

WELLNESS COUNCIL WEBINAR

July 2021



/WFHTN



@WFHTN



@WorkingForAHealthierTN



/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Fun Fact Challenge (+ An Update!)

WFHTN Quarterly Activity List

Now Available

Wellness Council Spotlight

July Health Observances

Upcoming WFHTN Schedule

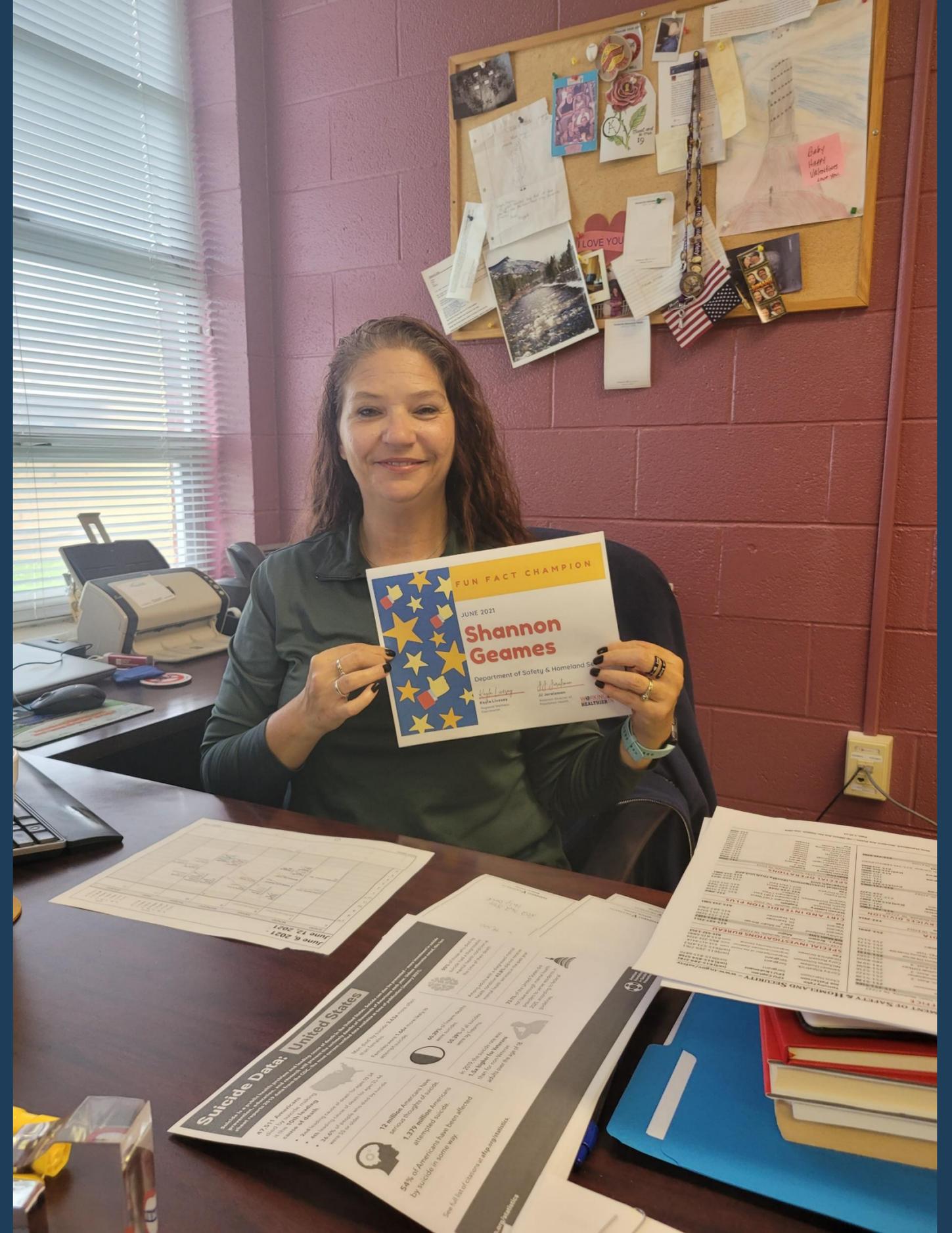
Sharing

WFHTN "Team Talk" (*OPTIONAL*)

Fun Fact Challenge

Congratulations to our June 2021 Fun Fact Challenge winner:

SHANNON GEAMES
Department of Safety & Homeland Security



WFHTN Wellness Whiz Quiz

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 "WFHTN Wellness Whiz."

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

Please type out the complete answer.

WFHTN Wellness Whiz Quiz

Are you ready?

Wellness Whiz Quiz

Question #1

What do you call a pig that does karate?

A _____.

Wellness Whiz Quiz

Question #2

What kind of shoes do robbers wear?

Wellness Whiz Quiz

Question #3

What vegetable is kind to everyone?

A _____.

Wellness Whiz Quiz

Tie Breaker

What kind of tea is hard to swallow?

WFHTN Updates

WFHTN Quarterly Activity List

Friendly Reminders

Fiscal Year 2022

July 2021 – June 2022

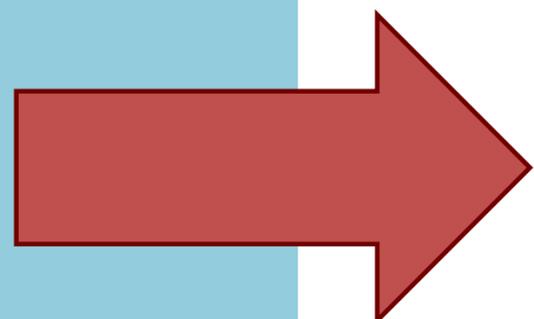


OLD	NEW!
Monthly Activity Planners	Quarterly Activity Lists
Tobacco Cessation Focus Area	Physical Activity, Healthy Eating, Well-Being, Wellness Council
Focus Areas Awards (for each Division)	WFHTN Achievement Levels

July 2021 Suggestions To Achieve GOLD Level Status

ACHIEVEMENT LEVEL GOALS

<u>Level</u>	<u>Communicate</u>	<u>Engage</u>	<u>Inspire Change</u>	<u>Focus Areas</u> (WC, PA, HE, WB)
 GOLD	1 activity	1 activity	1 activity	4
 SILVER	1 activity	1 activity	1 activity	3
 BRONZE	1 activity	1 activity	1 activity	2



July 2021 Suggestions To Achieve GOLD Level Status

FOCUS AREA	COMMUNICATE <i>*Share about these activities.</i>	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	<ul style="list-style-type: none"> This Quarterly Activity List with your Wellness Council members 	<ul style="list-style-type: none"> Participate in the monthly WFHTN Wellness Council Webinar. (Click here to join.) 	<ul style="list-style-type: none"> Attend WFHTN's 2021 Annual Awards Celebration.
PHYSICAL ACTIVITY		<ul style="list-style-type: none"> Encourage employees to get active outdoors by visiting Tennessee Greenways, Trails or State Parks in recognition of Park and Recreation Month (July). 	<ul style="list-style-type: none"> Host an Office Olympics Challenge in honor of the 2021 Summer Olympics.
HEALTHY EATING	<ul style="list-style-type: none"> The Eat Like an Olympian Handout in honor of the 2021 Summer Olympics 		
WELL-BEING	<ul style="list-style-type: none"> The July Here4TN Scavenger Hunt (July 12-23) 		

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2021 Annual Awards Celebration

You're Invited!

- **DATE:** Thursday, July 22
- **TIME:** 9-10 a.m. Central
- **WHERE:** WebEx
- **WHO:** You, Wellness Council members & leadership!

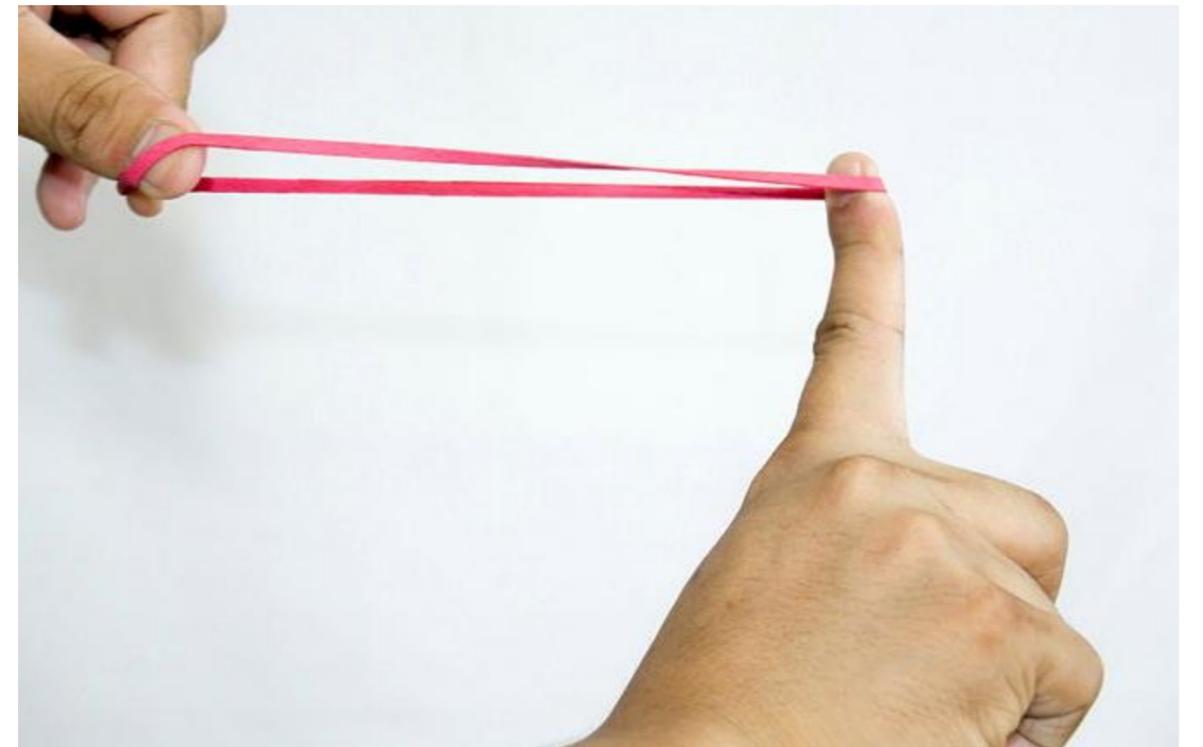
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Celebrate the 2020 Summer Olympics

Friday, July 23 - Sunday, August 8

- Share WFHTN's "[Eat Like an Olympian Handout](#)"
- Host an "[Office Olympics Challenge](#)"
- Other ideas?



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Here4TN Scavenger Hunt

July 12-23

- A random 50 employees will score a Here4TN phone wallet!



ActiveHealth Index Meeting

Additional Info!



- “Schedule an ActiveHealth Index meeting with your WFHTN Regional Wellness Coordinator.”
- Please plan to schedule in September!

Now Available from WFHTN

- **Screen-Free Challenge** - The goal of this challenge is to reduce your screen time and increase your screen-free activities over the course of two weeks. Each day, you'll list two screen-free activities you completed and your total screen time.

SCREEN-FREE ACTIVITIES

GET OUTSIDE:

- Go for a stroll.
- Find a tree to read under.
- Pull weeds.
- Wash the car or a neighbor's car.
- Go birdwatching.
- Draw with chalk.
- Do yoga in the grass.
- Have a dance party.
- Pick up trash along one of your walks.
- Start a garden.
- Do yard work.
- Go camping.
- Take an early morning walk.
- Walk the dog. Wash the dog.
- Take a nature hike.
- Make a wooden flower box.
- Plan a picnic or barbecue.
- Go swimming.
- Go for a bicycle ride.
- Play soccer, softball or volleyball.
- Play Frisbee.
- Discover local park activities.



PLAY A GAME:

- Play cards.
- Play charades.
- Play board games.
- Do a crossword puzzle.
- Play Sudoku.



IN THE COMMUNITY:

- Visit the library. Borrow some books.
- Visit a local bookstore.
- Visit the zoo.
- Go to a museum.
- Go on a family trip or historical excursion.
- Go dancing. Take a dance class.
- Organize a community clean-up or volunteer for charity.



IN YOUR HOME:

- Listen to the radio.
- Write an article or story.
- Paint a picture, a mural or a room.
- Read a book. Start a journal.
- Write a letter to a friend or relative.
- Go through your closets and donate items.
- Try a new craft.
- Repair or refinish a piece of furniture.
- Take photos to put in an album.
- Collect recycling and drop it off at a recycling center.

- Workout.
- Become a tutor.
- Get to know your neighbors.
- Research your family history.
- Cook dinner with friends or family.
- Create a cookbook with your favorite recipes.
- Learn about a different culture. Have an international dinner.
- Learn to change the oil or tire on a car. Fix something.



Now Available from WFHTN

- Taking Time Away from Technology - new webinar about technology addiction and how to break the habit!



July Holidays & Health Observances

- [Park and Recreation Month](#)
- [UV Safety Month](#)
- Independence Day – Sunday, July 4

***Access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>*



Wellness Council Spotlight

Chopped

**Department of
Human Services**



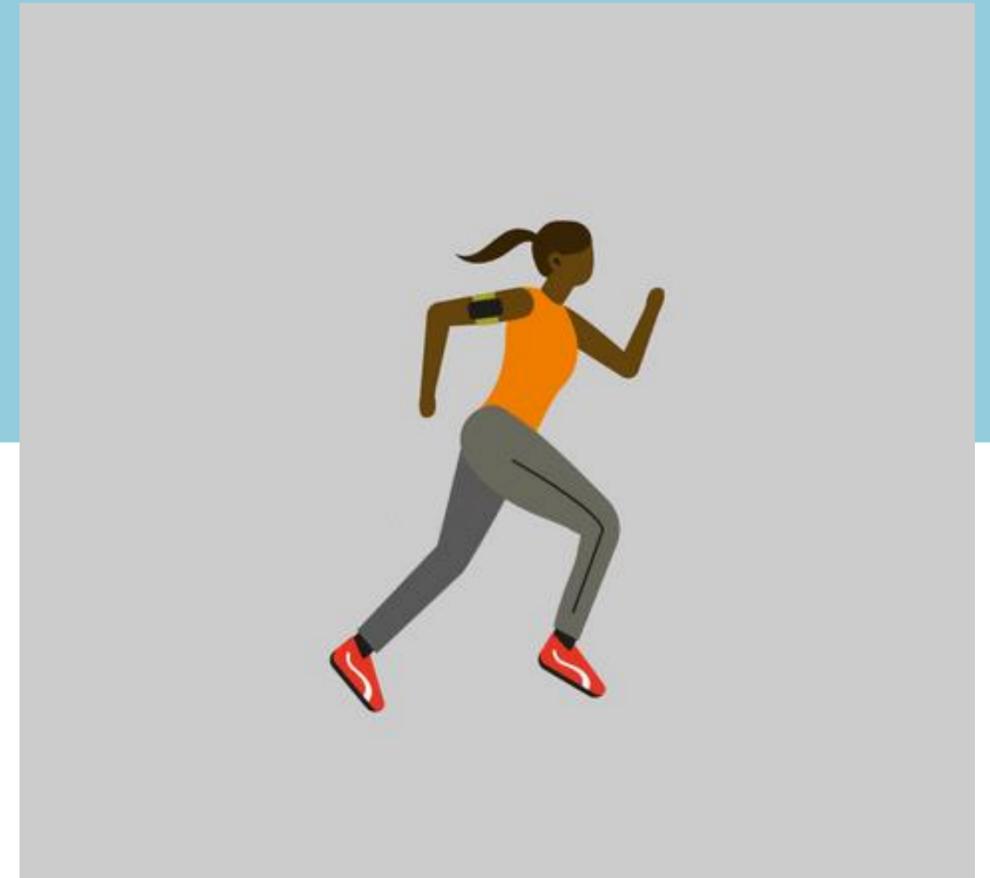
NATIONAL HERBS & SPICES DAY

June 10



Let's Get a Mile In!

Tennessee Bureau of Investigation



Upcoming WFHTN Schedule

2021 Annual Awards Celebration

Thursday, July 22 from 9-10 a.m. Central

August Wellness Council Webinar

Thursday, August 5 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 1 Activity List

Due Monday, October 4



Your Updates!



Questions



***Stay on for
“Team Talk”!***

WFHTN Team Talk

Today's Topic:

MARKETING/PROMOTION

- **What are other departments' "elevator pitches" for joining the council? - Kyle (LWFD)**

Elevator Pitch

Five steps to an effective elevator pitch (5:59)

- 1. Engage with a related question**
- 2. Explain what you do**
- 3. Communicate your value**
- 4. Promote an achievement**
- 5. Demonstrate passion**



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