

Wellness Council Webinar

March 2024



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[@WorkingForAHealthierTN](https://www.instagram.com/WorkingForAHealthierTN)



[@wfhtn](https://www.youtube.com/@wfhtn)

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- **Celebrations**
- **Quarterly Activity List**
- **What's New**
- **Wellness Council Spotlights**
- **Upcoming Schedule**
- **Your Updates**

Celebrations

Celebrations

Laura Costin - March 8
(Commerce and Insurance)



Celebrations!

Commission on Aging & Disability

Amanda Boulware
Lee Ann McKnight
Emily Lussier



Quarterly Activity List

Q3 Activities

Don't forget this row if you're aiming for Gold Achievement Level!



Focus Area	Communicate	Engage	Inspire change
<i>(Applies to related focus area)</i>	Share: <ul style="list-style-type: none"> Information on any national health observance. A WFHTN Monthly Handout. Resources and/or events from Here4TN or the Partners for Health Wellness Program. 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host a lunch 'n' learn or webinar (live or recorded). 	<ul style="list-style-type: none"> Host a well-being, physical activity, healthy eating or tobacco cessation challenge. Share an employee success story. Schedule or host a healthy Team Building Activity.
Wellness Council	Share: <ul style="list-style-type: none"> This Q3 Activity List with your Wellness Council members. A post-activity or post-webinar survey after an activity or webinar. 	<ul style="list-style-type: none"> Host a virtual exercise or stretch break. Attend the monthly WFHTN Wellness Council Webinars on Jan. 11 (Link to join), Feb. 1 and March 7 (Link to join February and March) Recruit a new Wellness Council member. Invite other agencies to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Host a Wellness Council meeting. Invite WFHTN to speak at an all-staff meeting or conference. Speak about your Wellness Council at an all-staff meeting.
Physical Activity	Share: <ul style="list-style-type: none"> Active at All Ability Levels handout. Information on physical activity and cancer risk in recognition of World Cancer Day (Feb. 4). 	<ul style="list-style-type: none"> Encourage employees to join a live Yoga for All class or Dance Break for a chance to win a prize! No equipment, camera or commitment required. Attend a live Office Exercises workout on Thursday, Feb. 8 from 12-12:15 p.m. 	<ul style="list-style-type: none"> Participate in WFHTN's 21 Days to a Healthier Heart Challenge from Feb. 7-27. Three participants chosen at random will win a prize and one will win a grand prize!
Healthy Eating	Share: <ul style="list-style-type: none"> Meal Planning Tips: Healthy Living on A Budget (3 minutes, 17 seconds). Create a Healthier Plate handout in honor of National Nutrition Month (March). 	<ul style="list-style-type: none"> Promote Healthy Eating Trivia on Tuesday, March 5 from 12-12:30 p.m. CT! Top three win a prize and one prize given at random! Encourage employees to complete the one-week Small Steps to Healthier Eating Challenge. 	<ul style="list-style-type: none"> Join WFHTN's Healthy Eating Virtual Scavenger Hunt. The first 15 to submit their forms, plus 15 participants chosen at random will win a prize. Link will be provided the week of March 4.
Well-being	Share: <ul style="list-style-type: none"> Monthly Wellness Calendar. Prevent Colon Cancer Throughout Your Life (March). 	<ul style="list-style-type: none"> Complete these Word Picture Puzzles by Jan. 31 for International Brain Teaser Month (January). Submit to WFHT.TN@tn.gov. Five participants chosen at random will win a prize! In honor of American Heart Month (February), encourage employees to share photos (with permission) showing off their red to WFHT.TN@tn.gov by March 1. 	<ul style="list-style-type: none"> Join WFHTN's Goal Getters group starting Jan. 8! Five participants chosen at random will win a prize! Share messages of appreciation in honor of Relationship Wellness Month (February). Submit using this form by Feb. 23. Join WFHTN's Employee Spirit Month (March) social media campaign! Tag us in your posts on Facebook or Instagram during March. Three participants chosen at random will be entered to win a prize!

March Activities & Info

- **Communicate**
 - [Create a Healthier Plate](#) handout (National Nutrition Month)
 - [Prevent Colon Cancer Throughout Your Life](#)
- **Engage**
 - [Healthy Eating Trivia](#) today from 12-12:30 p.m. CT
 - A link to this trivia will be available on the [Wellness Events](#) webpage after March 7.
- **Inspire change**
 - [Healthy Eating Virtual Scavenger Hunt](#) – closes March 8!
 - Employee Spirit Month social media campaign!

Activity Lists: www.tn.gov/wfhtn/achievement-levels/activity-lists.html

Employee Spirit Month



March 4-10

Healthy Eating Habits

Did you try a new recipe, eat your fruits and veggies or drink more water? Show us a healthy food choice you made!



March 11-17

Furry Friends

Who doesn't love cute animal pics?! Show off your favorite furry friends!



March 18-24

Sports Teams

Show your team spirit! Post a pic of you wearing your favorite team's colors.



March 25-31

Team Building

Show us how you stay connected with your coworkers! Need ideas?
<https://www.tn.gov/wfhtn/challenges/team-building-activities.html>



[/WFHTN](https://www.facebook.com/WFHTN)



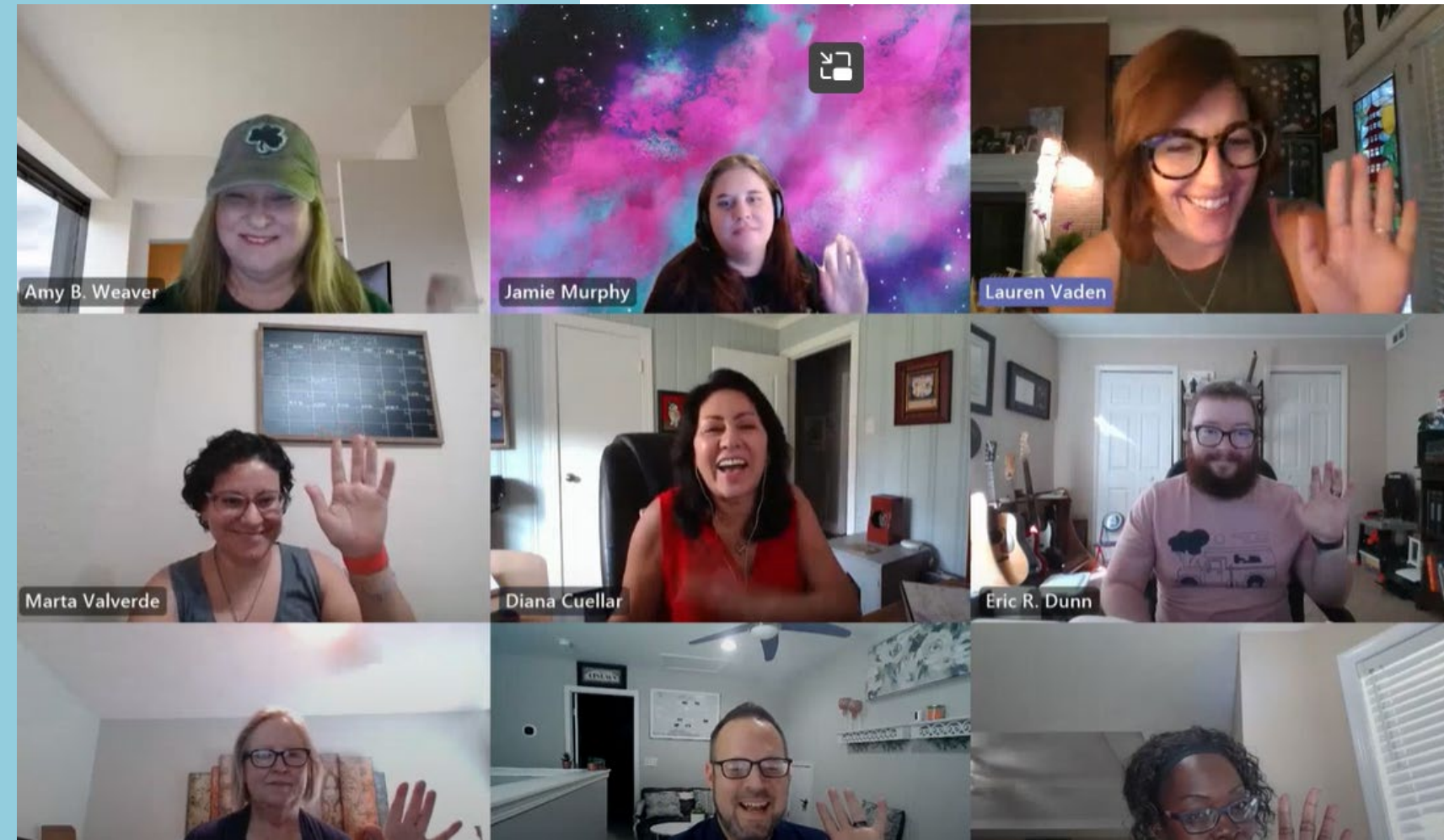
[@WorkingForAHealthierTN](https://www.instagram.com/WorkingForAHealthierTN)

Tag Working for a Healthier Tennessee in your [Facebook](#) or [Instagram](#) posts for a chance to win a prize! Not on social media or prefer not to tag WFHTN? Email photo(s) to WFHT.TN@tn.gov to be shared. Note: If tagging WFHTN, your post audience must be set to "public".

Employee Spirit Month Tips

1. Find us and follow us on Facebook (@WFHTN) or Instagram (@workingforahealthiertn).
2. Create a post in your social media profile.
3. Select the “public” setting to share it with us.
4. Mention/tag WFHTN in your post by typing “@” then “WFHTN” for Facebook, or “workingforahealthiertn” on Instagram.
5. Enjoy Employee Spirit Month and repeat for each weekly theme!
6. Stay tuned for prize drawings announced April 1!

We got spirit, how 'bout you?



What's New?

March Wellness Calendar

March into Motivation



Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
March 1	Join our Employee Spirit Month Social Media Campaign from March 4-31. Tag us in your posts on Facebook (@WFHTN) or Instagram (@workingforahealthiertn) for a chance to win a prize! We'll have a different theme each week. Learn more at https://www.tn.gov/wfhtn/challenges/wellness-events.html .			Please note: All times listed are in the Central time zone.	Allow yourself to be a beginner. No one starts off being excellent. - Unknown
March 4-8	Employee Spirit Month week 1! On Facebook @WFHTN or Instagram @workingforahealthiertn, show us a healthy food choice you made!	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite)	Take a 10-minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Celebrate National Nutrition Month at Healthy Eating Trivia from 12-12:30 p.m. (Calendar invite)	Complete the Healthy Eating Virtual Scavenger Hunt by today for a chance to win a prize!
March 11-15	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Learn about our team building activities at the Team Building Sampler from 11-11:30 a.m. (Calendar invite)	Employee Spirit Month week 2! On Facebook @WFHTN or Instagram @workingforahealthiertn, tag us in a photo of your favorite furry friend(s)!	Join this Meditation Break with TDH from 11:15-11:30 a.m. (Calendar invite)	The key to success is to start before you are ready. - Marie Forleo
March 18-22	Employee Spirit Month week 3! On Facebook @WFHTN or Instagram @workingforahealthiertn, tag us in a photo of you wearing your favorite sport team's colors!	Spring	Give your mind a break at Meditation with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Learn about Optum Health's Emotional Wellbeing Solutions .
March 25-29	Employee Spirit Month week 4! On Facebook @WFHTN or Instagram @workingforahealthiertn, show us how your team stays connected!	Read Sharecare's RealAge tip on How Optimism Can Help You Live Longer .	Follow us on Facebook! /WFHTN	FOLLOW US @WorkingForAHealthierTN	Good Friday State Holiday

Team Building Sampler

The screenshot shows the 'Team Building Activities' page on the Working for a Healthier Tennessee website. The page features a navigation menu with options like 'About Us', 'Success Stories', 'Activities & Challenges', 'Resources', 'Wellness Councils', 'Forms', 'Achievement Levels', and 'Newsroom'. The main content area is titled 'Team Building Activities' and includes an introductory paragraph, a link to a sign-up sheet, and a list of activity categories: Well-being, Physical Activity, and Healthy Eating. The page also features a search bar and a 'Go to TN.gov' link in the top right corner.

Team Building Activities

Working for a Healthier Tennessee has created a number of activities and challenges for each of our focus areas. You can use these as-is or easily customize them for your department. If you need assistance with customizing a challenge to meet your needs, please reach out to your WFHTN Wellness Coordinator. Once you've completed an activity or challenge, please ask participants to fill out [this survey](#) so we can create the best possible wellness programs and activities for you.

You can use [this sign-up sheet](#) and [this customizable flier](#) for most challenges you host.

Most of our activity and challenge trackers are fillable PDF forms for your convenience. In some cases, the fillable format will not work, so we have created step-by-step instructions to guide you through the process of [completing these activities electronically](#).

- > Well-being
- > Physical Activity
- > Healthy Eating

- **Tuesday, March 12 from 11-11:30 a.m. CT**
- **Participate or just listen in!**

<https://www.tn.gov/wfhtn/challenges/team-building-activities.html>

Prize Inventory



[Link to Prize Inventory](#)

Partners for Health Healthy Plate Challenge

- Challenge yourself to eat well-balanced meals every day.
- Update your nutrition tracker for at least 21 days from March 1–31 to meet the challenge goal.
- To participate: Log in to your Sharecare account or register at stateoftn.sharecare.com.

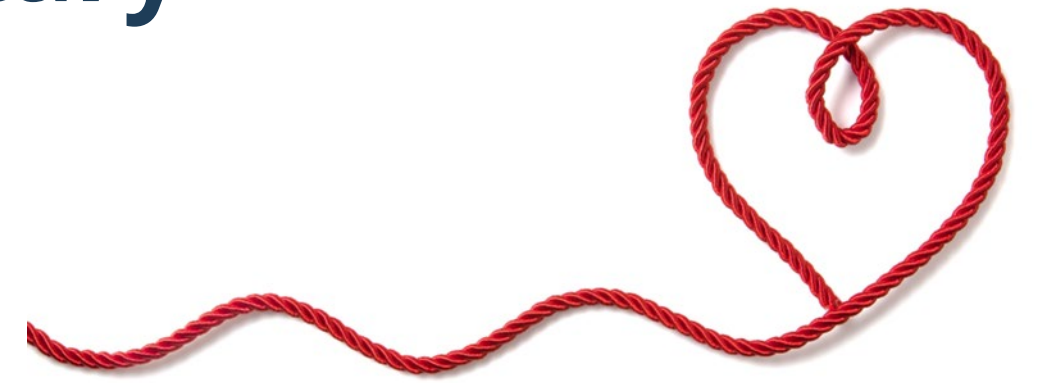
The screenshot shows the top navigation bar with logos for Partners for Health and Sharecare, and links for Home, Sharecare Profile, Earn Incentives, FAQs, and Engagement Materials. Below the navigation is the title "Quarterly Challenges" and a brief description of the wellness program. A table lists two challenges: "Healthy Plate Nutrition Challenge" for March and "Level Up Steps Challenge" for May.

CHALLENGE	MONTHS	GOAL
Healthy Plate Nutrition Challenge	March 1 – March 31	Track your meals for at least 21 days within the challenge period
Level Up Steps Challenge	May 1 – May 31	Track your steps for at least 21 days within the challenge period

Wellness Council Spotlights

Wear Red

Department of Military



Wear Red

Departments of Human Services, Correction and Health



Wear RED

Human Resources





Wear RED
Children's
Services

Wear RED

F&A and DIDD with TCAD

 **ParTNers for Health** Feb 2 · 🌐

Our employees and their family members are rolling out the red carpet for heart health! Did you know healthy lifestyle changes can help you reduce your risk for heart disease by as much as 80%? Learn more: <https://loom.ly/8ArktGM>
#WearRedDay #HeartMonth
Working for a Healthier Tennessee



Tennessee Department of Intellectual and Developmental Disabilities ✓

Feb 2 · 🌐

Show your heart some LOVE ❤️ DIDD Central Office, TEIS & TCAD employees are showing their support for National Wear Red Day and American Heart Month. Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat. By taking care of ourselves, we're able to love and support the people who need us most!

[#tennessee](#) [#WearRedDay](#)



Wear RED Revenue

TN Tennessee Department of Revenue
Feb 2 · 🌐

We here at the Department of Revenue are wearing red every Friday this month to raise awareness about heart health. ❤️👩🏻 Hope you join us! @WFHTH @AmericanHeart @AHATennessee #WearRedDay #HeartMonth

TN Tennessee Department of Revenue
Feb 9 · 🌐

Who's wearing red today?! 🤔👩🏻 If you forgot, there's always next Friday! 😊 Please join the Department of Revenue in raising awareness about heart health! #WearRedDay #HeartMonth

TN Tennessee Department of Revenue
Feb 16 · 🌐

Valentine's Day might be over, but Heart Month is still underway! ❤️😊 Please join the Department of REDvenue by wearing red on Fridays in February to raise awareness about heart health! #WearRedDay #HeartMonth

TN Tennessee Department of Revenue
5d · 🌐

FEEL GOOD FRIDAY: How is February almost over?!?! 🤯 We here at the Department of REDvenue have been wearing red each Friday this month to raise awareness about heart health. Today's your last chance to join us! #WearRedDay #HeartMonth Working for a Healthier Tennessee American Heart Association - Tennessee



21 Days to a Healthier Heart

576 sign-ups!



Commissioner Jim Bryson
To: Commissioner Jim Bryson >

2:07 PM



Join me in the 21 Days to a Healthier Heart Challenge



Join me in the 21 Days to a Healthier Heart Challenge!

Dear Fabulous and Awesome Employees,

You have the power to stop a killer! According to the CDC, heart disease is the number one killer of men and women. Heart disease claims more lives than all forms of cancer. Preventive power lies with real changes to your lifestyle, which can reduce the risk for heart disease by as much as 80 percent.

I invite you to join me in taking the **21 Days to a Healthier Heart Challenge** hosted by Working for a Healthier Tennessee. The challenge begins on Wednesday, Feb. 7. There will be a [daily task](#) to complete to help improve your heart health. Our goal is to start now habits that will lead to a healthier heart and a better life.

To participate, sign up by Friday, Feb. 9 at https://stateoftennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_challenge.

Let's invest in ourselves this month.

Jim



Jim Bryson | Commissioner
State Capitol, 1st Floor
600 Martin Luther King Jr. Blvd., Nashville, TN 37243

Heart Photos & Haikus

Intellectual & Developmental Disabilities



Heart Month Trivia

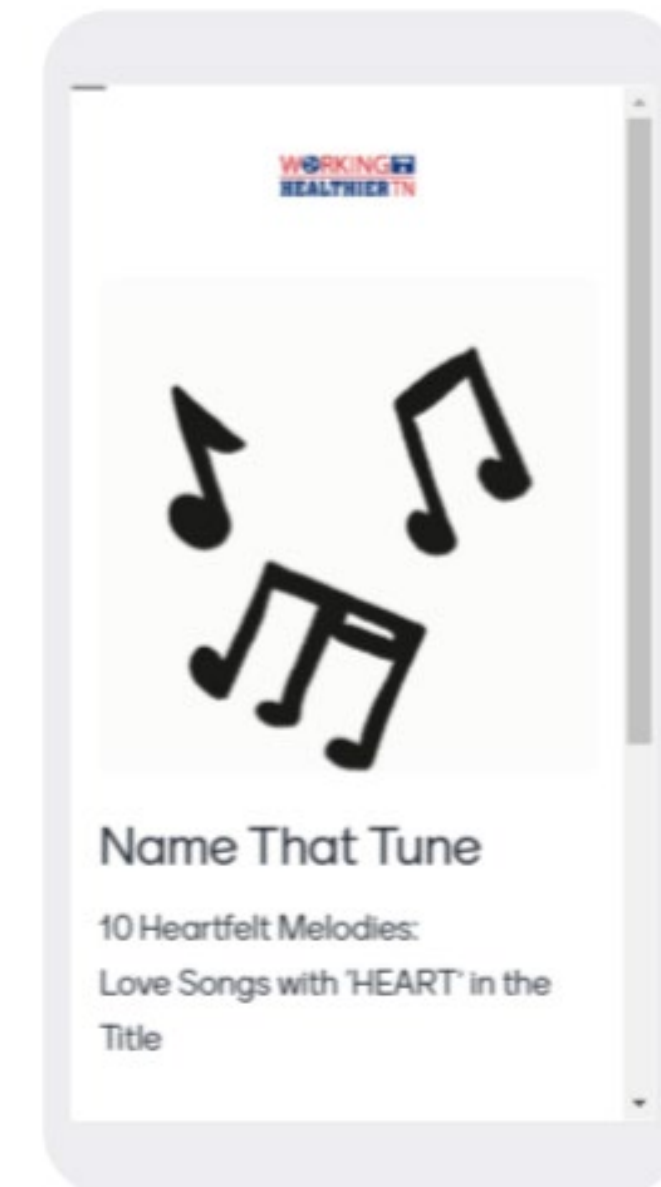
Agriculture



Name That Tune

Finance & Administration

Audience screen



Let's Move Challenge

Mental Health & Substance Abuse Services



Step Up Challenge & Share the Love

Commission on Aging & Disability

STEP-UP HEART HEALTHY CHALLENGE



In recognition of **American Heart Month**, the TCAD wellness committee is challenging everyone to participate in our **Step Up Healthy Heart Challenge** during the month of February. As part of our challenge, we're asking you to walk between **7,500 and 10,000 steps a day**.

TRACK YOUR STEPS

Track your steps throughout the month of February using your Fitbit, Apple Watch, phone or other activity tracker. Step tracker sheet available.

TAKE A WALKING BREAK

Instead of a coffee break, take a walking break. Get up every hour and walk for 5-10 minutes.

SKIP THE CLOSE PARKING SPOT

Instead of trying to find the closest parking spot, park farther away and get in some extra steps.

WALK WITH FRIENDS

Find a walking buddy or join a group to make walking more fun. If you are walking with a friend it doesn't seem so hard.

CHALLENGE DATES
FEB 1-29, 2024




WINNERS WILL RECEIVE A PRIZE
1ST, 2ND, AND 3RD PLACE

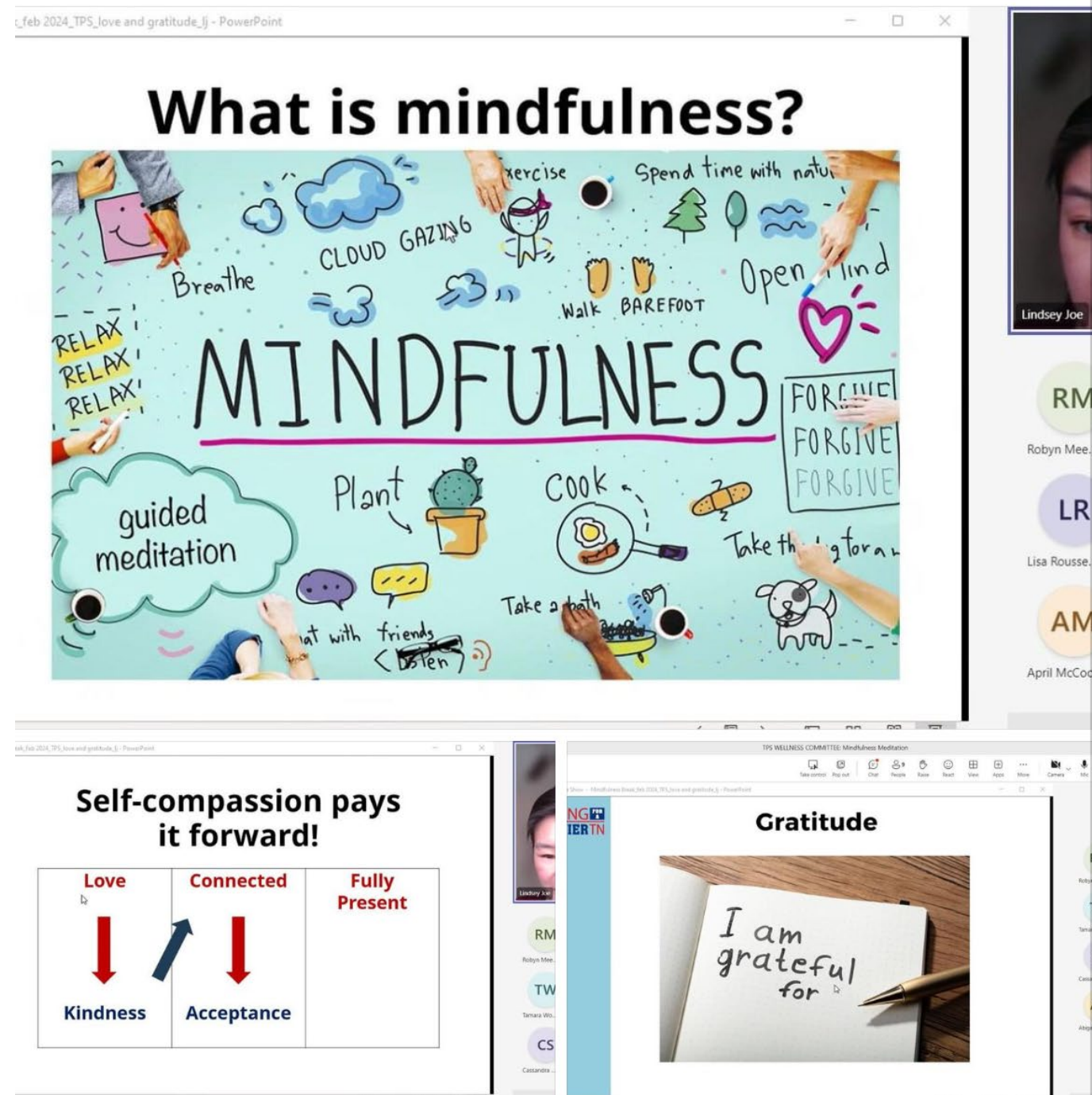
Questions: Contact Keita Cole with the TCAD wellness council: keita.cole@tn.gov

Share The Love



 Tennessee Department of Revenue 
Feb 21 · 

Some folks from our Taxpayer Services division hosted a virtual Mindfulness Meditation to kick off their lunch break this afternoon. Maybe we could do this... every Wednesday? 😊



The screenshot shows a virtual meeting interface with a PowerPoint presentation. The main slide is titled "What is mindfulness?" and features a central graphic with the word "MINDFULNESS" in large letters. Surrounding it are various activities and concepts: "RELAX RELAX RELAX", "Breathe", "CLOUD GAZING", "exercise", "Spend time with nature", "Walk BAREFOOT", "Open mind", "FORGIVE FORGIVE FORGIVE", "guided meditation", "Plant", "Cook", "Take a bath", "Listen", and "spend time with friends".

Below the main slide, there are two smaller slides. The first is titled "Self-compassion pays it forward!" and contains a diagram with three boxes: "Love" (with a downward arrow to "Kindness"), "Connected" (with a diagonal arrow to "Acceptance"), and "Fully Present". The second slide is titled "Gratitude" and shows a notepad with the handwritten text "I am grateful for" and a pen.

On the right side of the meeting window, there is a vertical list of participant names with initials: Lindsey Joe, Robyn Mee..., Lisa Rousse..., and April McCool.

Mindfulness Break

Revenue

Upcoming Schedule



Wellness Council Webinar

Thursday, April 4 from 9-9:45 a.m. CT

Your Updates



Questions





Don't miss an update!
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