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WORKING FOR A HEALTHIER TN

October Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives.

Today's Agenda

Fun Fact Challenge

What's New with WFHTN

Wellness Council Spotlight

October Health Observances

Upcoming WFHTN Schedule

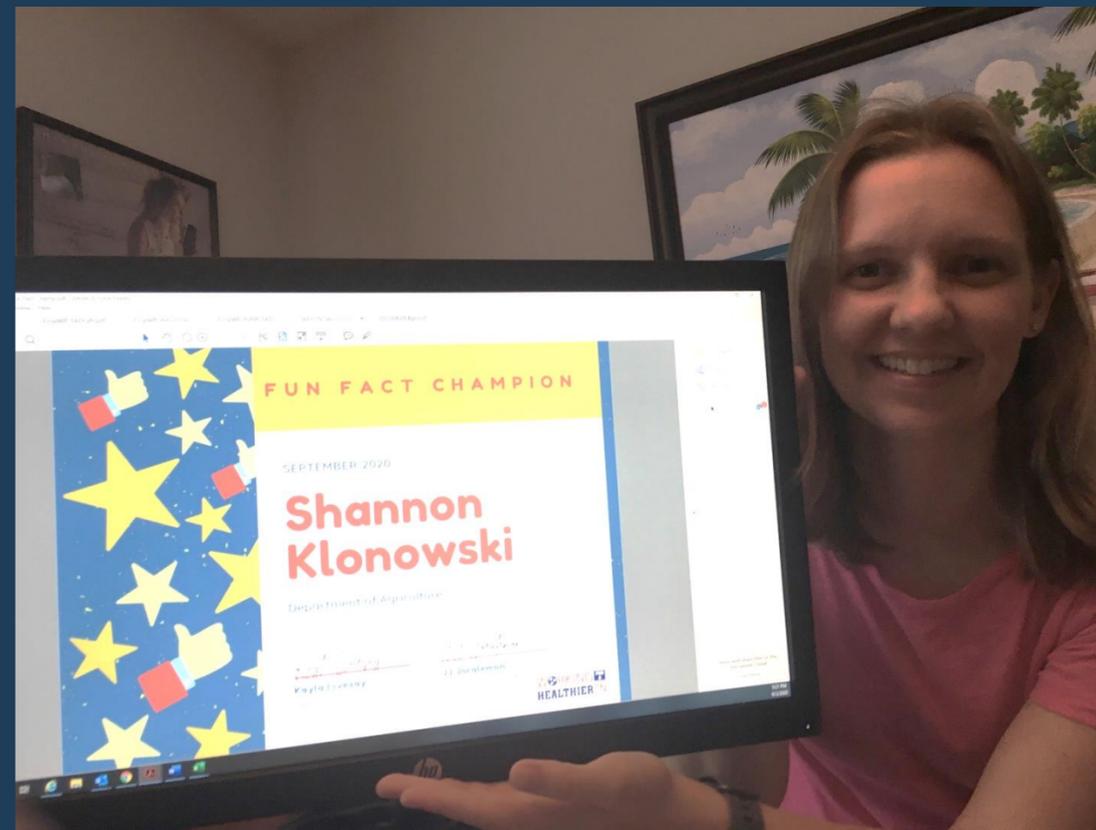
Updates

WFHTN "Team Talk" Demo

Fun Fact Challenge

October 2020

CONGRATS to our September Fun Fact Champ:
Shannon Klonowski (Agriculture)



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.

You **MUST** type out the complete answer (A, B, C, etc. will not count).

Fun Fact Challenge!



Lindsey Joe

Fun Fact Challenge!

Question #1

Which of the following is NOT a whole grain?

- Popcorn
- Oatmeal
- Saltines

Fun Fact Challenge!

Question #2

Whole grains contain the...

- Bran
- Germ
- Endosperm
- All the above

Fun Fact Challenge!

Question #3

You start to notice problems facing your co-worker that may put them at risk for suicide. What should you do?

- Nothing
- Ignore it
- Reach out to your co-worker

Fun Fact Challenge!

Tie Breaker

FILL IN THE BLANK: _____ is the single best thing you can do to improve your heart health, according to the World Heart Federation.

- ANSWER: _____

WHAT'S NEW with WFHTN!?

Q2 (October-December) 2021 FY

Q2 Quarterly Checklist

For the 2021 Wellness Warriors Award

Activity	Notes	✓
Share at least one post-challenge survey.		
Share the WFHTN monthly poll question .		
Attend at least two Wellness Council webinars and/or Water Cooler Talk.		
Hold at least one Wellness Council meeting (in-person or WebEx).		
Host at least one Here4TN or WFHTN webinar/lunch n' learn (can be live or recorded).		
Participate in an all-department challenge hosted by WFHTN or create your own four-week challenge .		

DUE: December 31st

October Activity Planner

	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the WFHTN Monthly Poll Question for October with your department.	Share at least one Post-Challenge Survey after an activity.	Share Tips for a Healthy Halloween Party! You can enjoy some “Boo-berry Smoothies” and other Spooktacular treats.
	<i>Date shared; other relevant details</i>	<i>Date completed; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the October monthly WFHTN Wellness Council Webinar on Thursday, October 1 st at 9 a.m. Central. Click here for the meeting link.	Host a Lunch ‘n Learn (live or recorded webinar) for your department. Visit the WFHTN website or search the Here4TN training catalog for topics and scheduling. Suggested topics include: <i>Office Ergonomics</i> <i>Embracing Happiness</i>	It’s pumpkin season! How do you enjoy pumpkin this time of year? Share your pumpkin recipe using this recipe template with WFHT.TN@tn.gov .
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Host a Financial Fitness Challenge . Send a participation tracking sheet and/or photos to WFHT.TN@tn.gov .	In honor of Mental Illness Awareness Week (October 4-10), host an ICU (I See You) Challenge (activity card).	Challenge your co-workers to a Healthy Eating themed trivia game (like Nutrition Jeopardy)! Contact your WFHTN Regional Wellness Coordinator for more information.
	<i>Date completed; other relevant details</i>	<i>Date completed, # of attendees</i>	<i>Date completed; # of attendees</i>

****List any additional activities on the following sheet.**

tn.gov/wfhtn/activity-planner-progress.html

Post-Challenge Surveys





WELLNESS ACTIVITY SURVEY

Please complete this survey and return it to [Working for a Healthier TN](mailto:wfmt.tn@tn.gov) at wfmt.tn@tn.gov in order to help your department's Wellness Council create the best possible wellness programs/activities at your worksite. Thank you!

Department Name: _____ Date: _____

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Wellness Activity: _____					
Participation in this activity provided me with new knowledge about healthy lifestyle behaviors.					
This activity has influenced me to make healthier lifestyle choices.					
I plan to continue making healthier choices.					
I would recommend this activity to my co-workers.					
The best/most helpful part of this activity was :					
This activity could be improved by:					
Future Wellness Activities					
I would like to participate in similar activities in the future.					
I would use resources (handouts, videos, recipes) for overall well-being, healthy eating, physical activity and/or tobacco cessation if they were available.					
Additional Comments:					
<p>If you are interested in sharing your success story, please fill out the appropriate success story submission form near the top of this page and submit to wfmt.tn@tn.gov.</p>					

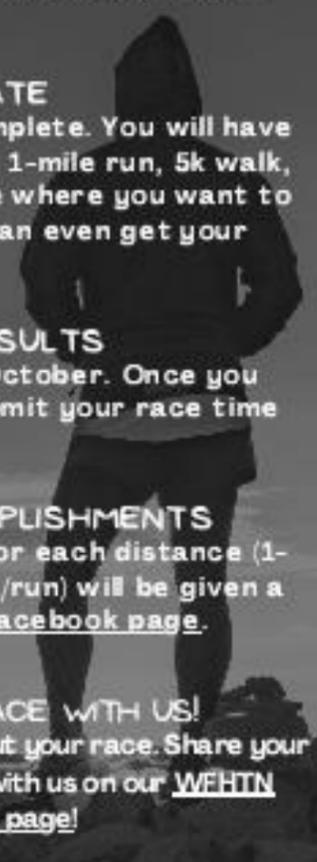
Lunch n' Learns

tn.gov/wfhtn/resources/lunch-n-learn.html

- Find instructions on how to schedule with Here4TN
- Also our WFHTN catalog of topics

The screenshot shows the WFHTN website interface. At the top, there is a navigation bar with the logo and a search bar. Below the navigation bar, there is a red banner with the text "FIND COVID-19 INFORMATION AND RESOURCES". The main content area is divided into two columns. The left column contains a sidebar with various resource categories, including "Resources", "Research Library", "Monthly Handout", "Lunch 'n Learns", "Deskercises", "Recipes", "Walking Routes", and "Recruitment". The right column features the "Lunch 'n Learns" section, which includes a description of the program, instructions on how to schedule a training, and a list of tips for completing the training request form. The tips include: (OPTIONAL) Add 'ADDITIONAL EMAILS FOR NOTIFICATIONS' for individuals you want to be in-the-loop on the training; Are Company Contact & Requester the Same? = NO; Authorization Required for Account = NO; Using bank of hours = YES; Are you requesting a Custom Topic or a Catalog Topic for this training? = CATALOG; and Comments or Special Instructions = This is where you would specify your training length if you desire something different than what the Here4TN Catalog states. (It can be as little as 30 minutes.) Below the tips, there is a section titled "Presentations from Working for a Healthier Tennessee" with two sub-sections: "Overall Wellness" and "Physical Activity".

NEW Virtual Races



WORKING FOR A HEALTHIER TN

VIRTUAL RACES

IT'S VIRTUAL RACE TIME! READY, SET, GO!

A virtual race is a race that can be completed from any location you choose. You can run, jog or walk on the road, on a trail, on the treadmill, at the gym or on the track. You get to run your own race, at your own pace and time it yourself.

HOW TO PARTICIPATE
Decide on the distance you want to complete. You will have six options to choose from: 1-mile walk, 1-mile run, 5k walk, 5k run, 10k walk or 10k run. Then decide where you want to walk or run. You time yourself. You can even get your family to race too!

SUBMITTING YOUR RESULTS
Complete a virtual race any time in October. Once you have completed your race, you will submit your race time [HERE](#).

RECOGNIZING YOUR ACCOMPLISHMENTS
The participants with the top 2 times for each distance (1-mile walk/run, 5k walk/run and 10k walk/run) will be given a special shout out on our [WFHTN Facebook page](#).

SHARE YOUR RACE WITH US!
We would love to hear about your race. Share your photos and experience with us on our [WFHTN Facebook page!](#)

Complete all three distances within the month to be a WFHTN Virtual Race Gladiator!

Complete all three distances within the month to be a WFHTN Virtual Race Gladiator!

WFHTN Recipe Template



Breakfast Beans with Microwave-Poached Egg

Prep Time: 15 minutes **Servings:** 2



Ingredients:

- 2 teaspoons canola oil
- ¼ cup chopped red bell pepper
- 2 chopped scallions, whites and greens separated
- ½ teaspoon ground cumin
- ¾ cup rinsed canned low-sodium black beans
- ½ cup cooked barley (or another grain you have on hand)
- ½ cup low-sodium chicken or vegetable broth
- 1/8 teaspoon salt
- 1/8 teaspoon hot sauce
- 1 cup water, divided
- 1 teaspoon distilled white vinegar, divided
- 2 large eggs, divided
- 2 Tablespoons shredded pepper Jack cheese
- ½ avocado, sliced
- 2 Tablespoons coarsely chopped fresh cilantro

Directions:

Step 1: Heat oil in a medium skillet over medium heat. Add bell pepper, scallion whites, and cumin; cook, stirring often, until softened, 1 to 2 minutes. Add beans, cooked barley, broth, and salt. Cook until most of liquid is absorbed, 3 to 5 minutes. Stir in scallion greens and hot sauce. Divide between 2 bowls.

Step 2: Place ½ cup water and ½ teaspoon vinegar in a microwave-safe small bowl. Carefully crack 1 egg into the water so it is completely submerged. Cover with a microwave-safe plate and microwave on High until the egg white is firm and the yolk is still somewhat runny, about 1 minute. (If necessary, continue to microwave, checking every 10 seconds.) Remove the egg with a slotted spoon, pat dry and place atop the bean mixture in 1 bowl. Repeat with the remaining ½ cup water, ½ teaspoon vinegar, and egg.

Step 3: Top each bowl with 1 Tablespoon cheese and ¼ avocado. Sprinkle with cilantro, if desired.

Check out our current recipes at:
tn.gov/wfhtn/resources/recipes.html



NEW WFHTN Team Talks!

Starting right after the November Webinar

- OPTIONAL
- When: 9:30–9:45 a.m. Central
- What to expect: idea sharing, deeper discussion
- What TOPICS would you most want to talk about?

Wellness Council Spotlight



Wellness Council Spotlight

Children's Services *Weight Loss Success Story*

WEIGHT LOSS SUCCESS STORY

From Julie J.



BEFORE



TWO-THIRDS DOWN

HEALTHY CHANGES

I HAVE LOST 80 POUNDS IN THE LAST YEAR BY EATING ONLY WHEN I AM HUNGRY, DRINKING AT LEAST 64 OUNCES OF WATER A DAY, AND PLANNING AND ASSESSING WHAT I EAT EACH DAY.

MY GOALS

MY GOAL IS TO LOSE A TOTAL OF 120 POUNDS AND MAINTAIN THE LOSS. I HAVE ALSO BEEN ABLE TO REDUCE SOME OF THE MEDICATION I HAD BEEN TAKING. MY GOAL TO RUN A RACE HAS BEEN POSTPONED DUE TO COVID, BUT I WILL RUN A 5-MILE RACE!

STAYING MOTIVATED

EACH DAY I SEEM TO LEARN NEW THINGS THROUGH PODCASTS, READING, AND MY ACCOUNTABILITY GROUP, WHICH INSPIRE ME TO KEEP GOING. MY ACCOUNTABILITY GROUP ALSO PROVIDES SUPPORT AND SUGGESTIONS WHEN NEEDED.

MY OBSTACLES

MY BIGGEST OBSTACLE HAS BEEN THE THOUGHT THAT I COULDN'T DO IT. THIS IS SOMETHING THAT COMES UP FREQUENTLY. PART OF MY DAILY PROCESS IS TO ASSESS THE PREVIOUS DAY AND SEE IF I NOTICE PATTERNS. I JOURNAL DAILY WHICH HELPS ME DUMP SOME OF THE 'FAT GIRL THINKING.'

WHAT I'VE LEARNED

HOW TO BE COMFORTABLE IN MY OWN SKIN AND THAT YOU ARE NEVER TOO OLD TO MAKE HEALTHIER CHOICES.

ADVICE FOR OTHERS

PLAN AND ASSESS YOUR MEALS! IT LITERALLY JUST TAKES A FEW MINUTES EACH DAY. ONCE YOU GET INTO THE HABIT, IT BECOMES SECOND NATURE TO THINK THROUGH THE CHOICES YOU MAKE.

Wellness Council Spotlight

Department of General Services

Wellness Council Meeting

Better Breakfast Month

Search
RD Randy Dean
SS State of Tennessee STREAM

Randy's Better Breakfast Tips

Watch email for more on this topic next week

TN Department of General Services

Stretch Break

855-H

Help

nah (Host) Randy Dean STREAM Tenant Services

ated Neck Stretches - Ter

Neck Oblique

Wellness Council Spotlight

Department of Mental Health & Substance Abuse Services

Great Cycle Challenge



Trivia Fun!



Wellness Council Spotlight

Department of Agriculture

Nutrition Jeopardy



Wellness Council Spotlight

Department of Human Services

Healthy Eating for Less



October Health Observances

- **Eat Better, Eat Together Month**
- **National Breast Cancer Awareness Month**
- **National Physical Therapy Month**
- **Mental Illness Awareness Week** (Oct. 4-10)
- **Bone and Joint Health Action Week** (Oct. 12-20)
- **National Health Education Week** (Oct. 19-23, 2020)
- **Walk to School Day** (1st Wed. in Oct.)
- **National Depression Screening Day** (Oct. 8, 2020)

Upcoming WFHTN Schedule

November Wellness Council Webinar

Thursday, November 5th

9 – 9:30 a.m. Central

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

WFHTN Holiday Challenge

WFHTN’s Holiday All-Department Challenge is coming December 2020!



Your Updates

**WE WANT TO
HEAR FROM
YOU!**

Questions



*Stay on for a
sample of
“Team Talk”!*

WFHTN Team Talk (DEMO)

Today's Topics:

- **Agency Engagement (TDH)**
- **Motivating Others While AWS**
- **Reaching Shift Workers (MHSAS)**



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