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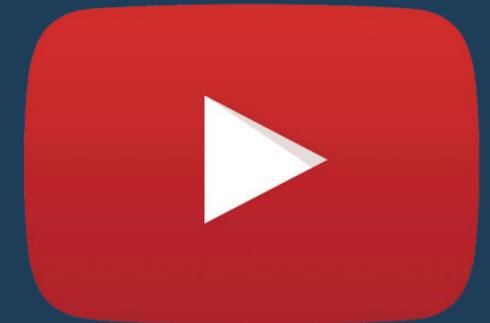
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@WorkingForAHealthierTN



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WORKING FOR A HEALTHIER TN

September Wellness Council Webinar

Encouraging and enabling State employees to lead healthier lives.

Agenda

Fun Fact Challenge

Q1 Quarterly Checklist

What's New

WFHTN Poll Results

Wellness Council Spotlight

September Health Observances

Upcoming Schedule

Sharing Ideas

Congratulations!

August Fun Fact Champ:

Denise Galben

Human Services



August Kahoot Champ:

Anna Andersen

Military

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!



Fun Fact Challenge!

Question #1

What was the topic of our August Monthly Handout?

- Smart Snacking
- Building Healthy Routines
- Back to School
- Tips to Increase Physical Activity

Fun Fact Challenge!

Question #2

Who was the guest speaker during our August Wellness Council Webinar?

- Here4TN
- ParTNers for Health
- No Guest Speaker
- ActiveHealth

Fun Fact Challenge!

Question #3

When is the Q1 (August-September) Quarterly Checklist due to your Regional Wellness Coordinator?

Answer: _____

Fun Fact Challenge!

Tie Breaker

The WFHTN team LOVES their Wellness Councils!

- True
- False

Q1 Quarterly Checklist

Activity	Notes	✓
Review the Service Delivery Guidelines .		<input type="checkbox"/>
Create a Liability Waiver for 2021 (Sample).		<input type="checkbox"/>
Share the WFHTN monthly poll question .		<input type="checkbox"/>
Hold at least one four-week challenge.		<input type="checkbox"/>
Host at least one Here4TN or WFHTN webinar/lunch n' learn (can be live or recorded).		<input type="checkbox"/>
Schedule a meeting with your Regional Wellness Coordinator to discuss the ActiveHealth Index.		<input type="checkbox"/>

DUE: September 30th

What's New

Challenges

Working for a Healthier TN (WFHTN) 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 Regional 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.

- > Well-Being Activities

- > Physical Activity

- > Healthy Eating

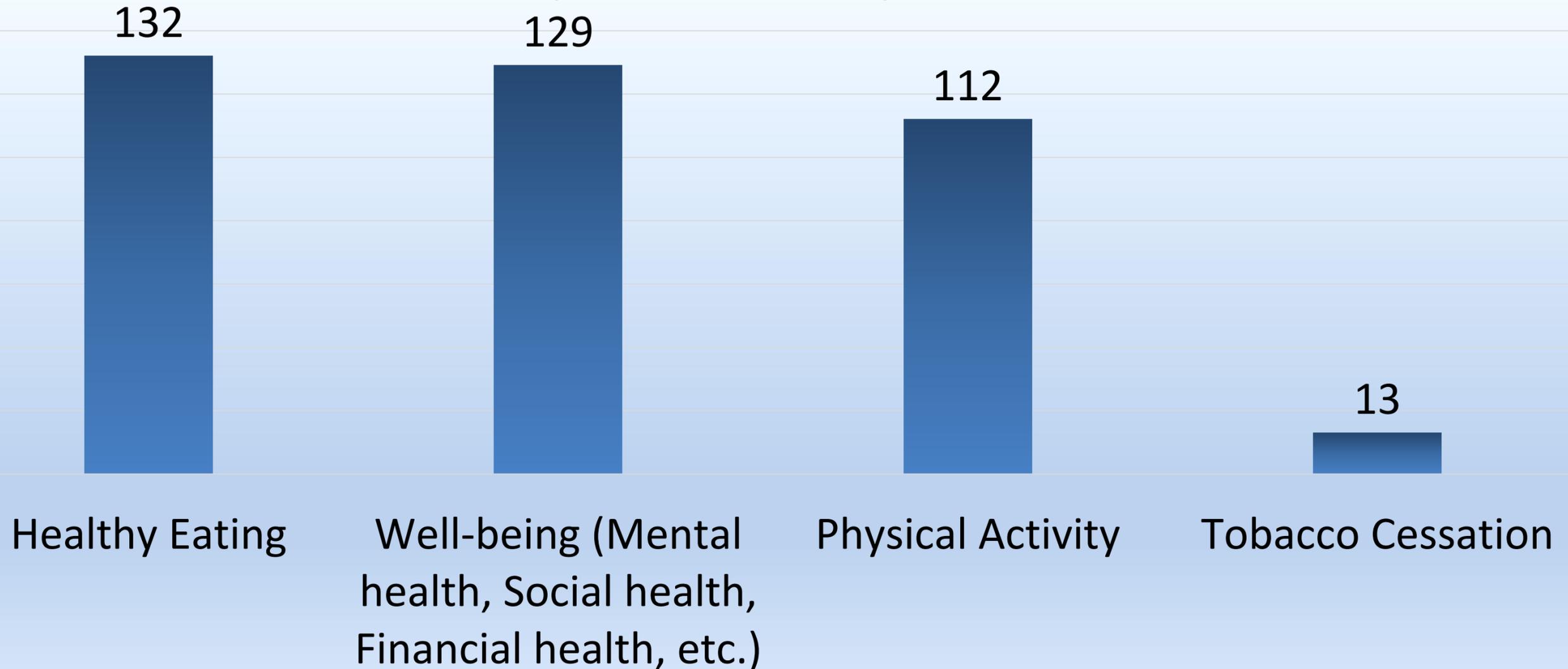
- > Tobacco Cessation

- > Team Building Activities

WFHTN Poll Results (June)

What monthly handout topics most interest you?

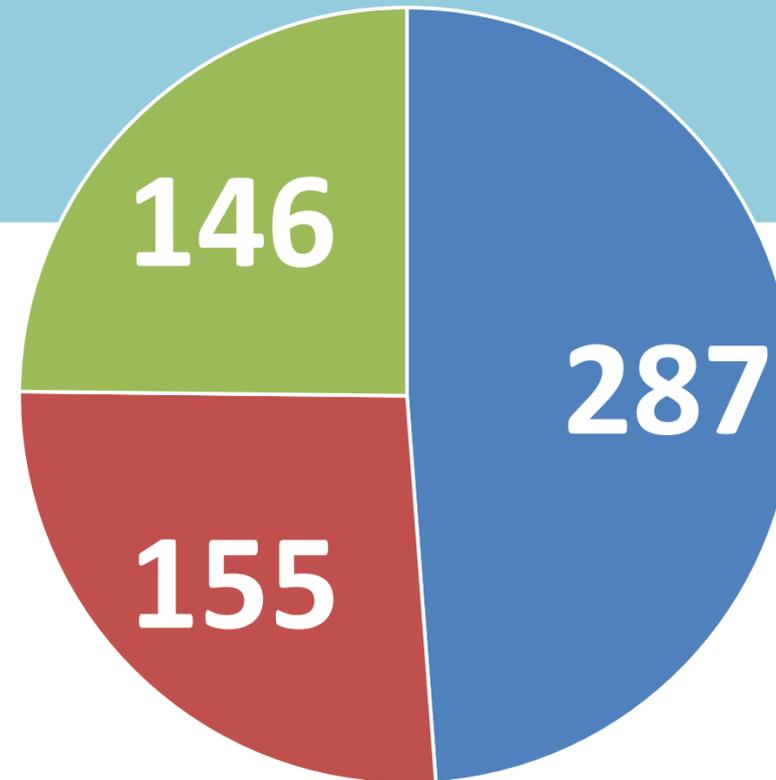
227 Responses, 18 Departments



WFHTN Poll Results (July)

443 responses*, 20 departments

**some responses included multiple selections (i.e. individual AND team, etc.)*



■ Individual ■ Department vs Department ■ Team

Wellness Council Spotlight

Department of Correction

Brain Teasers Trivia & Nutrition Jeopardy

TIME a b d e
f g h i j
k l m n o
p q r s t
u v w x y
z

Answer: Long time no see

1.

2.

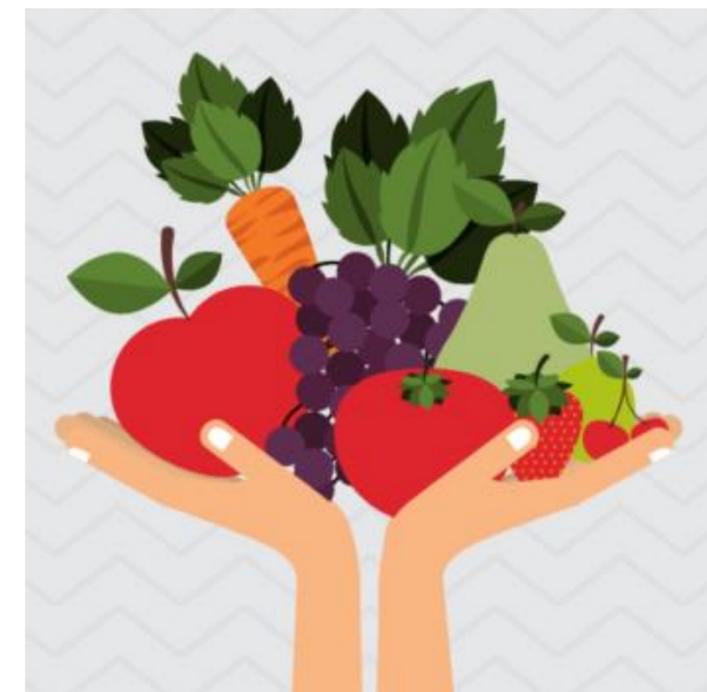
Blame

Answer: No one to blame
3.

Wellness Council Spotlight

Intellectual & Developmental Disabilities

Physical Activity Trivia & Keeping it Tasty Webinars



Wellness Council Spotlight

Human Services

Virtual Resources presented by Optum

Wellness Council Spotlight

Labor & Workforce

Healthy Eating Webinar Series



Wellness Council Spotlight

Education

Summer Steps Challenge
GOAL: To take as many steps as possible during the four weeks.



Wellness Council Spotlight

Commerce & Insurance

AWS Olympics
Teams earned points for various daily activities.

OFFICE OLYMPIC DESK WORKOUT

TIME	EXERCISE
9:00	20 raise the roofs
10:00	20 calf raises
11:00	20 hallelujahs
12:00	10-minute walk
1:00	20 punches
2:00	20 jumping jacks or half jacks
3:00	1 round of <u>Desk Stretches</u>



Visit [washingtonpost.com/graphics/health/workout-at-work/](https://www.washingtonpost.com/graphics/health/workout-at-work/) for exercise instructions.

Wellness Council Spotlight

Children's Services Home Scavenger Hunt



September Health Observances



Better Breakfast Month

Family Meals Month

Healthy Aging[®] Month

National Food Safety Education Month

National Fruits & Veggies Month

National Yoga Awareness Month

Whole Grains Month

National Suicide Prevention Week
(September 6th–12th)

World Suicide Prevention Day
(Thursday, September 10th)

National Women's Health & Fitness Day
(last Wednesday in September)

World Heart Day (Tuesday, September 29th)

Better Breakfast Day (September 26th)



Upcoming WFHTN Schedule

Celebrate a Healthier YOU Challenge

All Wellness Council Challenge
September 1st-30th

October Wellness Council Webinar

Thursday, October 1st
9 – 9:30 a.m. Central



Sharing



Questions





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