Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!







WORKING FOR A HEALTHIER TENNESSEE

October Wellness Council Webinar





In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Halloween Fun Fact Challenge
- Here4TN Scavenger Hunt Results
- What's the cancer connection?
- Point Tracker Spotlight
- Upcoming Monthly Handout Topics
- October Health Observances
- Upcoming Schedule
- Roll Call & New Program Ideas





Halloween Fun Fact Challenge



How much exercise does it take to burn off the calories from your favorite Halloween treats?



Halloween Fun Fact Question #1:

- How many minutes of walking at a moderate pace does it take to burn off the calories from a fun-sized Kit Kat bar (3 pieces/210 calories)?
 - A) 15B) 30C) 60



Halloween Fun Fact Question #2:

- How many minutes of cycling does it take to burn off the calories from a Reese's Peanut Butter Cup (1 individual cup/105 calories)?
 - A) 15B) 20C) 25



Halloween Fun Fact Question #3:

- How many minutes of yoga does it take to burn off the calories from a fun-sized Almond Joy (1 bar/80 calories)?
 - A) 15B) 30C) 45



Halloween Fun Fact Question #4:

- How many minutes of weight training does it take to burn off the calories from a fun-sized Snickers bar (2 small bars/160 calories)?
 - A) 15B) 30C) 45



Halloween Fun Fact Question #5:

- How many minutes of walking at a brisk pace does it take to burn off the calories from candy corn (about 20 pieces/140 calories)?
 - A) 35B) 40C) 45



Tie-Breaker Question

What day is Halloween?



More Ways to Burn Candy Calories

- Vacuum the carpets for 30 minutes 100 calories
- Wash, wax and dry the car 100 calories
- Grocery shopping (including carrying groceries) -80 calories
- Scrub the kitchen floor 200 calories per hour
- Play frisbee with the kids 102 calories
- General housecleaning for 90 minutes about 300 calories
- Rake and bag leaves for one hour 375 calories

W RKING A

Here4TN Scavenger Hunt

Thank you for sharing the Here4TN Scavenger Hunt last month

Results:

- 950+ participants (300 more than last quarter)
- 450 said it was their first time visiting the Here4TN website
- Lunch bags will be mailed soon



What's the Cancer Connection?

The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the U.S. are related to body fat, physical inactivity, excess alcohol consumption and/or poor nutrition.

What can you do to lower your risk for cancer?

- Quit smoking.
- Get to and stay at a healthy weight.
- Be physically active on a regular basis.
- Make healthy food choices.



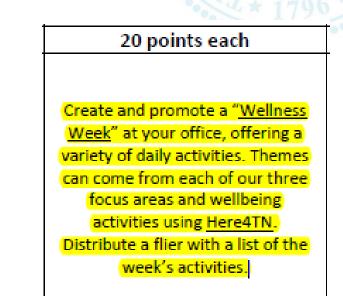
Eat Healthy Foods

- Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- Limit how much processed meat and red meat you eat.
- Eat at least 2½ cups of vegetables and fruits each day.
- Choose whole grains instead of refined grain products.



Point Tracker Spotlight

- Do you need help creating and promoting a Wellness Week?
- We're here to help!
- Check out our new "How to Host a Wellness Week" guide on our website under the Challenges tab → Well-Being Activities



Upcoming Monthly Handout Topics

Breast Cancer Awareness

Great American Smokeout

Healthy Holidays





October Health Observances

- National Breast Cancer Awareness Month
- <u>National Depression Screening Day</u>[®] Oct. 10
- Mental Illness Awareness Week Oct. 6-12
- World Food Day Oct. 16
- National Health Education Week Oct. 21-25

Upcoming Schedule

- November Wellness Council Webinar
 Thursday, November 7th at 9 a.m. Central
- Q2 (Oct-Dec) Point Tracker
 - Due December 30th





Roll Call & New Program Ideas





Questions?







Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!







WORKING FOR A HEALTHIER TENNESSEE

October Wellness Council Webinar





In collaboration with the ParTNers for Health Wellness Program