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WORKING FOR A HEALTHIER TN

May 2021 Wellness Council Webinar

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Fun Fact Challenge**
- **Coming Soon to WFHTN**
- **“Grind Culture” Discussion**
- **May Activity Planner Highlights**
- **Wellness Council Spotlight**
- **May Health Observances**
- **Upcoming WFHTN Schedule**
- **Sharing**
- **WFHTN “Team Talk” (*optional*)**

Fun Fact Challenge

Congratulations to our April Fun Fact Challenge winner:

Kristina Giard-Bradford
Health



Fun Fact Challenge

How to play:

The first Wellness Council representative to get three out of the four answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

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

Please type out the complete answer!

Fun Fact Challenge!



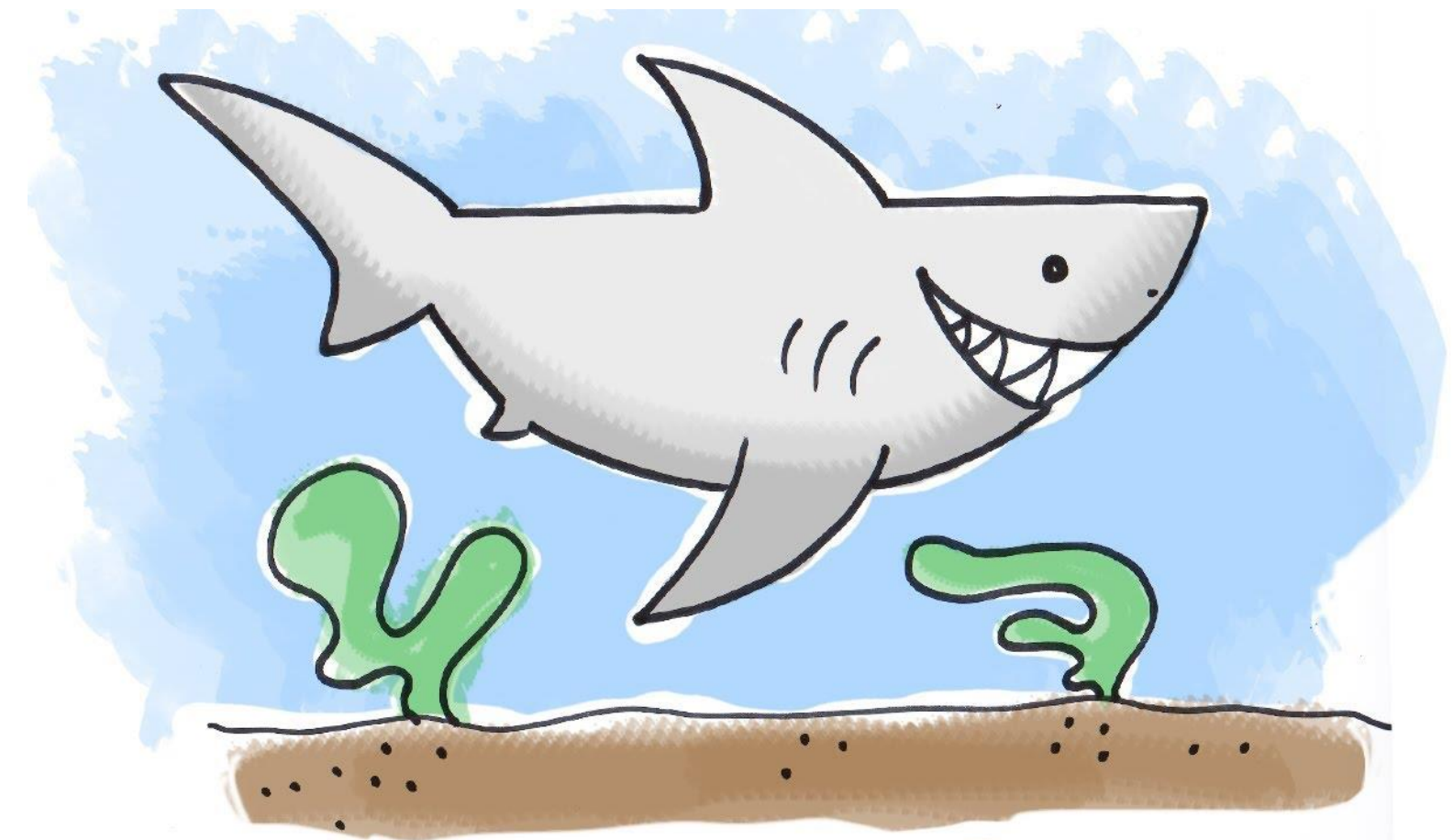
Morgan McFarlane

Fun Fact Challenge!

Question #1

True or False? WFHTN team member Kayla once swam with sharks in Jamaica.

True
False



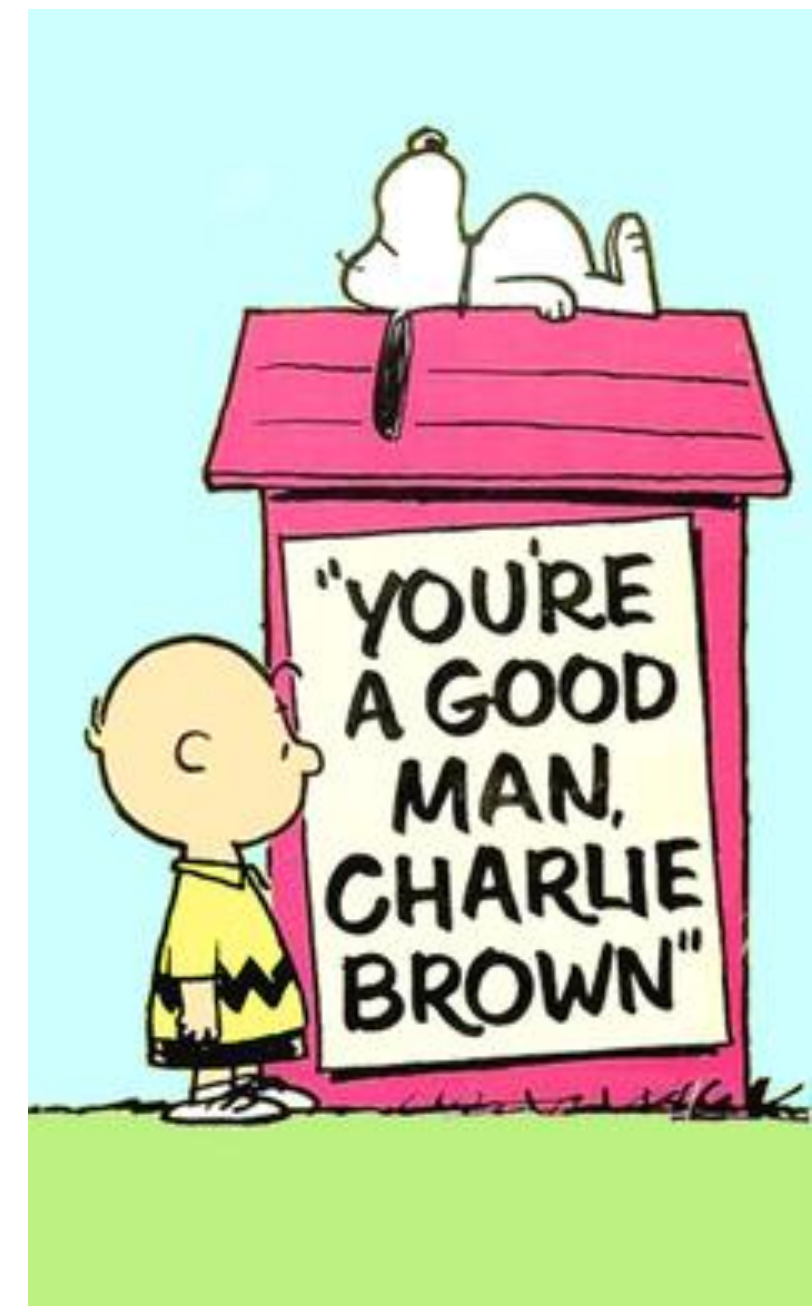


Fun Fact Challenge!

Question #2

WFHTN team member Morgan played ___ in the musical, "You're a Good Man Charlie Brown."

- Lucy
- Snoopy
- Sally





Fun Fact Challenge!

Question #3

WFHTN team member Lindsey's childhood dream was to be an _____

- Actress
- Olympic Gymnast
- ER Doctor





Fun Fact Challenge!

Question #4

WFHTN team member Natalie (our Digital Media Coordinator) is such a super fan of this TV show that one of the stars came to Nashville to watch the 2015 season premiere with her.

- Law & Order SVU
- Dateline
- 48 Hours
- 20/20



Fun Fact Challenge!

Tie Breaker

True or False? WFHTN team member JJ was a scholarship athlete in Track and Cross-Country for the University of TN-Chattanooga.

True

False



**2021 Wellness Warriors
Award Tournament:
NEXT WEEK!**

Tournament for the Wellness Warriors Award

Tournament Dates: May 10-14, 2021





Coming
Soon

Coming Fiscal Year 2022...

Achievement Levels!



The June Wellness Council webinar will have more information!

Let's Talk About Grind Culture

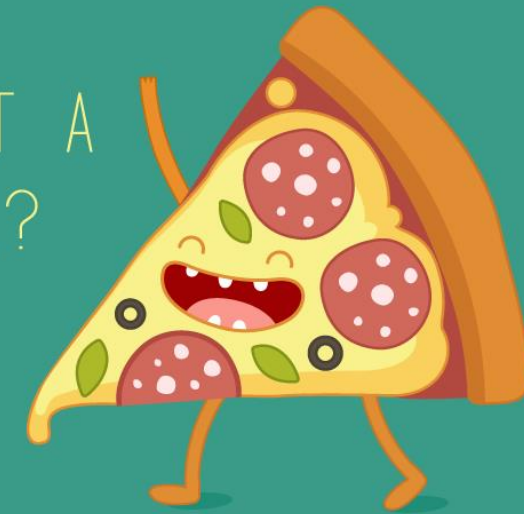
Grind Culture

What is it?



May Activity Planner

YOU WANT A
PIZZA ME?



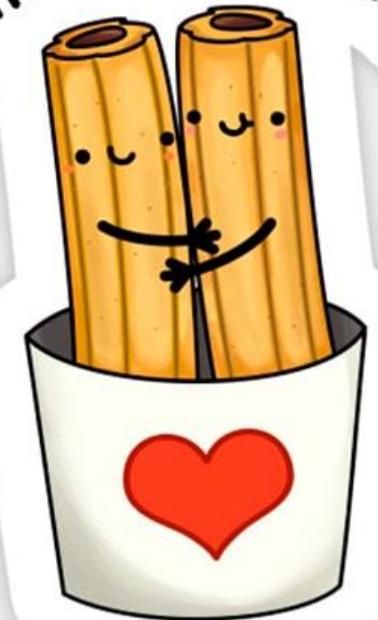
Let's Get Punny!

Share food puns using our
[Google Form](#) or
WFHT.TN@tn.gov!

Do you Wanna
Taco bout it?

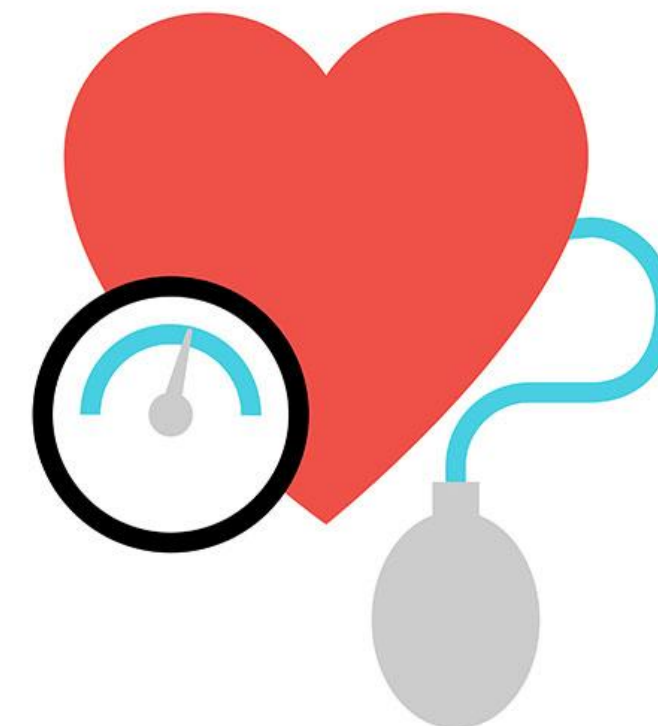


CHURR' ALL I NEED.



National Blood Pressure Month Scavenger Hunt

- Hunt for the answers to questions about blood pressure!
- Participants will have a chance to win a WFHTN prize!



May is
National High
**Blood Pressure
Education**
Month

May Mental Health Break

Let's play TRIVIA!

Thursday, May 13 at 1 p.m. Central
General Trivia

Top 3 receive WFHTN stress mop
toppers!



NEW from WFHTN

- **Find YOUR Fitness Challenge** - Uncover ways to be physically active that are enjoyable to YOU to help you find the best physical activity fit for YOU!



- **Bite Sized Changes Challenge** - In this challenge, participants will be making small (bite-sized) changes to improve their overall eating habits.



NEW from WFHTN

- **Let's Let Go** - This activity has participants allot time each day to think about any worries on their mind. This allows them to be *productive* about their worries and figure out a plan of action IF the worry is in their control.



May Holidays & Health Observances

- [Asian American & Pacific Islander Heritage Month](#)
- [Arthritis Awareness Month](#)
- [Better Sleep Month](#)
- [Food Allergy Awareness Month](#)
- [Global Employee Health and Fitness Month](#)
- [Healthy Vision Month](#)
- [High Blood Pressure Education Month](#)
- [International Mediterranean Diet Month](#)
- [Mental Health Month](#)
- [National Osteoporosis Month](#)

May Holidays & Health Observances

- [National Physical Fitness and Sports Month](#)
- [National Salad Month](#)
- [National Stroke Awareness Month](#)
- [Skin Cancer Awareness Month](#)
- [Food Allergy Awareness Week](#)
- [Screen-Free Week](#) (1st week in May)
- [National Women's Health Week](#) (May 9-15, 2021)
- [International No Diet Day](#) (May 6, 2021)
- [Healthy and Safe Swimming Week](#) (May 24-30)

May Holidays & Health Observances

- [Don't Fry Day](#) (Friday before Memorial Day
– May 28, 2021)
- [Brown-Bag-It Day](#) (May 25)
- [National Senior Health & Fitness Day](#)®
(May 26)
- [Heat Safety Awareness Day](#) (May 31)
- [World No Tobacco Day](#) (May 31)

Wellness Council Spotlight



Spring Your Self(ie) into Action!

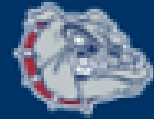
Department of General Services



March Madness Challenge

Labor & Workforce Development

Scoreboard

27

Gonzaga Bulldogs
Adult Education

49

Baylor Bears
Bureau of Workers' Compensation

27

Michigan Wolverines
Workplace Regulations & Compliance

30


Illinois Fighting Illini
TOSHA

36

Houston Cougars
Workforce Services

>>

Iowa Hawkeyes
WIR²ED joined UI (2 Players)

22

Alabama Crimson Tide
Employment Security + WIR²ED

20

Ohio State Buckeyes
Admin (HR/Comm, Fiscal, Legal)

What's good?!?

"I woke up early on Tuesday and went for a sunrise run. Nothing beats a spring morning to clear your mind and enjoy being outside."



"Church with the family."

"We adopted a puppy!"



**TELL US SOMETHING
GOOD!**



"I've drank more water in the last 3 days than I have in one week."



"Went for a hike at Cumberland Falls State Park with friends."

Getting Active Outdoors

Department of Health



Upcoming WFHTN Schedule

May Activity Planner

Due May 28

Tournament for the Wellness Warriors Award

Dates: May 10-14

June Wellness Council Webinar

Thursday, June 3 at 9-9:30 a.m. Central
WFHTN Team Talk! at 9:30-9:45 a.m. Central



Your Updates!

what's new?

Questions



***Stay on for
“Team Talk”!***

WFHTN Team Talk

Today's Topic:

Are you reaching ALL of your agency/department?

If so, how?



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