



Quarterly Activity List

Q1 (July-September) FY 2022

Please use this activity list as a *guide* for possible activities instead of trying to complete every activity suggested. Your Regional Wellness Coordinator can assist if you need additional options.

PRE-ACTIVITY CHECKLIST:

- Obtain approval for activity by your internal legal counsel.

POST-ACTIVITY CHECKLIST:

- Distribute a [Post-Activity Feedback Survey](#). (Ask your WFHTN Regional Wellness Coordinator for an online form version.)
- Submit photos (with [permission](#)) from events, challenges and success stories to WFHT.TN@tn.gov or to your WFHTN Regional Wellness Coordinator. (The WFHTN [participation tracking sheet](#) may be submitted in addition to, or as an alternative to, photos.)
- Track your completed activities on an activity planner ([Excel spreadsheet](#), [Word doc](#) or [pdf](#)).

GUIDELINES:

- Submit completed activities to your WFHTN Regional Wellness Coordinator by 5 p.m. Central on Monday, October 4.
- [Frequently Asked Questions](#)
- [WFHTN Achievement Levels](#)



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FOCUS AREA	COMMUNICATE <i>*Share about these activities.</i>	ENGAGE	INSPIRE CHANGE
(Applies to related focus area.)	<ul style="list-style-type: none"> Information on any National Health Observance. WFHTN's scheduled LIVE Workouts and/or Yoga for All sessions. Resources and/or events from Here4TN or ActiveHealth. 	<ul style="list-style-type: none"> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). Host a Lunch 'n Learn or webinar (live or recorded). <i>Suggested topics: Making Time for Fitness, How to Manage Your Finances or Eat the Rainbow.</i> Host a virtual exercise or stretch break. 	<ul style="list-style-type: none"> Host any Team-Building Activity. Host any Well-being, Physical Activity Challenge, Healthy Eating or Tobacco Cessation Challenge. Share an employee success story.
WELLNESS COUNCIL	<ul style="list-style-type: none"> This Quarterly Activity List with your Wellness Council members A WFHTN Monthly Handout A Post-Activity/Webinar Survey after an activity or webinar 	<ul style="list-style-type: none"> Participate in the monthly <i>WFHTN Wellness Council Webinar</i>. (Click here to join.) Recruit a new Wellness Council member. Invite other agency(s) to participate in your activity, challenge or webinar. 	<ul style="list-style-type: none"> Attend <i>WFHTN's 2021 Annual Awards Celebration</i>. Host a Wellness Council meeting. Schedule an <i>ActiveHealth Index</i> meeting with your WFHTN Regional Wellness Coordinator.
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> The WFHTN Physical Activity Log How to properly squat and lunge The Heart Health Infographic in recognition of World Heart Day (September 29) 	<ul style="list-style-type: none"> Encourage employees to complete the Barriers to Being Active Quiz. Encourage employees to get active outdoors by visiting Tennessee Greenways, Trails or State Parks in recognition of Park and Recreation Month (July). Encourage employees to give yoga a try with these Yoga Video Resources in honor of National Yoga Month (September). 	<ul style="list-style-type: none"> Participate in WFHTN's all-department <i>Move More Challenge</i>. Encourage employees to use these home and workplace ergonomic handouts to set up their workstation(s). Host an Office Olympics Challenge in honor of the 2021 Summer Olympics.
HEALTHY EATING	<ul style="list-style-type: none"> The Eat Like an Olympian Handout in honor of the 2021 Summer Olympics The "Guess the Grains" quiz in honor of Whole Grains Month (September) 	<ul style="list-style-type: none"> Encourage employees to complete the Breakfast Crossword (Answer Key). 	<ul style="list-style-type: none"> Host a "Fall Fruits & Veggies BINGO" in recognition of National Fruits & Veggies Month (September). Submit marked BINGO boards to WFHT.TN@tn.gov. Encourage co-workers to visit a farmer's market in honor of National Farmer's Market Week (August 1-7).
WELL-BEING	<ul style="list-style-type: none"> The <i>July Here4TN Scavenger Hunt</i> (July 12-23) The "Socializing" Here4TN topic center in recognition of National Friendship Day (August 1) The #4Mind4Body webinar "Suicide Prevention" on Thursday, September 16. The Tobacco Quit Aids available to members of the State's health insurance plan 	<ul style="list-style-type: none"> Invite employees to share their favorite way or place to relax with each other in recognition of National Relaxation Day (August 15). Share "The Role of Co-Workers in Preventing Suicide" in honor of National Suicide Prevention Month (September). Host a Are You Puzzled? or "Brain Teasers Trivia" teambuilding activity (virtual or in-person) in honor of Healthy Aging Month (September). Invite employees to join our "Tobacco-Free Living" webinar on August 11, 9-10 a.m. or August 19, 1-2 p.m. Central. 	<ul style="list-style-type: none"> Help employees learn more about their Here4TN Financial Wellness Benefits (including access to financial calculators, tools, tips and a money coach at no additional cost). Host a Financial Fitness Challenge in honor of National Financial Awareness Day (August 14). Encourage employees to Create a Quit Plan.

***We want your Wellness Council to be creative! Share your ideas with your WFHTN Regional Wellness Coordinator to see which goal it would fall under.**



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