

## Wellness Council Webinar Notes October 3, 2019

### Welcome

- Good morning everyone! Thank you for joining the October Wellness Council webinar.
- Today's agenda includes:
  - 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

- Have you ever added up your Halloween candy calories? If you hand out candy at home, you might gobble up between 640 – 1,280 extra calories in a matter of hours. And of course, we often continue to raid the candy bowl well after the holiday is over. So, the total damage can be even more substantial.
- To balance out the added fat and calories, you might try to hit the gym and add a few exercise sessions to your regular routine. But how much extra exercise is enough?
- The number of calories that you burn may be slightly different than the calorie counts listed. But they are good estimates of the Halloween candy workouts you need to do to keep your body weight stable after you indulge. The exercise estimates are based on the number of calories that a 150-pound person would burn as indicated on the American Council on Exercise activity calculator. If you are heavier, you will burn more calories in less time. If you weigh less than 150 pounds, you will burn fewer calories.
  - Using the chat feature please answer the following questions. Are you ready!?
  - **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) 15
    - B) 30
    - **C) 60**
  - **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) 15
    - B) 20
    - **C) 25**
  - **How many minutes of yoga does it take to burn off the calories from a fun-sized Almond Joy (1 bar/80 calories)?**
    - A) 15
    - **B) 30**
    - C) 45
  - **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) 15
    - **B) 30**

- **C) 45**
  - **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) 35**
    - **B) 40**
    - **C) 45**
  - **Tie-Breaker Question:**
    - **What day is Halloween? **October 31****
- **Congratulations to the Halloween Fun Fact Challenge Champion: **Graham McKissic** from the **Department of Military****
- **More Ways to Burn off Halloween Candy Calories**
  - Not a fan of exercise? Here are some household tasks and other activities that will burn extra calories.
  - Vacuum the carpets for 30 minutes to burn 100 calories
  - Wash, wax and dry the car to burn 100 calories
  - Grocery shopping (including carrying your groceries) to burn an extra 80 calories
  - Scrub the kitchen floor to burn 200 calories per hour
  - Play frisbee with the kids to burn 102 calories
  - General housecleaning for 90 minutes burns about 300 calories
  - Rake and bag leaves for one hour to burn 375 calories
- Remember that you can break up activities to reach your calorie goal. Add chores throughout the day to reach the number you need to burn off your candy.

### **Here4TN Scavenger Hunt**

Thank you to everyone who shared the Here4TN Scavenger Hunt last month. Over 950 employees completed the activity, increasing our participation by 300. Most importantly, over 450 employees said that it was their first time visiting the Here4TN website. We hope that this activity helps highlight some of the valuable resources and benefits available through our EAP and Behavioral Health programs. The WFHT team will start mailing and delivering the lunch bags to departments soon.

### **What's the Cancer Connection?**

In recognition of October being Breast Cancer Awareness month, let's talk about how much daily habits like diet and exercise affect your risk for cancer. 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.

Research has shown that poor diet and not being active are two key factors that can increase a person's cancer risk. The good news is that you can do something about this. Other than quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight.
- Be physically active on a regular basis.
- Make healthy food choices by increasing plant-based foods in your diet.

Eating well is an important part of improving your health and reducing your cancer risk. Take a good hard look at what you typically eat each day and try these tips to build a healthy diet plan for yourself and your family:

- **Choose foods and drinks in amounts that help you get to and maintain a healthy weight.**

- Read food labels to become more aware of portion sizes and calories. Be aware that “low-fat” or “non-fat” does not necessarily mean “low-calorie.”
- Limit your intake of sugar-sweetened beverages such as soft drinks, sports drinks and fruit-flavored drinks.
- When you eat away from home, be especially mindful to choose food low in calories, fat, and added sugar, and avoid eating large portion sizes.
- **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.**

### **The bottom line**

Let’s challenge ourselves to get to a healthy weight, increase our physical activity, make healthy food choices, limit alcohol, and look for ways to make our communities healthier places to live, work and play.

### **Point Tracker Spotlight**

- Today I’d like to point out our 20-point Well-being Activities space on creating a Wellness Week. Have you ever created a Wellness Week? Maybe you have been hesitant and could use some ideas. Well, we’re here to help!
- Check out our new “[How to Host a Wellness Week](#)” guide on our website under the Challenges tab and Well-Being Activities. This guide provides everything you’ll need including themes, emails and sign-in sheets for each day. If you’d like to use these materials, but change the themes, just let your Regional Wellness Coordinator know and we’d be happy to assist you.

### **Upcoming Monthly Handout Topics**

- Breast Cancer Awareness
- Great American Smokeout
- Healthy Holidays
- These are perfect to share with your department to earn an easy five points on the Point Tracker!

### **October Health Observances**

- [National Breast Cancer Awareness Month](#)
- [National Depression Screening Day](#)® 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 7<sup>th</sup> at 9 a.m. Central
- Q2 (Oct-Dec) Point Tracker
  - Due December 30<sup>th</sup>

### **Roll Call**

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You'll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
  1. Agriculture
  2. Children's Services
  3. Commerce and Insurance
  4. Commission on Aging and Disability
  5. Correction
  6. Economic and Community Development
  7. Education
  8. Environment and Conservation
  9. Finance and Administration
  10. Financial Institutions
  11. General Services
  12. Health
  13. Human Resources
  14. Human Services
  15. Intellectual and Developmental Disabilities
  16. Judicial
  17. Labor and Workforce
  18. Mental Health and Substance Abuse Services
  19. Military
  20. Revenue
  21. Safety and Homeland Security
  22. TBI
  23. TennCare
  24. Tourist Development
  25. Transportation
  26. Tricor
  27. TWRA
  28. Veterans Services
- ...Thank you. Now, would anyone like to share?

Thank you all for attending today's webinar. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.