

# WELLNESS COUNCIL WEBINAR

February 2022



[/WFHTN](#)



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[@WorkingForAHealthierTN](#)



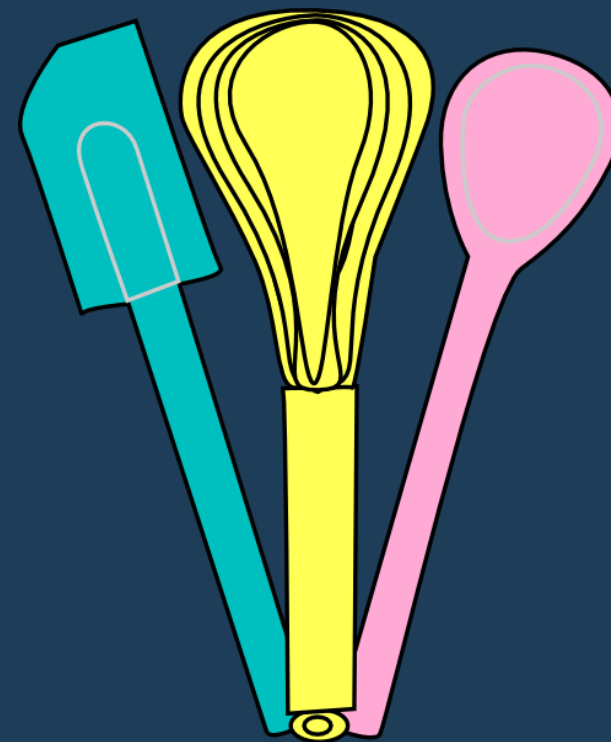
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Encouraging and enabling state employees to lead healthier lives

# Today's Agenda

**Recipe Demo from DGS**  
**WFHTN Quarterly Activity List**  
**Reminders/Coming Soon**  
**Team Building**  
**Discussion**  
**Upcoming WFHTN Schedule**  
**Sharing**

# Recipe Demo from the Department of General Services

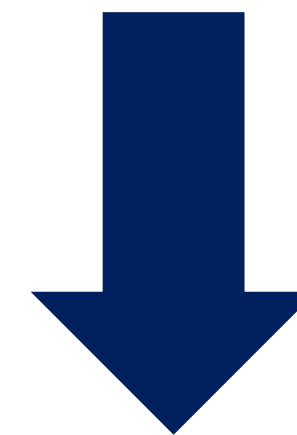


# WFHTN Quarterly Activity List

# Friendly Reminders

## Fiscal Year 2022

July 2021 – June 2022



Q1	Q2	Q3	Q4
<del>July</del> <del>Aug</del> <del>Sept</del>	<del>Oct</del> <del>Nov</del> <del>Dec</del>	<del>Jan</del> <del>Feb</del> <del>March</del>	<del>April</del> <del>May</del> <del>June</del>

# February 2022 Suggestions

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	<ul style="list-style-type: none"> <li>A Post-Activity/Webinar Survey after an activity or webinar.</li> </ul>	<ul style="list-style-type: none"> <li>Recruit a new Wellness Council member</li> </ul>	
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> <li><u>Daily Tips to Stay Active</u> in recognition of <u>American Heart Month</u> (February).</li> </ul>		<ul style="list-style-type: none"> <li>Host a <a href="#">Mix Up Your Moves Challenge</a>.</li> </ul>
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WELL-BEING	<ul style="list-style-type: none"> <li>Wear <b>RED</b> on Friday, Feb. 4 for <a href="#">National Wear Red Day</a>.</li> </ul>		

# Recruitment

## Ideas

- Send flyer
- Host a “What is WFHTN?” webinar
- Share “WFHTN Overview”
- Invite Wellness Coordinator to present at meeting

*\*\*Your Wellness Coordinator can help with any of these\*\**

Join the Wellness Council

**BE A PART OF THE TEAM!**



**OUR WELLNESS COUNCIL IS RECRUITING NEW MEMBERS!**

Are you interested in helping plan and promote activities that support healthier habits at work?

If you enjoy living a healthy lifestyle and encouraging others, please consider joining us. (No previous experience is necessary!)

**PLEASE REACH OUT TO [WFHT.TN@TN.GOV](mailto:WFHT.TN@TN.GOV)**

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# Mix Up Your Moves Challenge



## Mix Up Your Moves Challenge Calendar

**Directions:** Aim to complete each daily workout video. If you don't enjoy one or it's not the right fit for you, that's okay! Feel free to opt for a different activity or video. \*Please consult with your physician before beginning an exercise program.

							My Favorite Workouts
<input type="checkbox"/> <b>1</b> <a href="#">10-Minute Low Impact Cardio Workout</a>	<input type="checkbox"/> <b>2</b> <a href="#">17-Minute Strength Training Workout for Beginners</a>	<input type="checkbox"/> <b>3</b> <a href="#">6-Minute Yoga at Your Desk</a>	<input type="checkbox"/> <b>4</b> <a href="#">15-Minute Total Body Beginner Workout</a>	<input type="checkbox"/> <b>5</b> <a href="#">15-Minute Gentle Pilates</a>	<input type="checkbox"/> <b>6</b> <a href="#">10-Minute Seated Cardio Workout</a>	<input type="checkbox"/> <b>7</b> <a href="#">15-Minute No Jumping Cardio Workout</a>	1. _____ 2. _____ 3. _____
<input type="checkbox"/> <b>8</b> <a href="#">11-Minute Yoga for Hands, Fingers, Wrists</a>	<input type="checkbox"/> <b>9</b> <a href="#">20-Minute Chair Workout</a>	<input type="checkbox"/> <b>10</b> <a href="#">17-Minute Walking Disco Workout</a>	<input type="checkbox"/> <b>11</b> <a href="#">16-Minute Yoga for flexibility</a>	<input type="checkbox"/> <b>12</b> <a href="#">10-Minute Ab Workout</a>	<input type="checkbox"/> <b>13</b> <a href="#">20-Minute Beginner Weight Training</a>	<input type="checkbox"/> <b>14</b> <a href="#">15-Minute Dance Party Workout</a>	1. _____ 2. _____ 3. _____
<input type="checkbox"/> <b>15</b> <a href="#">20-Minute Walk at Home Exercise</a>	<input type="checkbox"/> <b>16</b> <a href="#">10-Minute Bollywood Dance Workout</a>	<input type="checkbox"/> <b>17</b> <a href="#">5-Minute Desk Yoga for Better Posture</a>	<input type="checkbox"/> <b>18</b> <a href="#">10-Minute Beginner Dance Workout</a>	<input type="checkbox"/> <b>19</b> <a href="#">5-Minute Meditation You Can Do Anywhere</a>	<input type="checkbox"/> <b>20</b> <a href="#">10-Minute Daily Desk Stretches</a>	<input type="checkbox"/> <b>21</b> <a href="#">20-Minute Tabata Workout</a>	1. _____ 2. _____ 3. _____
<input type="checkbox"/> <b>22</b> <a href="#">5-Minute Standing Barre Workout</a>	<input type="checkbox"/> <b>23</b> <a href="#">15-Minute Beginner's At-Home Cardio Workout</a>	<input type="checkbox"/> <b>24</b> <a href="#">15-Minutes Standing Pilates for Balance, Strength &amp; Coordination</a>	<input type="checkbox"/> <b>25</b> <a href="#">15-Minute Daily Tai Chi</a>	<input type="checkbox"/> <b>26</b> <a href="#">9-Minute Easy on the Knees Kickboxing Blend</a>	<input type="checkbox"/> <b>27</b> <a href="#">9-Minute Upper Body Workout (No Equipment)</a>	<input type="checkbox"/> <b>28</b> <a href="#">11-Minute Meditation for Inner Peace</a>	1. _____ 2. _____ 3. _____

**My Total Workouts Completed:** \_\_\_\_\_ **(Submit your total workouts completed [HERE](#).)**

Send your challenge photo(s) with [permission](#) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov). Let us know what you thought about this challenge [HERE](#).

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# Wear Red Day

## WFHTN Team

**IT'S WEAR RED DAY!**

*Show your heart some*

**LOVE** 



**REMINDERS/COMING SOON!**

# We'd Love Your Input!

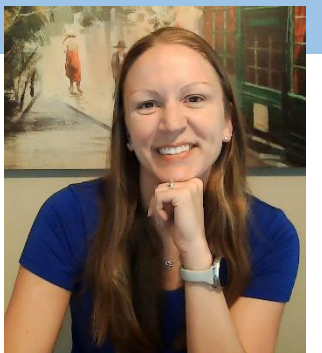


- **Do you think your Wellness Council is award-worthy?!**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations [HERE](#).



# Fun Facts Web & Facebook Series

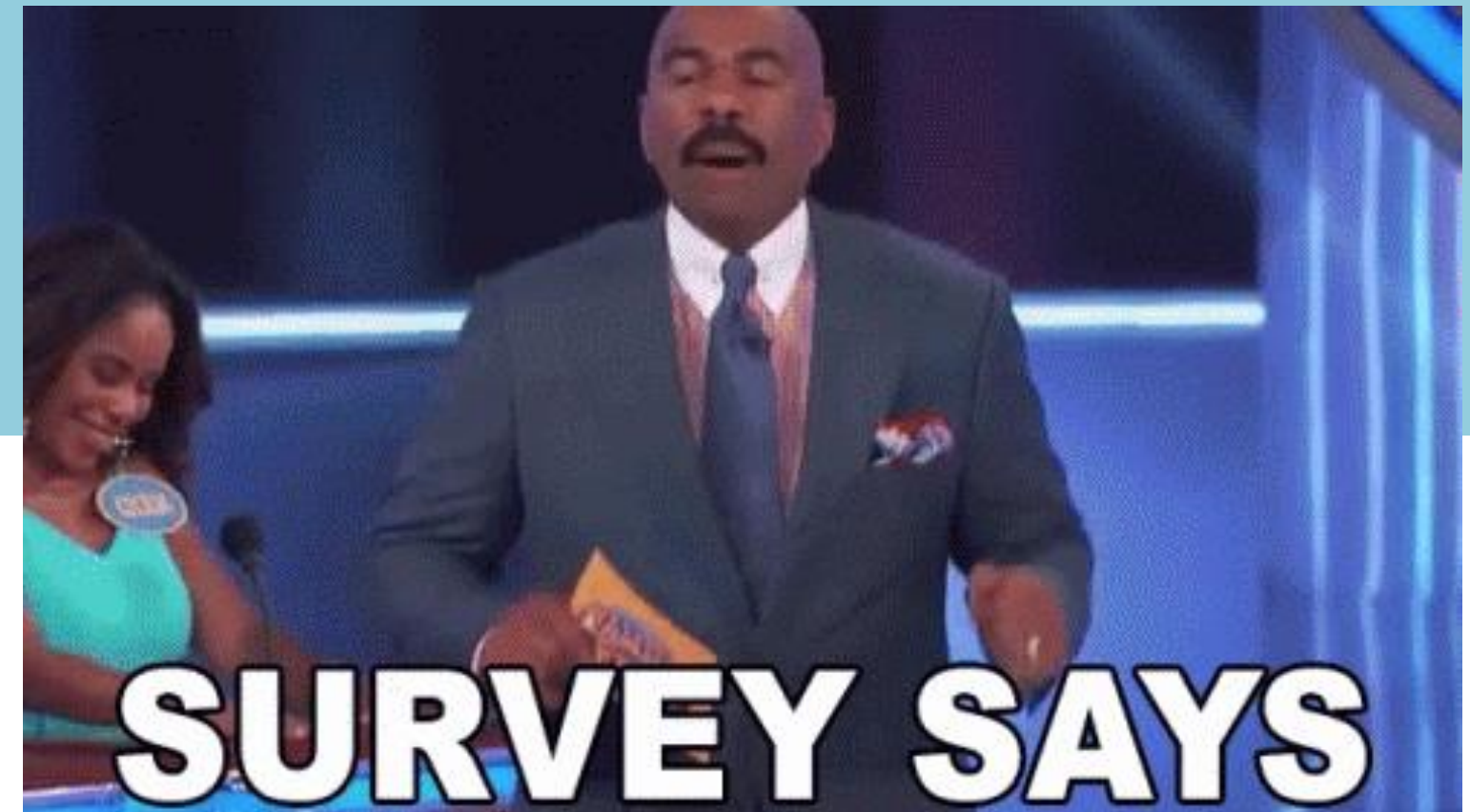
Coming soon!



- We're starting a new series!
- Once a month, one WFHTN team member will share interesting, unknown facts about themselves on our website.
- This month we're starting with Wellness Coordinator Morgan!
- Stay tuned for more details and the link!
- We'll also post fun questions on our Facebook page that **EVERYONE** can answer!

# WFHTN Survey Results

- Prize options
- *De Minimis*
- Service Delivery & Liability Waiver
- Employees interested in promoting wellness!





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

## Update



**“You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.”**

**MANDY HALE**



# Team Building!

# Wellness Whiz Quiz

*Congratulations to*  
**our Jan. 2022  
Wellness Whiz:**

**Kirby Fye**  
**Department of**  
**Mental Health &**  
**Substance Abuse**  
**Services**



## Let's Tell a Story!

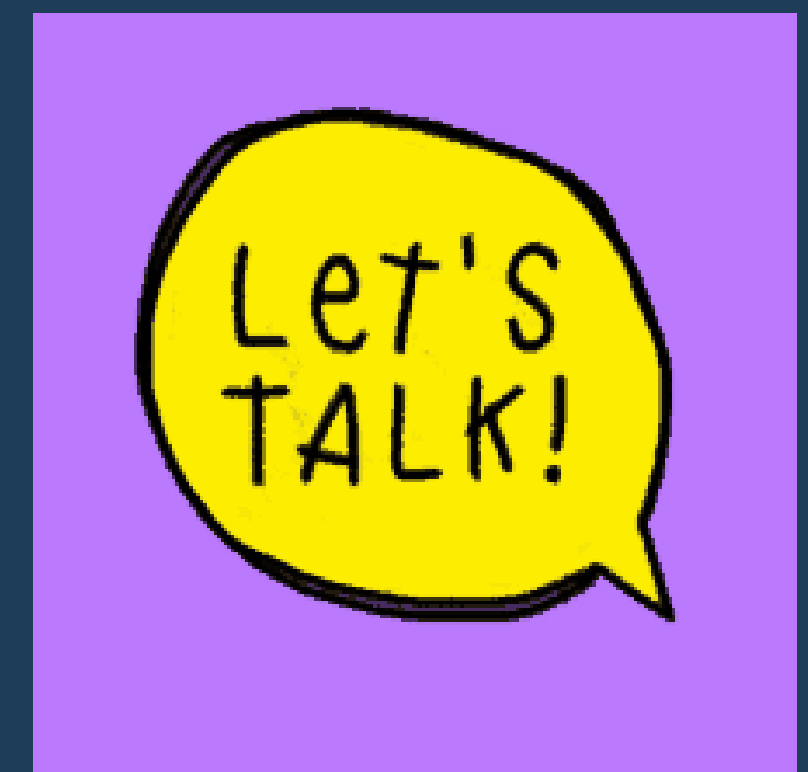
- I have the list of “Words Needed” and the story.
- The first person to chat the required word(s) is the word we'll go with!
- Once we've collected all the “Words Needed” we'll read the story aloud.



# Let's Tell a Story!

<p style="text-align: center;"><b>ADJECTIVE</b></p> <p>Describes something or somebody. <i>"Lumpy, soft, pretty, clean, short"</i></p>	<p style="text-align: center;"><b>EXCLAMATION or SILLY WORD</b></p> <p>Any sort of funny sound, gasp, grunt or outcry, <i>"Wow!, Ouch!, Ick! Gadzooks!"</i></p>
<p style="text-align: center;"><b>ADVERB</b></p> <p>Tells how something is done. Modifies a verb &amp; usually ends in "-ly." <i>"Modestly, excitedly, greedily, carefully"</i></p>	<p style="text-align: center;"><b>VERB</b></p> <p>An action word. <i>"Run, pitch, jump, swim"</i></p>
<p style="text-align: center;"><b>NOUN</b></p> <p>Name of a person, place or thing. <i>"Sidewalk, umbrella, toy, bathtub"</i></p>	<p style="text-align: center;"><b>PLACE</b></p> <p>Any sort of place: a country or city (<i>Mexico, Oakland</i>) or a room (<i>bathroom, kitchen</i>)</p>
<p style="text-align: center;"><b>PLURAL</b></p> <p>Means more than one. Door pluralized is <i>"doors."</i></p>	<p style="text-align: center;"><b>NUMBER, COLOR, ANIMAL or PART OF THE BODY</b></p> <p>A word that is one of those things. <i>"Seven, green, dog, mouth"</i></p>

# Discussion



# Are you reaching a diverse audience?





# Upcoming WFHTN Schedule

## March Wellness Council Webinar

Thursday, March 3 from 9-9:45 a.m. Central

## Quarter 3 Activity List

Due Thursday, March 31

*For our full virtual event list, please visit [tn.gov/wfhtn](https://tn.gov/wfhtn) and scroll down to 'Events & Activities'.*



# Your Updates!





# Questions?





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