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WORKING FOR A HEALTHIER TENNESSEE

October Wellness Council Webinar



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In collaboration with the ParTNers for Health Wellness Program

Today's Agenda



- **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



How much exercise does it take to burn off the calories from your favorite Halloween treats?

Halloween Fun Fact Question #1:

- 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

Halloween Fun Fact Question #2:

- 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

Halloween Fun Fact Question #3:

- 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

Halloween Fun Fact Question #4:

- 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

Halloween Fun Fact Question #5:

- 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?

More Ways to Burn Candy Calories

- Vacuum the carpets for 30 minutes - 100 calories
- Wash, wax and dry the car - 100 calories
- Grocery shopping (including carrying groceries) - 80 calories
- Scrub the kitchen floor - 200 calories per hour
- Play frisbee with the kids - 102 calories
- General housecleaning for 90 minutes - about 300 calories
- Rake and bag leaves for one hour - 375 calories

Here4TN Scavenger Hunt

Thank you for sharing the Here4TN Scavenger Hunt last month

Results:

- 950+ participants (300 more than last quarter)
- 450 said it was their first time visiting the Here4TN website
- Lunch bags will be mailed soon

What's the Cancer Connection?

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.

What can you do to lower your risk for cancer?

- Quit smoking.
- Get to and stay at a healthy weight.
- Be physically active on a regular basis.
- Make healthy food choices.

Eat Healthy Foods

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

Point Tracker Spotlight

- Do you need help creating and promoting a Wellness Week?
- We're here to help!
- Check out our new "How to Host a Wellness Week" guide on our website under the Challenges tab → Well-Being Activities

20 points each
Create and promote a "Wellness Week" at your office, offering a variety of daily activities. Themes can come from each of our three focus areas and wellbeing activities using Here4TN. Distribute a flier with a list of the week's activities.

Upcoming Monthly Handout Topics

- Breast Cancer Awareness
- Great American Smokeout
- Healthy Holidays



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 7th at 9 a.m. Central
- **Q2 (Oct-Dec) Point Tracker**
 - Due December 30th



Roll Call & New Program Ideas



Questions?



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