

WELLNESS COUNCIL WEBINAR

October 2022



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[@WorkingForAHealthierTN](#)



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Encouraging and enabling state employees to lead healthier lives

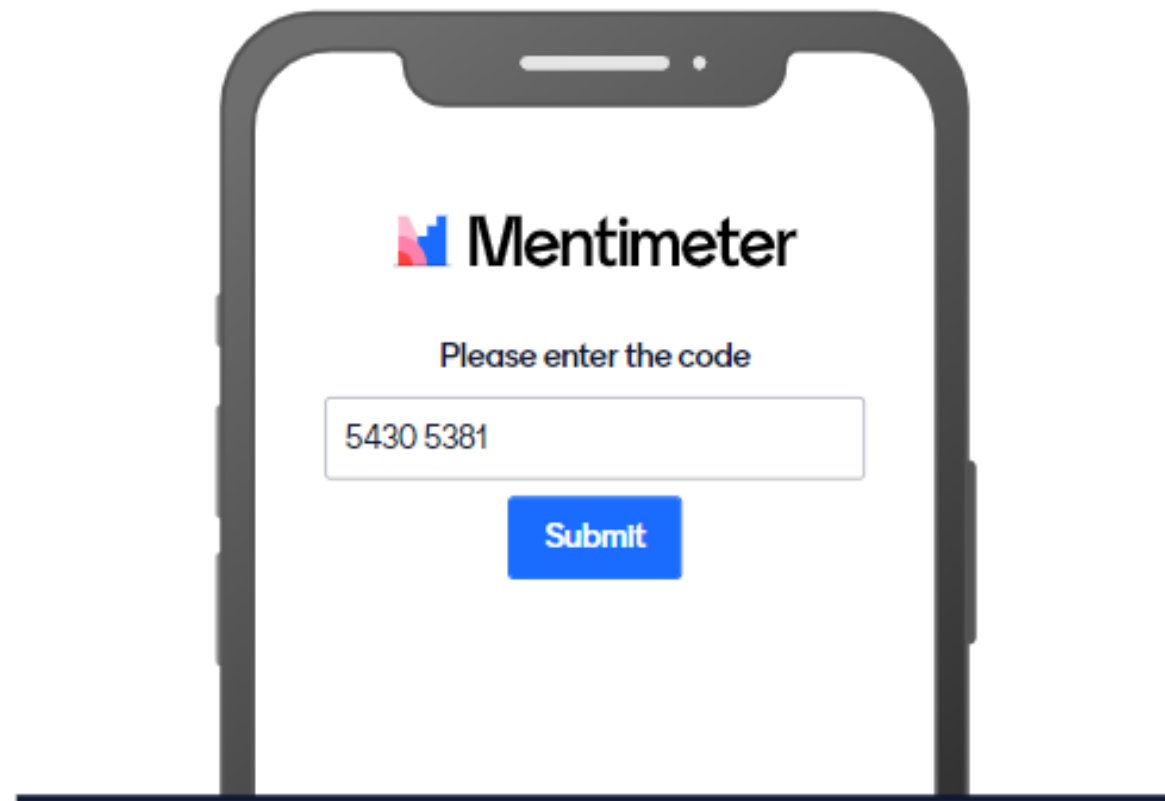
Today's Agenda

- **Fun with Mentimeter!**
- **Quarterly Activity List**
- **What's New?**
- **Wellness Council Spotlight**
- **Upcoming Schedule**
- **Sharing**

Fun with Mentimeter!

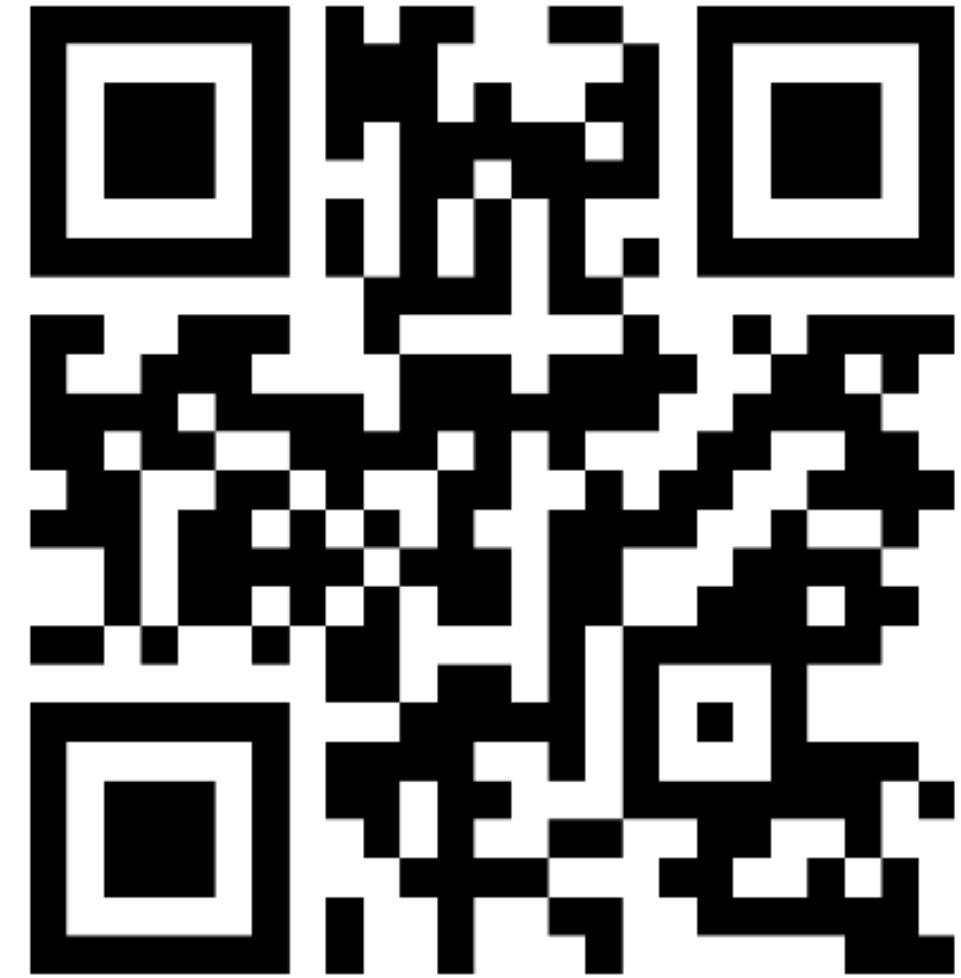
Go to

www.menti.com



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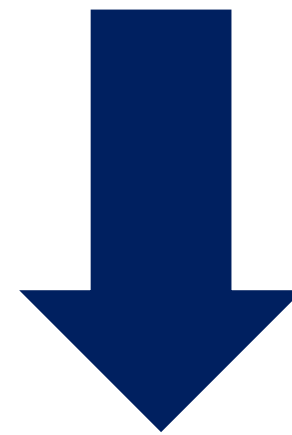
Or use QR code

Quarterly Activity List

Friendly Reminders

Fiscal Year 2023

July 2022 – June 2023



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

October Suggestions

Share about:

- [TN Greenways](#)
- [Health Literacy Month](#)
- [Healthy Halloween](#)



Get involved!

- Invite employees to attend the Bone & Joint Health Webinar on [Thursday, Oct. 13 from 1-1:30 p.m. CT](#)
- Encourage co-workers to send a photo ([with permission](#)) of their [Pick Tennessee Products](#)
- Host a virtual recipe swap [via this form](#)
- Join the pink wave for breast cancer by sharing a photo ([with permission](#)) of looking pretty in pink

October Challenge

Shred Your Stress

WORKING FOR A HEALTHIER TN

Shred Your Stress Challenge

Join us Monday, Oct. 17 – Friday, Oct. 28
as we aim to complete daily activities
to help shred our stress!



Visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html> to sign up for challenge communications by Friday, Oct. 14, and grab the challenge calendar! (Click 'Challenges' to expand the menu.)

[f](#) [t](#) [i](#) [v](#)

[Register](#) by
Friday, Oct. 14.

Q2 Activity List

OCTOBER | NOVEMBER | DECEMBER

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
<i>(Applies to related focus area.)</i>	<p>Share:</p> <ul style="list-style-type: none"> Information on a National Health Observance. A WFHTN Monthly Handout. WFHTN's Wellness Events. Resources and events from Here4TN and/or the ParTners for Health Wellness Program, including the 4Mind4Body "Using Mindfulness to Make the Holidays Happier" webinar on Nov. 16. Get the details! 	<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). Invite employees to join "Managing Family and Relationships" (presented by Here4TN) in November and "The Gift of Better Health" (presented by ActiveHealth) in December Get the details closer to date! 	<ul style="list-style-type: none"> Host a Team-Building Activity. Host a Well-being, Physical Activity Challenge, Healthy Eating or Tobacco Cessation Challenge. Share an employee success story.
WELLNESS COUNCIL	<p>Share:</p> <ul style="list-style-type: none"> This Q2 Activity List with your Wellness Council members. A Post-Activity/Webinar Survey after an activity or webinar. 	<ul style="list-style-type: none"> Attend the monthly WFHTN Wellness Council Webinar on Oct. 6, Nov. 3 and Dec. 1. Link to join. Recruit a new Wellness Council member. Invite other agency(s) 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. Speak about your Wellness Council at an all-staff meeting.
PHYSICAL ACTIVITY	<p>Share:</p> <ul style="list-style-type: none"> How co-workers can enjoy the fall foliage by getting active on one of over a thousand greenways across the state. Info about Take a Hike Day (Nov. 17) & TN State Parks After-Thanksgiving Hikes. 	<ul style="list-style-type: none"> Host a virtual exercise or stretch break. Invite employees to join the "Prepare for the Polar Bear Plunge" session on Nov. 29 at 1 p.m. CT to learn about the many benefits of cold-water therapy. Invite employees to join the "Bone and Joint Health" webinar on Oct. 13 at 1 p.m. CT. 	<ul style="list-style-type: none"> Participate in WFHTN's Planksgiving Challenge (Nov. 1-30). Create a pick-up game of basketball with family, friends or neighbors in honor of National Play Basketball Day (Dec. 2). Send photo(s) to WFHT.TN@tn.gov by Dec. 15. <i>Five participants chosen at random will win a prize!</i>
HEALTHY EATING	<p>Share:</p> <ul style="list-style-type: none"> How to Understand and Use the Nutrition Facts Label in honor of Health Literacy Month (October). Healthier Holidays in 1 – 2 – 3! 	<ul style="list-style-type: none"> Encourage employees to Pick Tennessee Products (pumpkins, apples, etc.) and send in photos (with permission). <i>Five participants chosen at random will win a prize!</i> Invite employees to try Mindful Eating Meditation and share what they learned from the exercise. <i>Five participants chosen at random will win a prize!</i> 	<ul style="list-style-type: none"> Host a virtual recipe swap for healthier options in honor of National Cookbook Month (October). Recipes can be collected via this form. <i>Your Wellness Coordinator can assist with sharing.</i> Host or promote and join Holiday Food Trivia! Join our game on Dec. 8 from 1-1:15 p.m. CT. <i>The top three will win a prize!</i>
WELL-BEING	<p>Share:</p> <ul style="list-style-type: none"> Seven Ways to Be Safe and Healthy this Halloween. World Diabetes Day (Nov. 14) handout. How to Help Someone Quit Smoking in honor of the Great American Smokeout (Nov. 17). 	<ul style="list-style-type: none"> In honor of Breast Cancer Awareness Month (October), encourage employees to send in photos (with permission) showing off their pink. Encourage employees to complete the Healthier Halloween Scavenger Hunt. Send answers to WFHT.TN@tn.gov by Nov. 9. <i>Five participants chosen at random will win a prize!</i> 	<ul style="list-style-type: none"> Participate in WFHTN's two-week Shred Your Stress Challenge (Oct. 17-28). <i>Five participants will win a prize!</i> Ask employees to complete the "How Much Do You Know About E-Cigarettes?" quiz. (Answer Key) Employees can learn more in this E-Cigarette webinar presentation. Please submit completed quizzes to WFHT.TN@tn.gov.

**We support your creativity! If you have an idea not included on this list, share with your WFHTN Wellness Coordinator to see which goal it would fall under.*

What's New?

October Daily Wellness Calendar & Virtual Events

HAVE AN OUTSTANDING OCTOBER!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 3-7	Join Yoga for All (with Sophia) from 12-12:15 p.m. (Calendar invite)	Bring some FUN into your day and play a game of Fall Fun Trivia! from 10:30-10:45 a.m. (Calendar invite)	Send photos of your favorite seasonal produce & Pick TN Products to WFHT.TN.net/gov for a chance to win a prize!	Brittany exceeded her goal to hike 600 miles in a year. Find out how she stayed motivated!	Enjoy the fall foliage by getting active on one of the many greenways across the state this weekend!
October 10-14	Sign-up for our 2-week Shred Your Stress Challenge (Oct. 17-28)! SIGN UP!	'Tis the season for pumpkins! Try this Healthy Baked Pumpkin Oatmeal.	Learn about Bone Health Basics in honor of National Osteoporosis Month.	Explore ways to maintain & strengthen your bone mass in the Bone & Joint Health webinar from 1-1:30 p.m. (Calendar invite)	Join Yoga: Core & More from 12:15-12:45 p.m. (Calendar invite)
October 17-21	Show your support for Breast Cancer Awareness Month & send in your pink photos to WFHT.TN.net/gov .	Hear from Deputy Commissioner Cherrill Campbell-Streat about yoga and how it helped her mind and body during cancer treatment!	Did you know that breast cancer is the most common cancer among American women? Learn more.	Join DCS for a Fitness Break from 11-11:15 a.m. (Calendar invite)	Organize Your Workspace with us from 10-10:15 a.m! (Calendar invite)
October 24-28	Planning on baking for the holidays? Learn healthy baking swaps!	Share your favorite healthier recipe for this time of year!	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Join Preparing the Wrists for Planks from 12-12:15 p.m. to build strength & stability in the entire arm! (Calendar invite)	Reading food labels is important when striving for healthier choices. Learn how to Understand and Use the Nutrition Facts Label.
October 31	Celebrate Halloween with this Healthier Halloween Scavenger Hunt! (Send answers to WFHT.TN.net/gov .)				

Please note: All times listed are in the Central time zone.



UPCOMING EVENTS OCTOBER 2022

WORKOUTS

YOGA FOR ALL (WITH SOPHIA)
Mondays from 12-12:15 p.m.
[Link to join](#) [Calendar invite](#)

DHS FITNESS BREAK
Wednesdays from 11-11:10 a.m.
[Link to join](#)

YOGA FOR ALL
Wednesdays from 12-12:15 p.m.
[Link to join](#) [Calendar invite](#)

DCS FITNESS BREAK
Thursdays from 11-11:15 a.m.
[Link to join](#) [Calendar invite](#)

YOGA: CORE & MORE
Fridays from 12:15-12:45 p.m.
[Link to join](#) [Calendar invite](#)

PREPARING THE WRISTS FOR PLANKS
Thursday, Oct. 27 from 12-12:15 p.m.
[Link to join](#) [Calendar invite](#)



CHALLENGE

SHRED YOUR STRESS
October 17-28

Complete daily activities to help shred your stress!
Visit www.tn.gov/wfhtn/challenges/wellness-events.html to sign up for the challenge communications by Friday, Oct. 14, and/or grab the challenge calendar! (Click 'Challenges' to expand the menu.)

WEBINARS & ACTIVITIES

LET'S SWAP RECIPES
Share your favorite healthier recipe for this time of year in honor of National Cookbook Month!

FALL FUN TRIVIA!
Tuesday, Oct. 4 from 10:30-10:45 a.m.
[Link to join](#) [Calendar invite](#)

BONE AND JOINT HEALTH
Thursday, Oct. 13 from 1-1:30 p.m.
[Link to join](#) [Calendar invite](#)

SHOW OFF YOUR PINK
Wear pink to support Breast Cancer Awareness Month. Send photos (with permission) to WFHT.TN.net/gov.

ORGANIZE YOUR WORKSPACE
Friday, Oct. 21 from 10-10:15 a.m.
[Link to join](#) [Calendar invite](#)

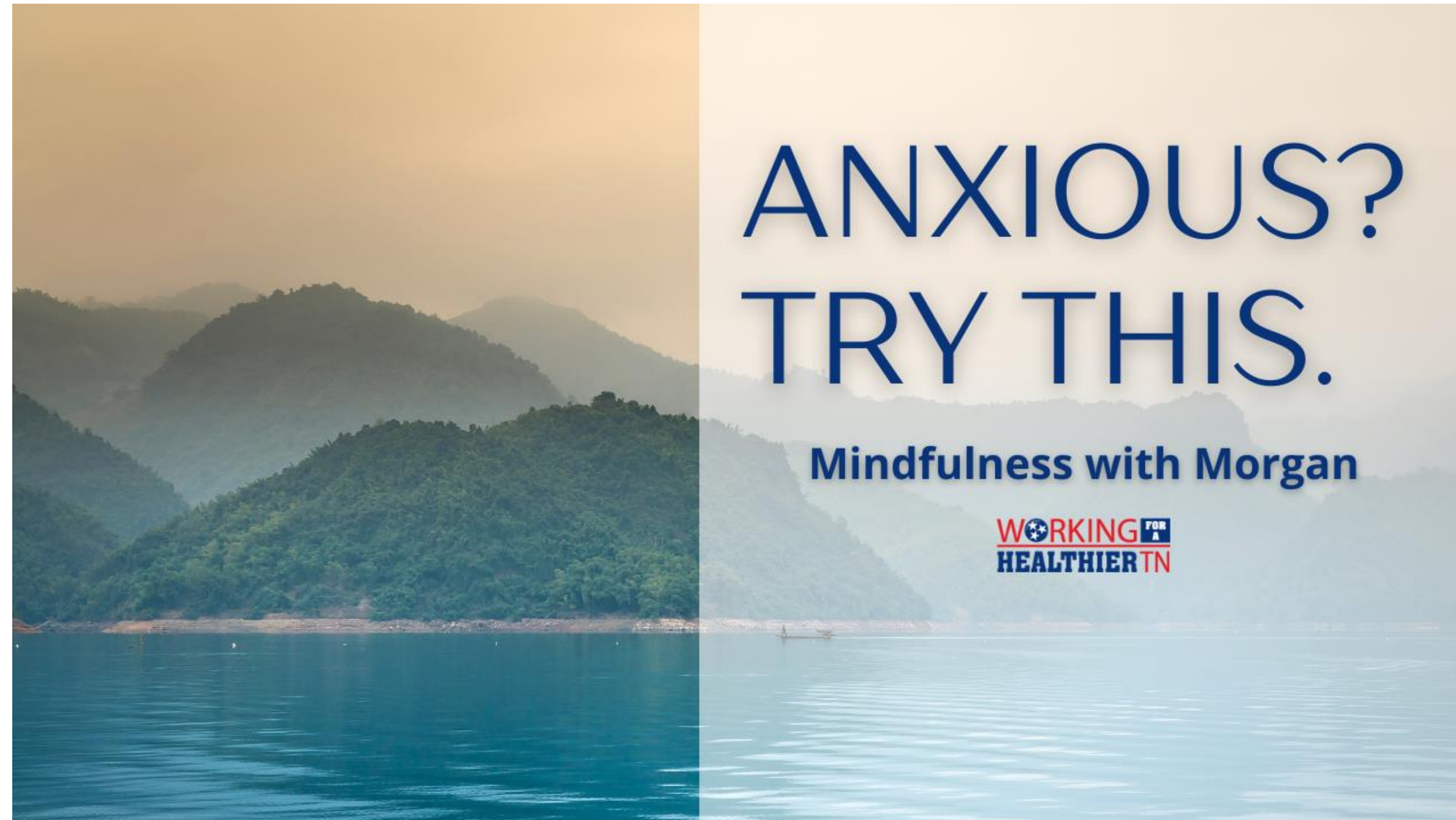


Please note: All times are listed in Central time zone.

For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html



WFHTN YouTube Videos



<https://youtu.be/FOFK3XyLh7k>

Subscribe to our YouTube channel: [YouTube.com/TNSiteChampions](https://www.youtube.com/TNSiteChampions)

Wellness Council Spotlight

Better Breakfast Month

148 participants from 21 agencies



Crossword Winners

Venus Singleton
Children's Services

Gina R Brawley
Finance & Administration

Rachel Hagan
Labor & Workforce Development

Ashley Hyde
Revenue

Susan Taylor
Safety & Homeland Security

Up Your Fitness Challenge

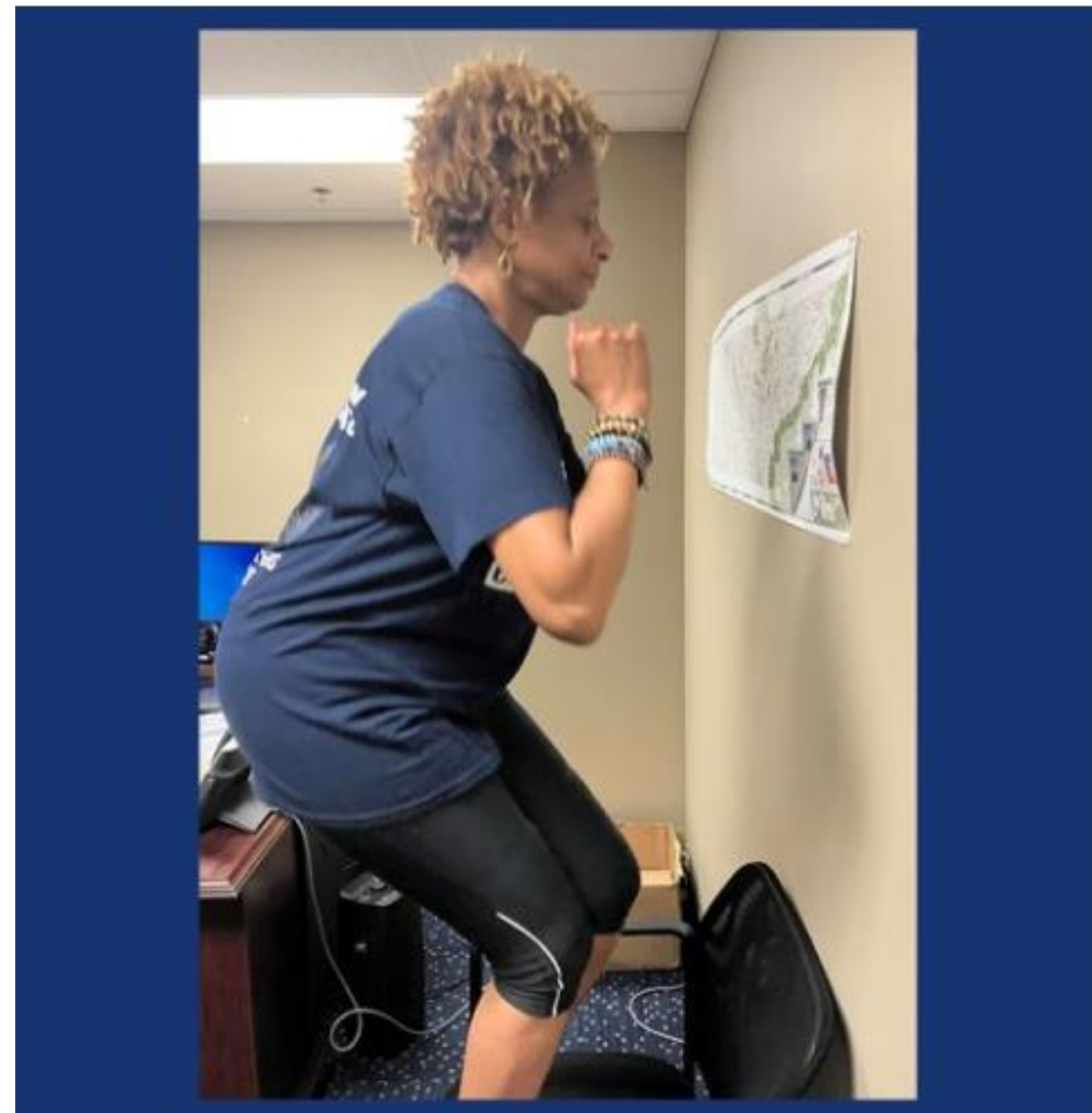
Department of Correction



Working for a Healthier Tennessee

September 9 at 7:01 AM · 🌐

Check out Charnette Blackmon! She isn't even breaking a sweat while she's doing the step-up test, the last of three exercises in the Tennessee Department of Correction's Up Your Fitness Challenge. Way to go, Charnette! 🍌 Are you up for the challenge? Email us at WFHT.TN@tn.gov to learn more.



Fall Photo Contest

Department of Children's Services

DCS WELLNESS COUNCIL

FALL PHOTO CONTEST



CATEGORIES:

- **FALL IN LOVE** (Anything autumn you love.)
- **AUTUMN LEAVES & FALL BREEZE** (Fall foliage or landscapes.)
- **PUMPKIN SPICE & EVERYTHING NICE** (Homemade fall foods.)
- **PICK OF THE PATCH** (Cute kids &/or pets.)

DETAILS:

- Submit entries by 9/22 to dcswellness.council@tn.gov
- Voting open 9/23-9/29.
- Winners announced 9/30 in Open Line.

DCS WELLNESS COUNCIL

FALL PHOTO CONTEST WINNERS



AUTUMN LEAVES & FALL BREEZE
by SARA HAUN
"New York City-Central Park"



FALL IN LOVE
by TERESA GREY



PICK OF THE PATCH
by LATOYA TODD

National Public Lands Volunteer Day

Commission on Aging & Disability

GIVING BACK TOGETHER

JOIN IN ON STATE PARK DAY AT BICENTENNIAL MALL STATE PARK BY SERVING ALONG SIDE OUR RANGERS AND GETTING A LITTLE EXERCISE.

SERVICE DAY WILL FOCUS ON CLEANING UP TRASH AROUND THE PARK. THEN, HAVE A HEALTHY LUNCH AT THE FARMER'S MARKET



REGISTER: TN SERVES NATIONAL PUBLIC LANDS VOLUNTEER DAY | TENNESSEE STATE PARKS (GALAXYDIGITAL.COM)

LET YOUR TCAD WELLNESS COUNCIL KNOW YOUR COMING: SHANNON, REGINA OR KEITA

SEPTEMBER 17 FROM 10 AM - 12 NOON
BICENTENNIAL MALL STATE PARK

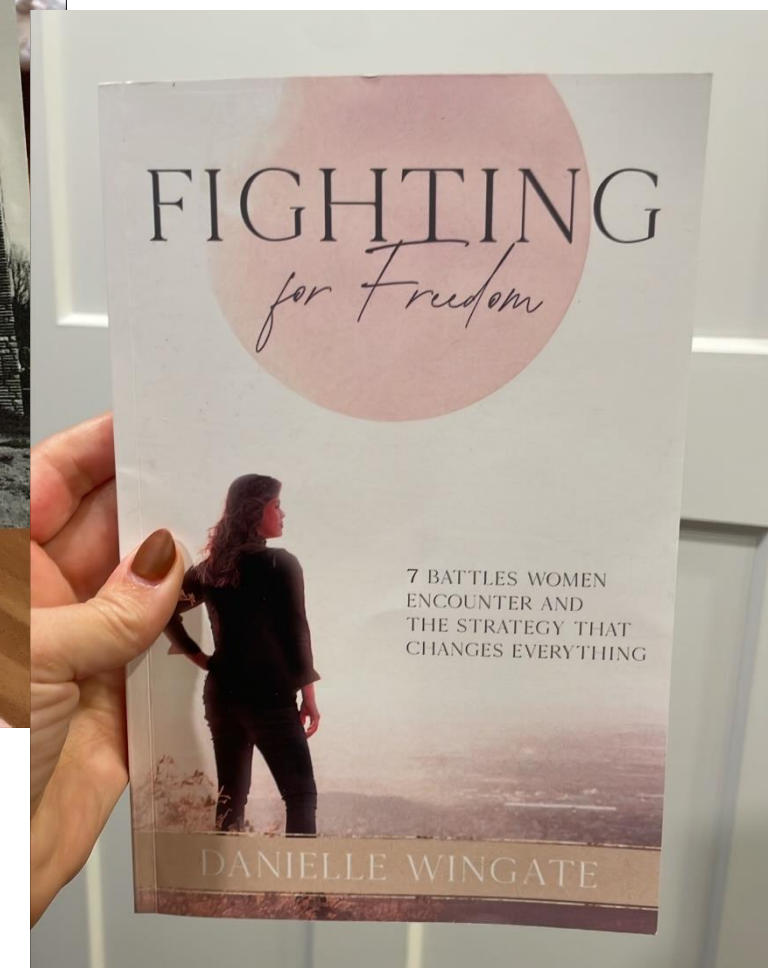
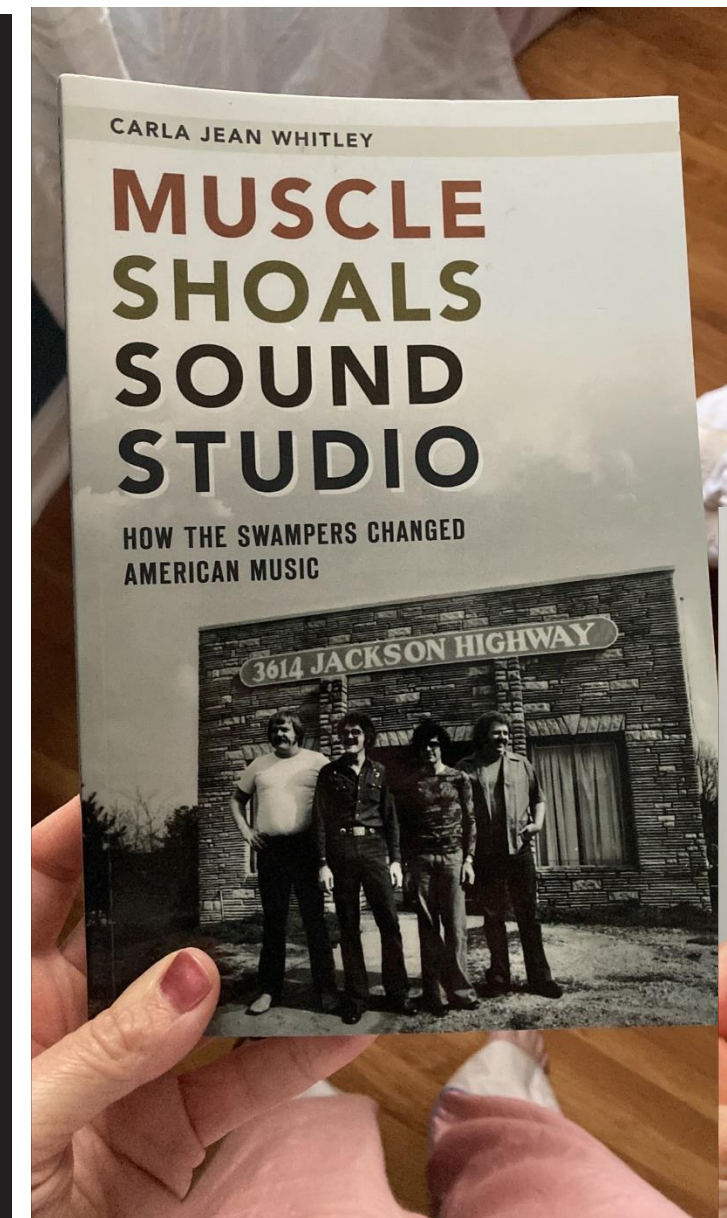
Yoga Pose Photo Challenge

Department of Revenue



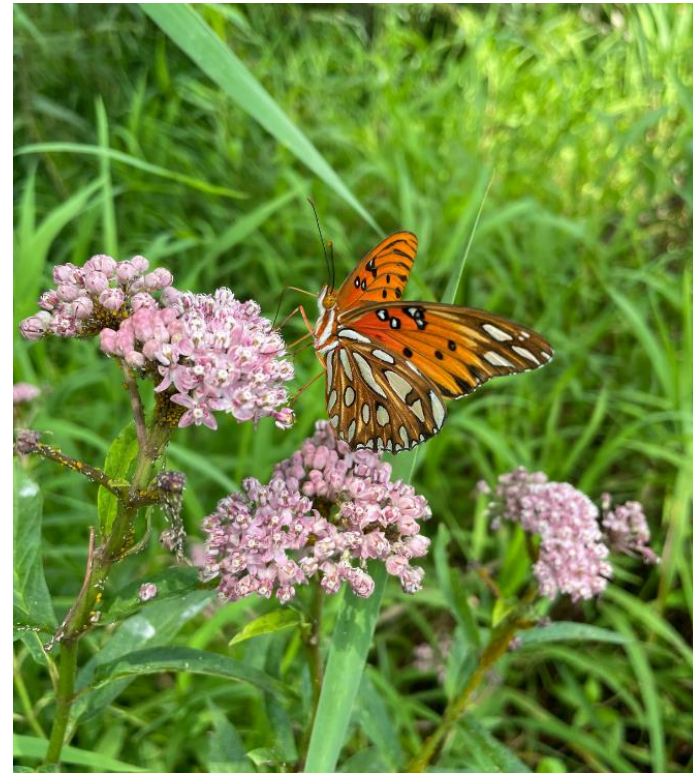
Reading for Your Well-being Challenge

Department of Education



Flower Photo Contest

Department of Transportation



BEST IN SHOW



BEST GROUPING



BEST WILDFLOWERS

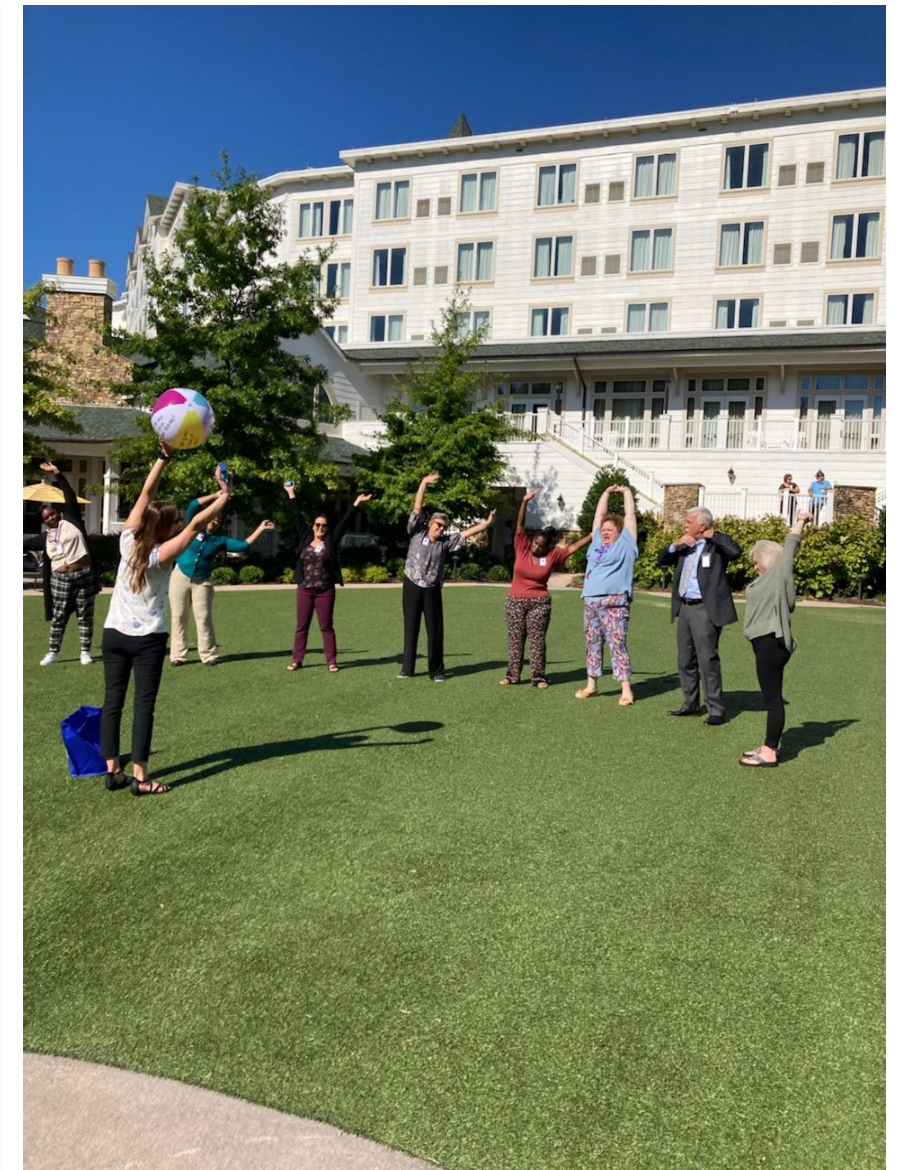
TDOT FLOWER PHOTO CONTEST WINNERS!

BEST COLOR(S)



In-person Meetings

Health, Education & Correction



In-person Meetings

WFHTN



Upcoming Schedule

November Wellness Council Webinar

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



Quarter 2 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates!



WHAT'S
GOING
ON?

Questions





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