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WORKING FOR A HEALTHIER TN

February 2021 Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives

Today's Agenda

Fun Fact Challenge

What's New with WFHTN

Wellness Council Spotlight

February Health Observances

Upcoming WFHTN Schedule

Sharing

WFHTN "Team Talk" (OPTIONAL)

Fun Fact Challenge

Congratulations to our January Fun Fact Challenge winner:

**Abby Sparks
(Human Services)**



Fun Fact Challenge

The Rules

The 1st Wellness Council representative to get 2 out of the 3 answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer (A, B, C, etc. will not count).

Fun Fact Challenge!



Morgan McFarlane

Fun Fact Challenge!

Question #1

What candy was originally used as a medical lozenge?

- Peppermint sticks
- Candy hearts
- Lifesavers



Fun Fact Challenge!

Question #2

According to the National Confectioners Association, _____ are the most popular flavor in chocolate boxes

- Caramels
- Cream-filled
- Coconut



Fun Fact Challenge!

Question #3

TRUE or FALSE: February is the only month where it's possible to go the entire time without have a full moon.

- TRUE
- FALSE

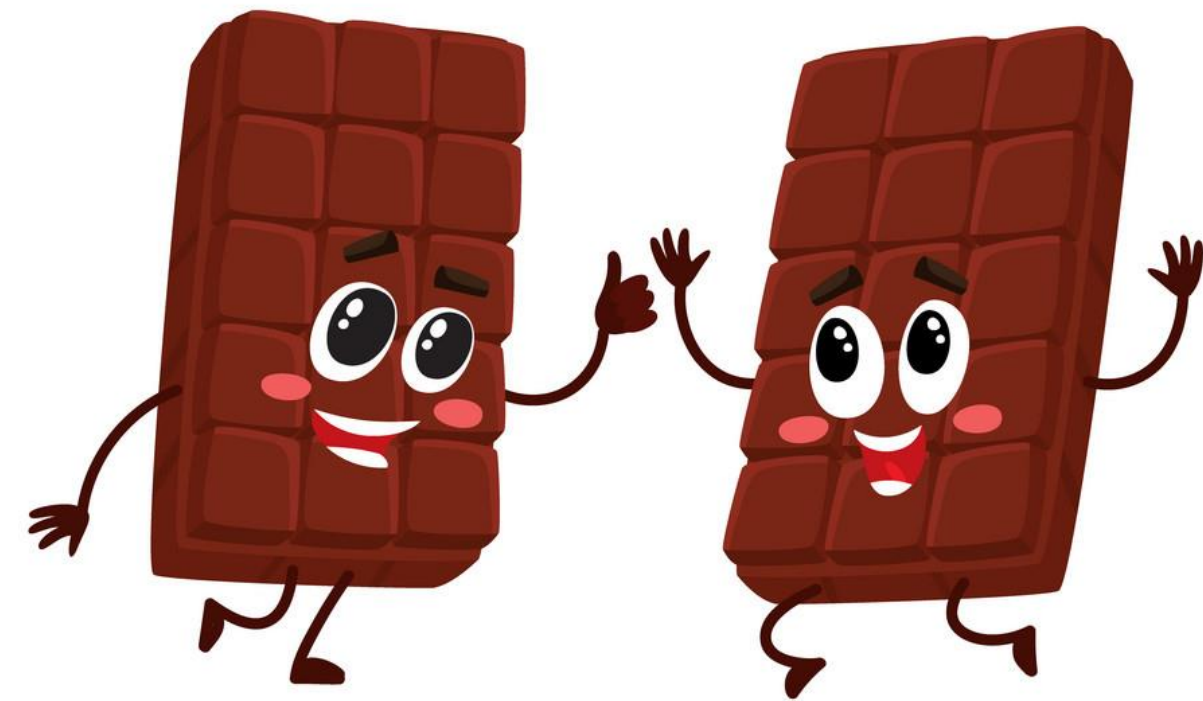


Fun Fact Challenge!

Tie Breaker

_____ is the state with the largest number of chocolate makers.

- Pennsylvania
- Maine
- California



WHAT'S NEW with WFHTN!?

Q3 Quarterly Checklist

For the 2021 Wellness Warriors Award

Activity	Notes	✓
Complete the WFHTN Wellness Council Survey .		
Offer prizes for a wellness challenge or activity.		
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 the All-Department Challenge hosted by WFHTN.		

Due: March 31st

Q3 Quarterly Checklist

Offering webinars

Host a live (or offer a recorded)
[tobacco cessation webinar](#).

Suggested topics:

*Tobacco free living***

*Quitting Smoking**

What Do We Know About E-cigarettes

***Presented by Here4TN**

****Presented by ActiveHealth**

Quarterly Checklist Progress

For the 2021 Wellness Warriors Award

Who's in the running?

DIVISION A
Children's Services
Correction
Environment & Conservation
Finance & Administration
Health
Human Services
Mental Health & Substance Abuse Services
Transportation

DIVISION B
Agriculture
Intellectual & Developmental Disabilities
Labor & Workforce Development
Revenue

DIVISION C
General Services
Human Resources

Q3 Quarterly Checklist

For the 2021 Wellness Warriors Award

Completed
Quarterly
Checklists (3)

Tournament for
the 2021
Wellness
Warriors Awards

2021 Wellness
Warriors Award
winner in each
Division (3)

Note: You will NOT be able to make up this quarter (Q3).



February Activity Planner

Wear **RED** for American Heart Month! Tomorrow, February 5th !

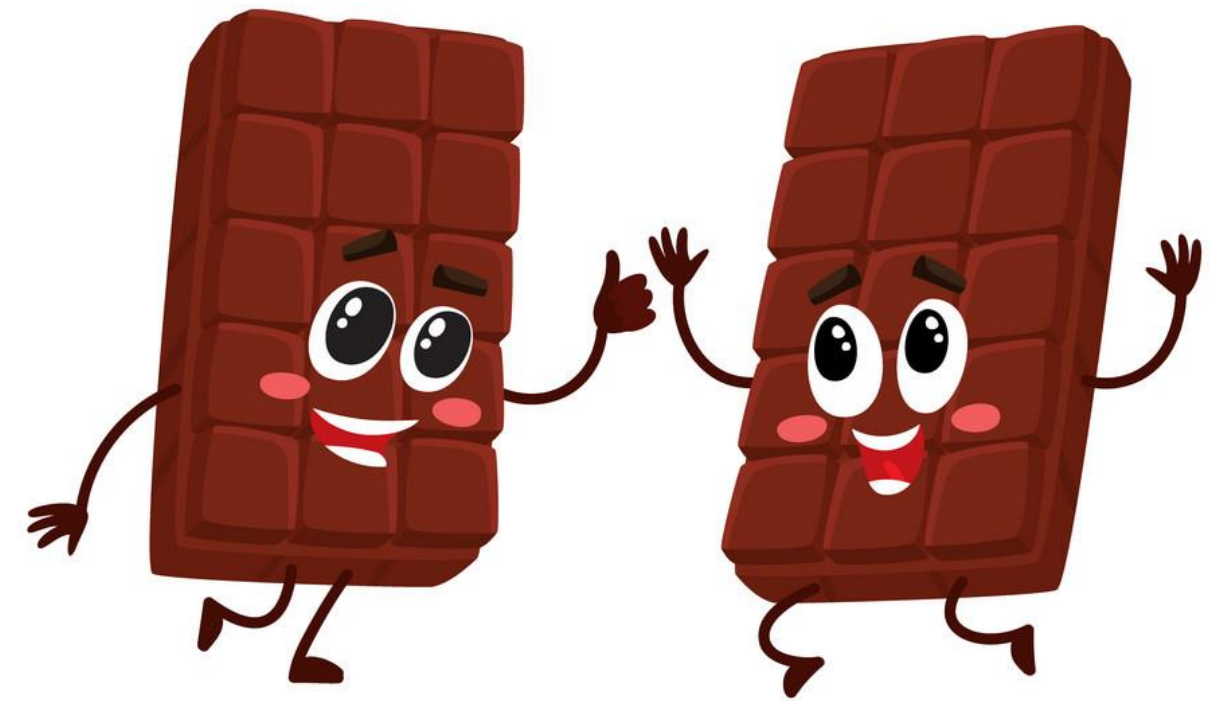


Send pictures to WFHT.TN@tn.gov and/or post on social media!

Chocolate IQ Quiz

How much do YOU know about chocolate?!

Share the [Chocolate IQ Quiz](#) with your coworkers!



TN Quit Week

February 21st-26th

- ✓ Share [Tobacco Quit Aids](#).
- ✓ Share a [vaping/smoking quiz](#).
- ✓ Host a live or offer a recorded webinar about tobacco cessation.



LIVE Workouts/Breaks with WFHTN



Live Workout
with Kayla!

JOIN ME ON TUES., FEB. 2ND!

Time: 9:30-9:45 a.m. Central
10:30-10:45 a.m. Eastern

Workout: Total Body Circuit
(alternating between strength & cardio exercises)

You can move at your own pace to adjust to YOUR fitness level.

Click [HERE](#) to join on Feb. 2nd and be on the lookout for the Outlook calendar invite!




WORKING FOR A HEALTHIER TN

DATES:
Tuesday 2/2 @ 9:30 a.m. Central
Thursday 2/11 @ 1 p.m. Central
Tuesday 2/16 @ 9:30 a.m. Central
Thursday 2/25 @ 1 p.m. Central

Physical Activity BINGO



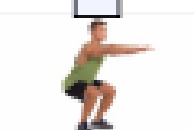
Can you get a BINGO?!

Encourage your co-workers to participate in the “Physical Activity BINGO” challenge!



Physical Activity BINGO

Aim to complete the activities in a row (horizontally, vertically or diagonally) within a week or complete ALL activities within a month. You should only count one activity per day towards your BINGO. Mark off the square and write down the date you completed each activity.

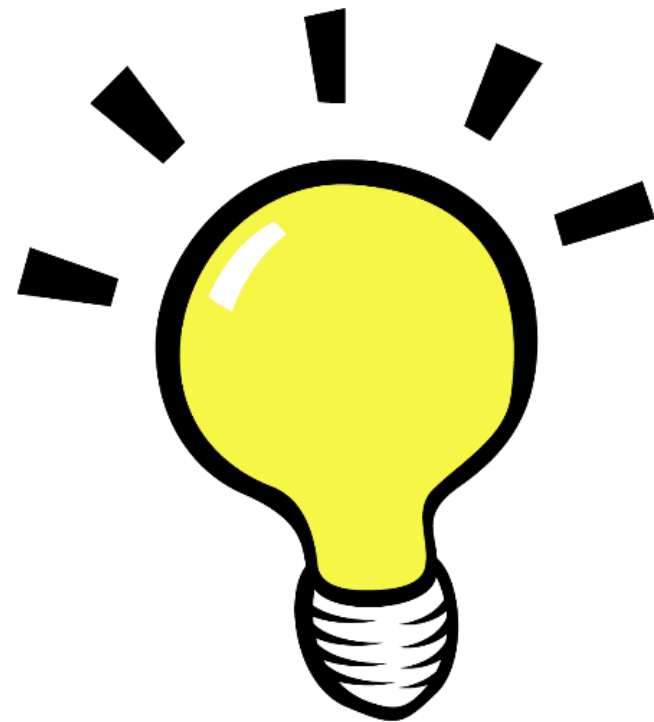
B	I	N	G	O
Take the stairs instead of the elevator <input type="checkbox"/>	Recruit a family member to join you for a walk <input type="checkbox"/>	Do a stretch break at your desk <input type="checkbox"/>	Pace while talking on the phone <input type="checkbox"/>	Dance to your favorite song <input type="checkbox"/>
Complete these office exercises <input type="checkbox"/>	Try a new activity <input type="checkbox"/>	Walk for 10 minutes <input type="checkbox"/>	Do a plank for 30 seconds  <input type="checkbox"/>	Pass up a close parking space and walk from a spot further away <input type="checkbox"/>
 Walk the dog <input type="checkbox"/>	Take a lap around your floor (or home) once every hour for one day <input type="checkbox"/>	FREE SPACE <input type="checkbox"/>	20 high knee lifts (10 per side) <input type="checkbox"/>	Play a sport <input type="checkbox"/>
Walk 1 mile <input type="checkbox"/>	Try yoga or meditation <input type="checkbox"/>	Lift weights (work all major muscle groups) <input type="checkbox"/>	Deskercises! <input type="checkbox"/>	March in place 30 seconds <input type="checkbox"/>
Try a new workout <input type="checkbox"/>	Take a brain break! Do nothing for 2 minutes <input type="checkbox"/>	20 arm circles <input type="checkbox"/>	Walk outside for 30 minutes <input type="checkbox"/>	 10 Squats <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A Look Ahead



- **March 2021**
 - **Happiness Fest**
 - **Here4TN Scavenger Hunt: March 3rd**
- **May 2021**
 - **Wellness Warriors Award Tournament**

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



Let us know!

Wellness Council Spotlight



Wellness Council Spotlight

Labor & Workforce

New Year Vision Board Event



Wellness Council Spotlight

TDOR's Small Steps to Healthier Eating Challenge



Wellness Council Spotlight

General Services *Mindfulness Break*



February Health Observances

- American Heart Month
- National Cancer Prevention Month
- National Canned Food Month
- National Snack Food Month
- America Saves Week (February 22-26, 2021)
- National Wear Red Day (February 5, 2021)
- World Cancer Day (February 4, 2021)

Upcoming WFHTN Schedule

February Activity Planner

Due February 26th

Q3 (Jan-Mar) Checklist

Due March 31st

March Wellness Council Webinar

Thursday, March 4th 9-9:30 a.m. Central
WFHTN Team Talk! 9:30-9:45 a.m. Central



Your Updates!



WHAT'S
GOING
ON?

Questions



*Stay on for
“Team Talk”!*

WFHTN Team Talk

Today's Topics:

- **Participation:** Why do some events/departments/etc. get more participation than others?
- **Motivation:** Did you watch the TED talk? Where does the motivation to participate come from?



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