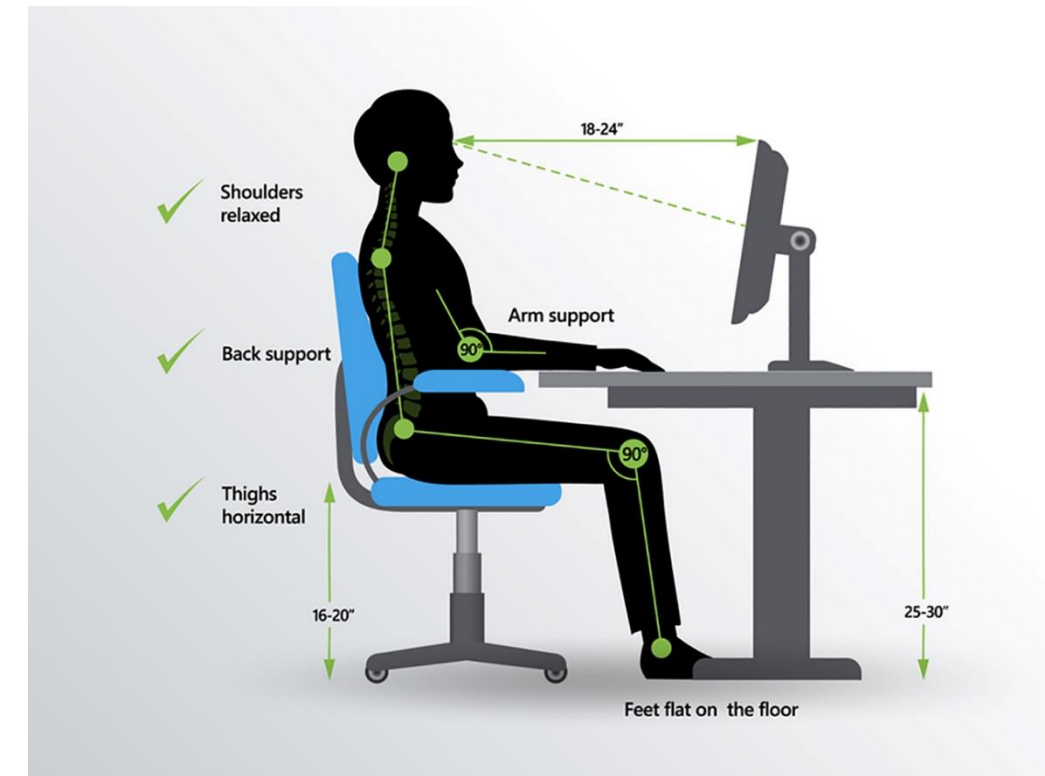
Wednesdays: Short, physical activity videos

Wellness Council Spotlight

Department of Intellectual & Developmental Disabilities

Office Ergonomics

Who or What Am I? Team-building Activity





December Health Observances

- National Influenza Vaccination Week (Dec. 6-12)
- National Handwashing Awareness Week (1st week of Dec.)

Upcoming WFHTN Schedule

WFHTN All-Department Challenge

Have a Healthy Holiday (December 7th-18th)

Q2 (Oct.-Dec.) Checklist

DUE December 30th

December Activity Planner

DUE December 30th

January Wellness Council Webinar

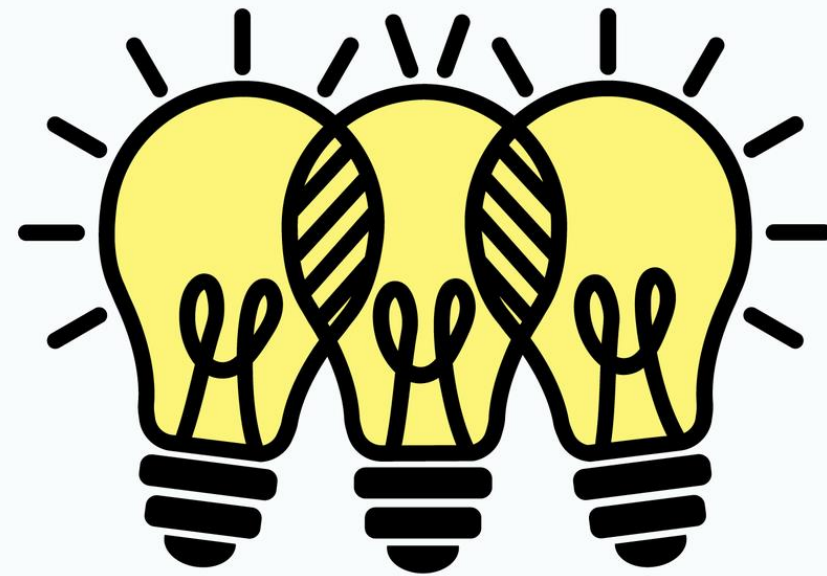
Thursday, January 7th

9-9:30 a.m. Central

9:30-9:45 a.m. Central – *WFHTN Team Talk!*



Your Updates and Ideas



Questions



*Stay on for
“Team Talk”!*

WFHTN Team Talk

Today's Topics:

- **What's the expectation when someone joins your Wellness Council?**
- **How do you recruit new Wellness Council members?**
- **Do you give Wellness Council members an 'out' to prevent burnout?**



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