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September Wellness Council Webinar

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In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- Monthly Fun Fact Challenge
- DIDD Best Practices
- Fall Favorites
- September Health Observances
- Upcoming Dates & Reminders
- Roll Call

Monthly Fun Fact Challenge

Rules of the "Fun Fact Challenge"

- The first 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 4th question will be used as a tie breaker.
- The questions will be centered on our three focus areas, weekly handout information and/or information from the previous month's webinar.

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Fun Fact Question #1:

When do we celebrate World Heart Day?

a) September 29

b) October 15

c) December 25

Fun Fact Question #2:

Which tip will help encourage interest and ensure that healthy lunch meals do not go to waste?

a) Purchase items that will soon expire

b) Sit down once a week and plan lunches together

c) Pack desserts only

Fun Fact Question #3:

True or False: The post-challenge survey is used by Wellness Councils to regularly collect feedback from your employees so that we can create the best possible wellness programs and activities.

a) True

b) False

Fun Fact Tie Breaker:

Which department was the 2019 Overall Award Winner?

Answer: _____

DIDD Best Practices

Intellectual & Developmental Disabilities
2019 Overall Champions

DIDD Best Practices

- 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

ALLI'S FALL FAVORITES

Weight Loss Challenge

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Weight Loss Challenge Tracker

Name _____
Agency/Department _____

Use the same scale at each weigh-in. You'll weigh yourself two to three times a week and write your weight in the tracker below. Stay motivated and stay on top of your tracking!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

Calculate weight loss by percentage loss:
1. _____ (starting weight) - _____ (final weight) = _____ (weight loss).
2. _____ (weight loss) ÷ _____ (starting weight) x 100 = _____ (percent weight loss).

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Health Trends

LINDSEY'S FALL FAVORITES

Fall Fruits & Veggie BINGO

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B	I	N	G	O
Acorn Squash	Butter Lettuce	Radicchio	Kumquats	Cranberries
Turnips	Pear	Brussels Sprouts	Pumpkin	Swiss Chard
Pomegranate	Grapes	FREE	Broccoli	Persimmon
Cauliflower	Belgian Endive	Mushrooms	Kohlrabi	Pineapple
Delicata Squash	Butternut Squash	Sweet Potatoes	Jalapeño Pepper	Passion Fruit

Food Journaling 101

Food and Activity Journal

SAMPLE Day One

Date:_____

TIME	Food and Drink (type and amount)	Physical Symptoms, Thoughts, Feelings	Am I hungry?
7:30 a.m.	2 pieces of toast with a spread of butter, 2 cups of coffee	I was running late, so I grabbed something quick.	Yes
9:30 a.m.	1/2 banana, 1 container of blueberry yogurt	In between meetings at work, I wanted to eat something light.	Somewhat
12:30 p.m.	2 slices of pepperoni pizza, a side garden salad with Italian dressing, 1 bottled water	Growling stomach, I was starved! It was great to take a break from work.	YES!
3:30 p.m.	1 can of diet cola, a small bowl of chips with salsa and cheese dip	A co-worker brought a treat for everyone, I just had to sample it.	Not really
7 p.m.	1 grilled chicken breast, 1 baked potato with 2 spoonfuls of sour cream and 1 spoonful of margarine, 1 helping of broccoli, 1 brownie square, 2 glasses of iced tea	After playing outside for a bit with the kids, definitely ready to eat.	Yes
9 p.m.	2 oatmeal raisin cookies with a glass of reduced fat milk	I was craving something sweet.	Sort of

KAYLA'S FALL FAVORITES

Hike the Smokies

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Trail List

Trail	Location	Trail Features	R/T Miles	Date Completed
Laurel Falls	Elkmont	Waterfalls	2.3	
Little Brier Gap	Elkmont	Walker Sisters Place	2.6	
Grotto Falls	Gatlinburg / Mt. LeConte	Waterfalls	2.6	
Schoolhouse Gap	Cades Cove / Townsend	Quiet Forest Hike / Wildflowers	3.8	
Baskins Creek Falls	Gatlinburg / Mt. LeConte	Waterfalls	3.0	
Andrews Bald	Newfound Gap / Clingmans Dome	Panoramic Views	3.5	
Porters Creek Trail	Greenbrier / Cosby	Waterfalls / Stream / Flowers / Historical / Old Growth Forest	4.0	
Big Creek / Mouse Creek Falls	Big Creek	Waterfalls	4.2	
Little River Trail	Elkmont	Stream / Wildflowers / Historical	4.9	
Meigs Mountain Trail	Elkmont	Quiet Forest / History	4.6	
Hen Wallow Falls	Greenbrier / Cosby	Waterfalls	4.4	
Abrams Falls	Cades Cove / Townsend	Waterfalls	5.2	
Alum Cave	Gatlinburg / Mt. LeConte	Views / Interesting Geological Features	4.4	
Huskey Gap (Newfound Gap Rd)	Gatlinburg / Mt. LeConte	Quiet Forest Hike / Wildflowers	4.2	
Chimney Tops	Gatlinburg / Mt. LeConte	Panoramic Views	3.8	
Cucumber Gap Loop	Elkmont	Stream / Wildflowers / Historical	5.6	
Grapevard Ridge Trail (Greenbrier)	Greenbrier / Cosby	Historical / Injun Creek steam engine wreck	5.8	
West Prong Trail	Cades Cove / Townsend	Quiet Forest Hike / Stream	5.4	
Curry Mountain Trail	Elkmont	Quiet Forest Hike	6.4	

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Choosing the Right Equipment

- Rowing machines work the back, arms, and legs simultaneously, offering as close to a total-body workout as available from a machine.
- Unless you're used to rowing, the motion initially may feel unfamiliar, and some people find it hard on the back.

September Health Observances

- Fruits & Veggies—More Matters Month
- National Yoga Awareness
- Whole Grains Month
- National Suicide Prevention Month
- National Women's Health & Fitness Day – 9/25
- World Heart Day – 9/29

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.
- Q1 (August - September) Point Tracker
  - Ends Monday, September 30th
- October Wellness Council Webinar
  - Thursday, October 3rd at 9 a.m. Central

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Roll Call & New Program Ideas

Questions?

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