

Wellness Council Webinar Notes September 5, 2019

Welcome

- Good morning to everyone! Thank you for joining the September Wellness Council webinar.
- Today's agenda includes:
 - Monthly Fun Fact Challenge
 - DIDD Best Practices
 - Fall Favorites
 - September Health Observances
 - Upcoming Dates & Reminders
 - Roll call

Monthly Fun Fact Challenge

- Congratulations to the September Fun Fact Champion: **Graham McKissic** from the Department of Military

DIDD Best Practices

- As we enter into the final month of Q1, many of you have already started planning wellness events and activities for the end of the year. To help in your effort, our 2019 Overall Wellness Award Winner, DIDD, has been gracious enough to share some best practices that your Wellness Council might find helpful. Thank you to DIDD's Middle Tennessee Site Champion, Morgan McFarlane, for joining us and sharing these tips with us today.
 - Have a lead Wellness Champion in each region.
 - Wellness Champion assigned to each team such as Operations, Nurses, Therapy, Provider Supports, Admin Services, etc.
 - Having the key wellness council members from different teams helps because they can directly encourage those around them.
 - Wellness Champion is a member of the Wellness Council
 - Wellness Councils meet/talk at least quarterly
 - Participation of all Wellness Champions in events/activities
 - Wellness Champions not only share the information, but make an effort to talk to team members about events/activities and get them to participate

DIDD, thank you for sharing your best practices list! If anyone has additional thoughts or questions, please contact your Regional Wellness Coordinator.

Fall Favorites

Each of the Regional Wellness Coordinators has chosen two Fall Favorites, a challenge and a Lunch 'n Learn. We have such a wide variety of topics available, your Wellness Council might be interested in offering one of these to your department this fall.

Alli's Top Picks

- **Weight Loss Challenge**

Objective:

- To calculate weight loss percentage over a period of time.

Time Duration:

- The typical time frame is anywhere from four to eight weeks. The host will make that determination.

How to Play:

- Begin and end the competition on the same date for everyone and, if possible, use the same scale at each weigh-in. Participants weigh two to three times a week and write their weight in the tracker provided.
- Calculate weight loss by percentage loss - not by pounds. This makes the competition fair and even.
- **Health Trends Lunch 'n Learn**
 - Learn about the latest fitness trends and how to stay away from fad diets.

Lindsey's Top Picks

- **Fall Fruits & Veggie BINGO**
 - **Objective:** Enjoy more fruits and vegetables by filling in a complete row of squares (horizontally, vertically or diagonally) in four weeks' time to honor Fruits and Veggies - More Matters Month!
 - **Time Duration:** This is a four-week challenge, but could also be shortened.
 - **How to Play:** For every fall fruit and/or vegetable you consume, cross it out on your BINGO card. Also, pencil in the date in the square whenever a fruit and/or vegetable is eaten.
- **Food Journaling 101 Lunch 'n Learn**
 - Have you tried food journaling? Learn how to use a food journal to help you improve your health. Understand your eating habits by tracking what you eat and drink.

Kayla's Top Picks

- **Hike the Smokies**
 - **Objective:** The Hike the Smokies Challenge is designed to encourage employees to move more by hiking the Smokies no matter where they are in Tennessee. It's your decision if you would like to do this challenge as a group activity or individually.
 - **How to Play:** Begin by logging your daily miles. You may convert any type of aerobic activity to miles (15 minutes or 2,000 steps = 1 mile). When you reach the end of one trail, start "hiking" the next trail until you complete all 260.5 miles of trails.
- **Choosing the Right Equipment Lunch 'n Learn**
 - Did you know that you can have an effective workout session using only your body weight? Gym memberships and home exercise equipment are excellent solutions for many people, but keep in mind even the best equipment and most tricked-out gyms only produce results when used regularly. We'll share with you the basics on choosing the right equipment for your needs.

As always, if you need help with one of these challenges or would like to schedule a lunch 'n learn, contact your Regional Wellness Coordinator. We are happy to help!

Upcoming Health Observances

- Fruits & Veggies—More Matters Month - September
- National Yoga Awareness Month - September
- Whole Grains Month - September
- National Suicide Prevention Month - September
- National Women's Health & Fitness Day - September 25
- World Heart Day - September 29

Upcoming Dates & Reminders

- Here4TN Scavenger Hunt
 - Launched on September 3rd
 - Scavenger Hunt closes on September 17th
 - Prize: Insulated Lunch Cooler Tote
 - This activity is worth 30 points in Well-Being for Q1, in addition to the Mind-Body Challenge and Mindfulness RENEW Challenge also mentioned in that space on the Point Tracker.
- Q1 (August - September) Point Tracker
 - Ends Monday, September 30th
- October Wellness Council Webinar
 - Thursday, October 3rd at 9 a.m. Central

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. Labor and Workforce
 17. Mental Health and Substance Abuse Services
 18. Military
 19. Revenue
 20. Safety and Homeland Security
 21. TBI
 22. TennCare
 23. Tourist Development
 24. Transportation
 25. Tricor
 26. TWRA
 27. Veterans Services

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.