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WORKING FOR A HEALTHIER TN

March 2021 Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives

Today's Agenda

Fun Fact Challenge

National Nutrition Month

Quarterly Checklist and Tournament

Wellness Council Spotlight

March Health Observances

Upcoming WFHTN Schedule

Who or What Am I?

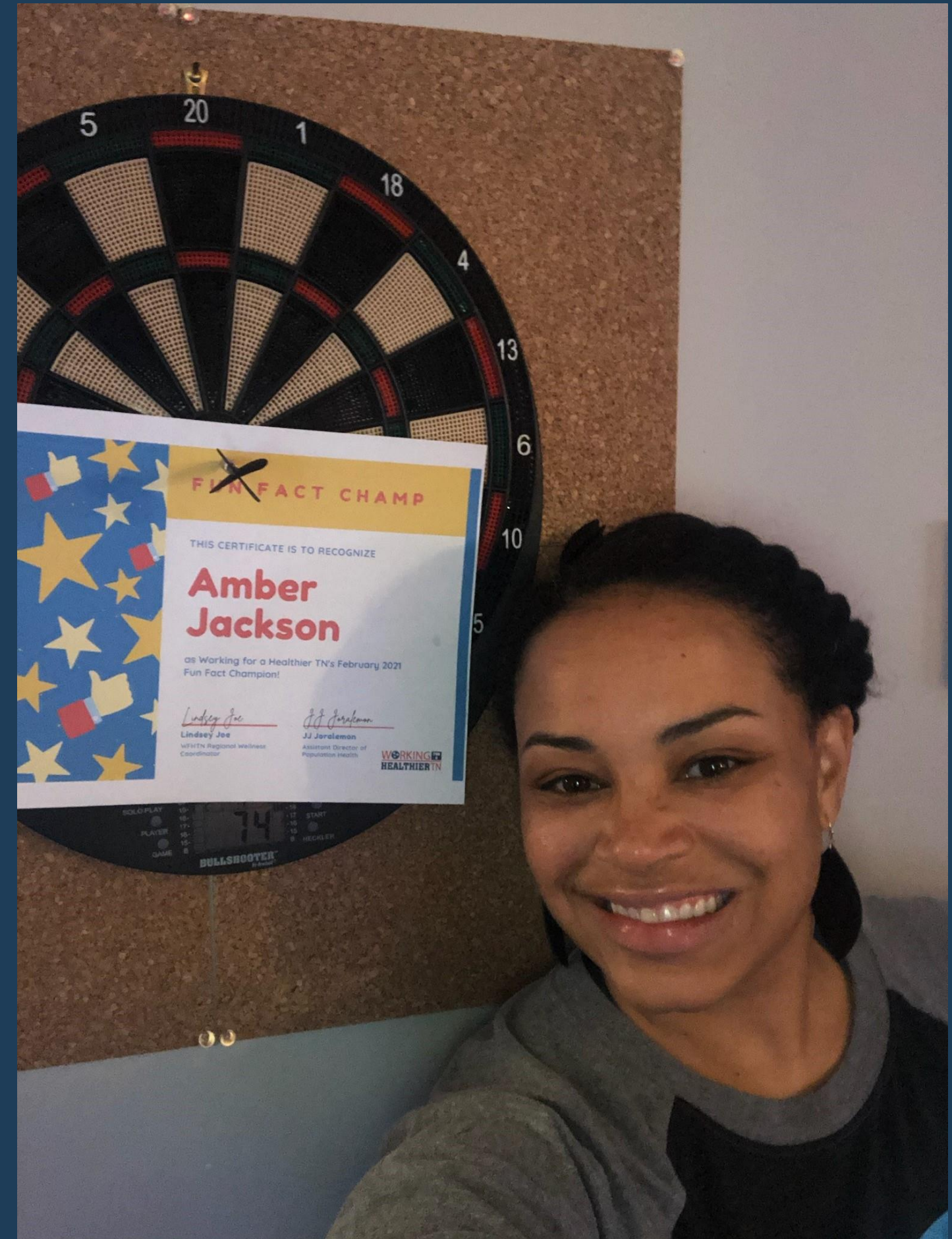
Sharing

WFHTN "Team Talk" (*OPTIONAL*)

Fun Fact Challenge

Congratulations to our February Fun Fact Challenge winner:

Amber Jackson (Health)



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 (T or F will not count).

Fun Fact Challenge!



Fun Fact Challenge!

Question #1

A vegetarian diet can provide the recommended amount of protein for people of all ages.

TRUE OR FALSE

Fun Fact Challenge!

Question #2

All types of dietary fat are the same.

TRUE OR FALSE

Fun Fact Challenge!

Question #3

A gluten-free diet is recommended for weight loss.

TRUE OR FALSE

Fun Fact Challenge!

Tie Breaker

Frozen and canned fruits and vegetables can be nutritious choices.

TRUE OR FALSE

MARCH 2021

Celebrate National Nutrition Month®



National Nutrition Month

Healthy Eating Routine

Includes a variety of nutritious foods from all the food groups:

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy



National Nutrition Month



Start *simple*
with MyPlate

Quarterly Checklist and Tournament for the Wellness Warriors Award

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
Education
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).

Tournament for the Wellness Warriors Award

Tournament dates: May 10-14, 2021

April 12

Eligible departments will be notified by their Regional Wellness Coordinator

April 26

Wellness Councils receive daily challenge information

April 27 & 28

Optional WFHTN 2021 Tournament Q&A Webinars



March Activity Planner

Here4TN Scavenger Hunt

March 8th-19th



Frozen Foods Month

Share these WFHTN recipes

- Sheet Pan Shrimp Fajitas (from frozen)
- Quick & Easy Stir Fry (from frozen)
- Roasted Brussels Sprouts (from frozen)

<https://www.tn.gov/wfhtn/resources/recipes.html>



International Day of Happiness

Saturday, March 20th

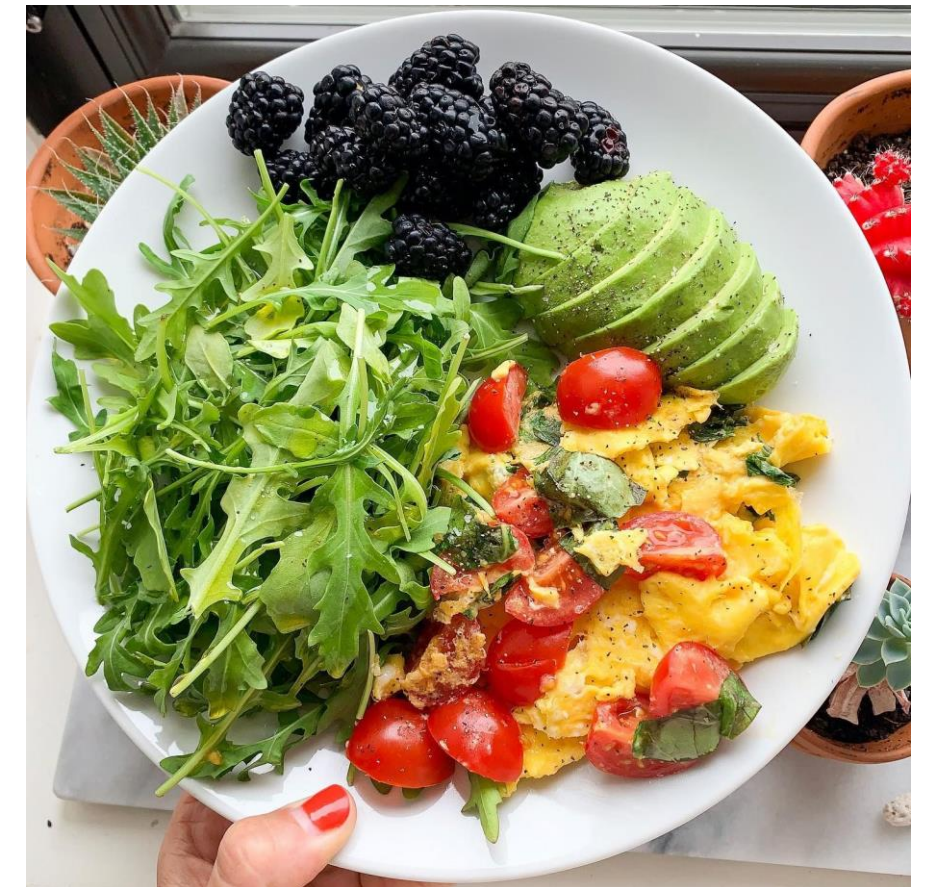
INTERNATIONAL DAY OF
HAPPINESS



Plan a two-week “Happiness Fest” leading up to the holiday to encourage employees to experience and uncover their inner joy(s) in life.

Share Your Rainbow!

Have your co-workers share a picture in which they are enjoying at least two different colors of vegetables and/or fruit.



Wellness Council Spotlight



Wear **RED** for American Heart Month!



**Department of Safety
& Homeland Security**



**Department of
Agriculture**

Wear RED!



Department of Human Services

Department of Correction

Wear RED!



Department of General Services

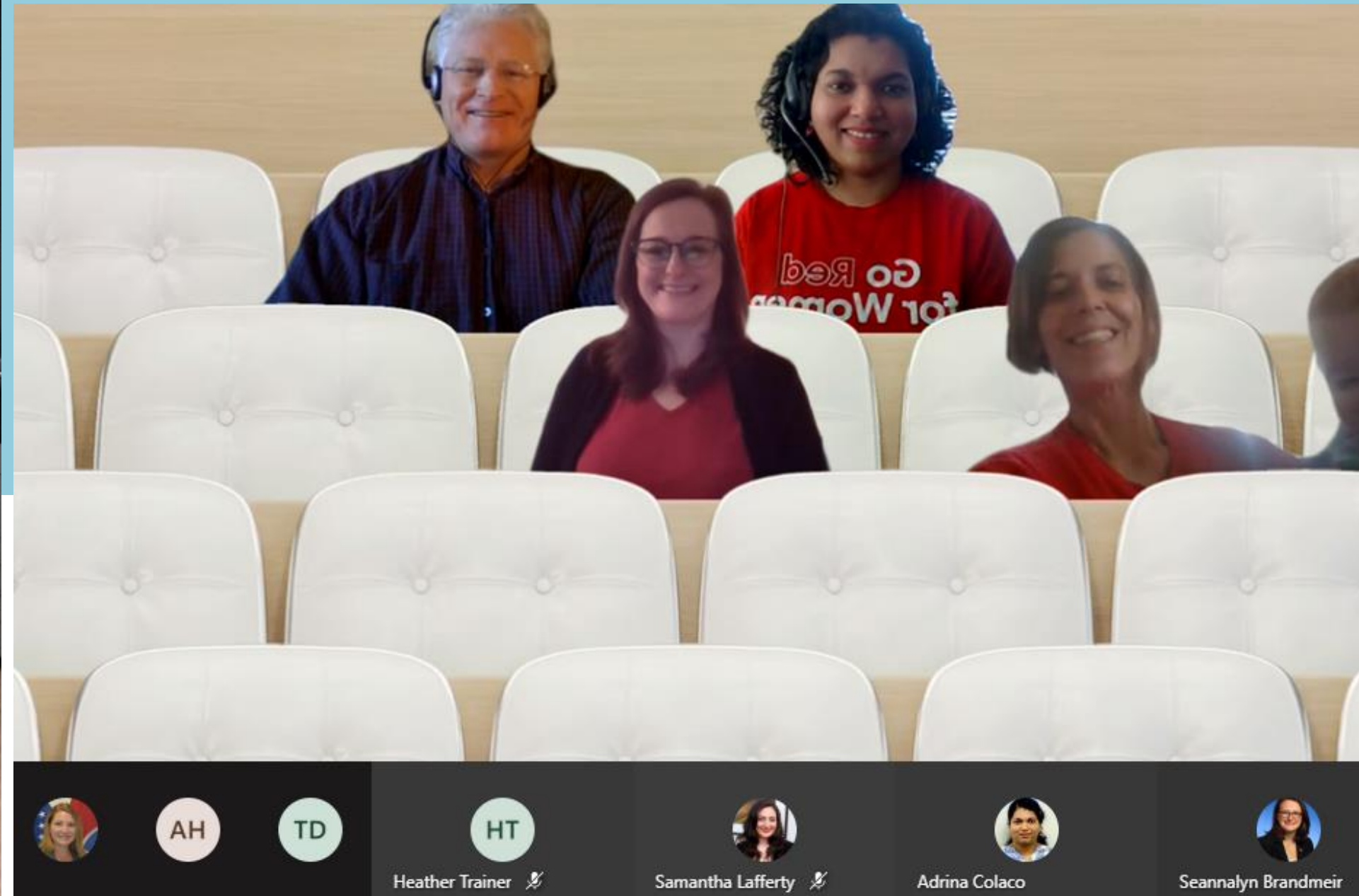


Department of Mental Health & Substance Abuse Services

Wear RED!



Department of Health



Department of Finance & Administration

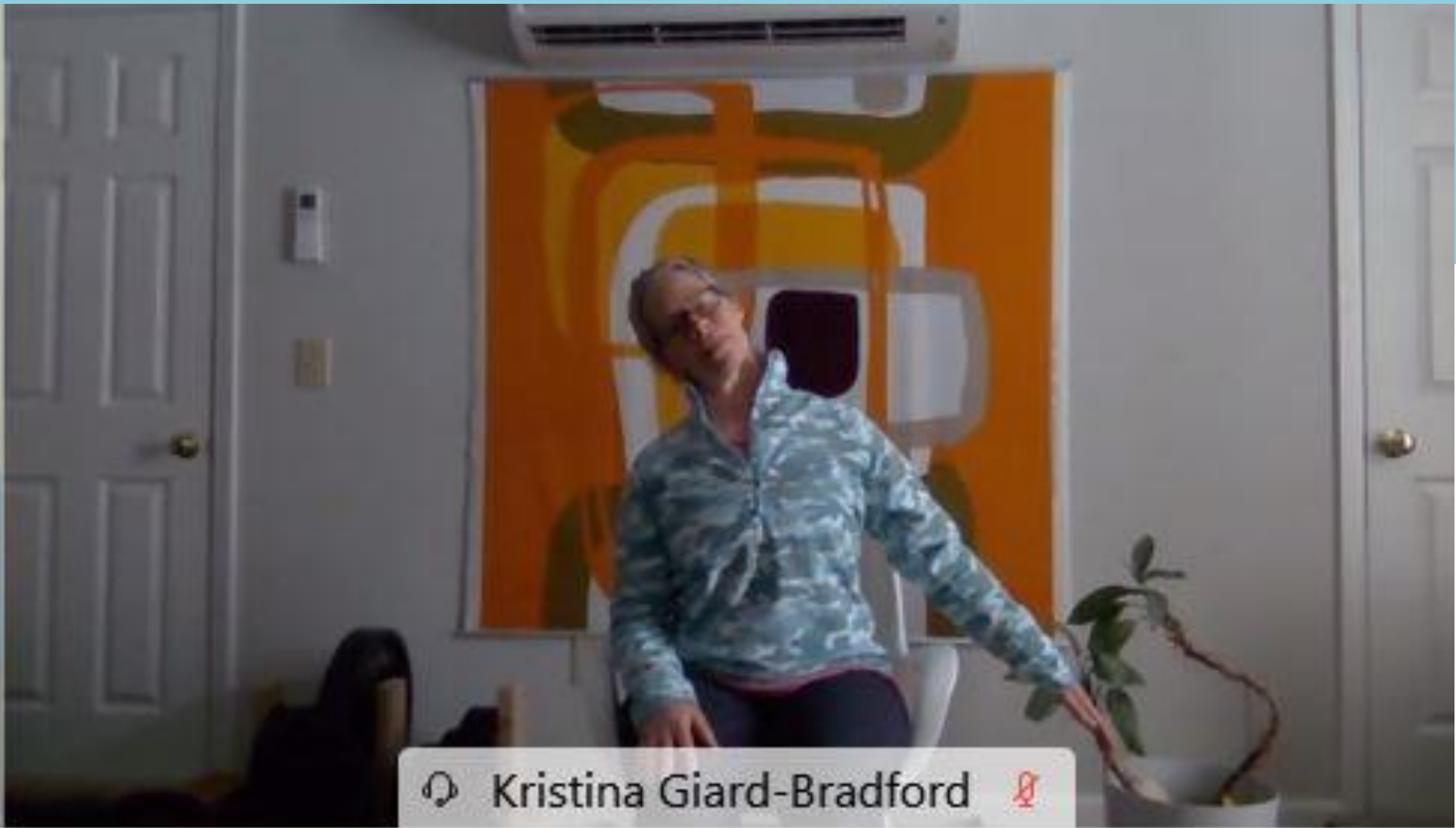
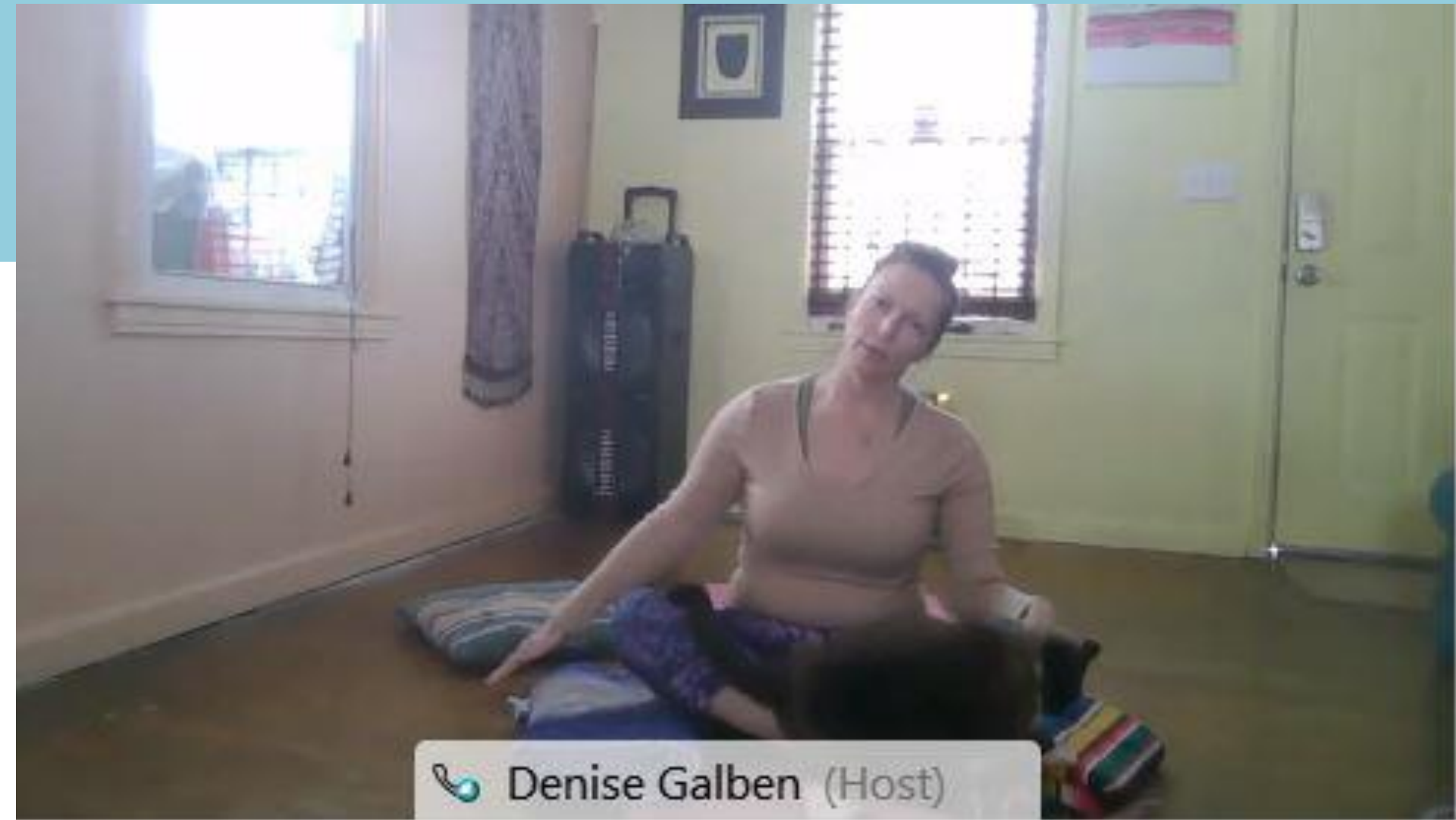
Mile-Per-Day Challenge

Department of Revenue



Yoga for All

Departments of Health & Human Services



March Health Observances

National Colorectal Cancer Awareness Month

National Kidney Month

National Nutrition Month

National Frozen Food Month

Save Your Vision Month

Workplace Eye Wellness Month

World Salt Awareness Week (March 8-14, 2021)

National Sleep Awareness Week

World Kidney Day (March 11, 2021)

World Sleep Day (March 19, 2021)

World Water Day (March 22, 2021)

American Diabetes Alert Day (March 25, 2021)

Upcoming WFHTN Schedule

March Activity Planner

Due March 31st

Q3 (Jan-Mar) Checklist

Due March 31st

April Wellness Council Webinar

Thursday, April 1st 9-9:30 a.m. Central

WFHTN Team Talk! 9:30-9:45 a.m. Central



Let's Play "Who or What Am I?"



Your Updates!



Questions



***Stay on for
“Team Talk”!***

WFHTN Team Talk

Today's Topic:

Wellness Council Survey Feedback



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