WORKING FOR A HEALTHIER TN

WELLNESS COUNCIL WEBINAR

August 2021

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Wellness Whiz Quiz
WFHTN Updates
WFHTN Quarterly Activity List
Wellness Council Spotlight
August Health Observances
Upcoming WFHTN Schedule Sharing
WFHTN "Team Talk" (*OPTIONAL*)

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Wellness Whiz Quiz

Congratulations **to our July 2021 Wellness Whiz Quiz winner:**

BEN YARNELL
Department of Health

WFHTN Wellness Whiz Quiz

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 "**WFHTN Wellness Whiz**."

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer.

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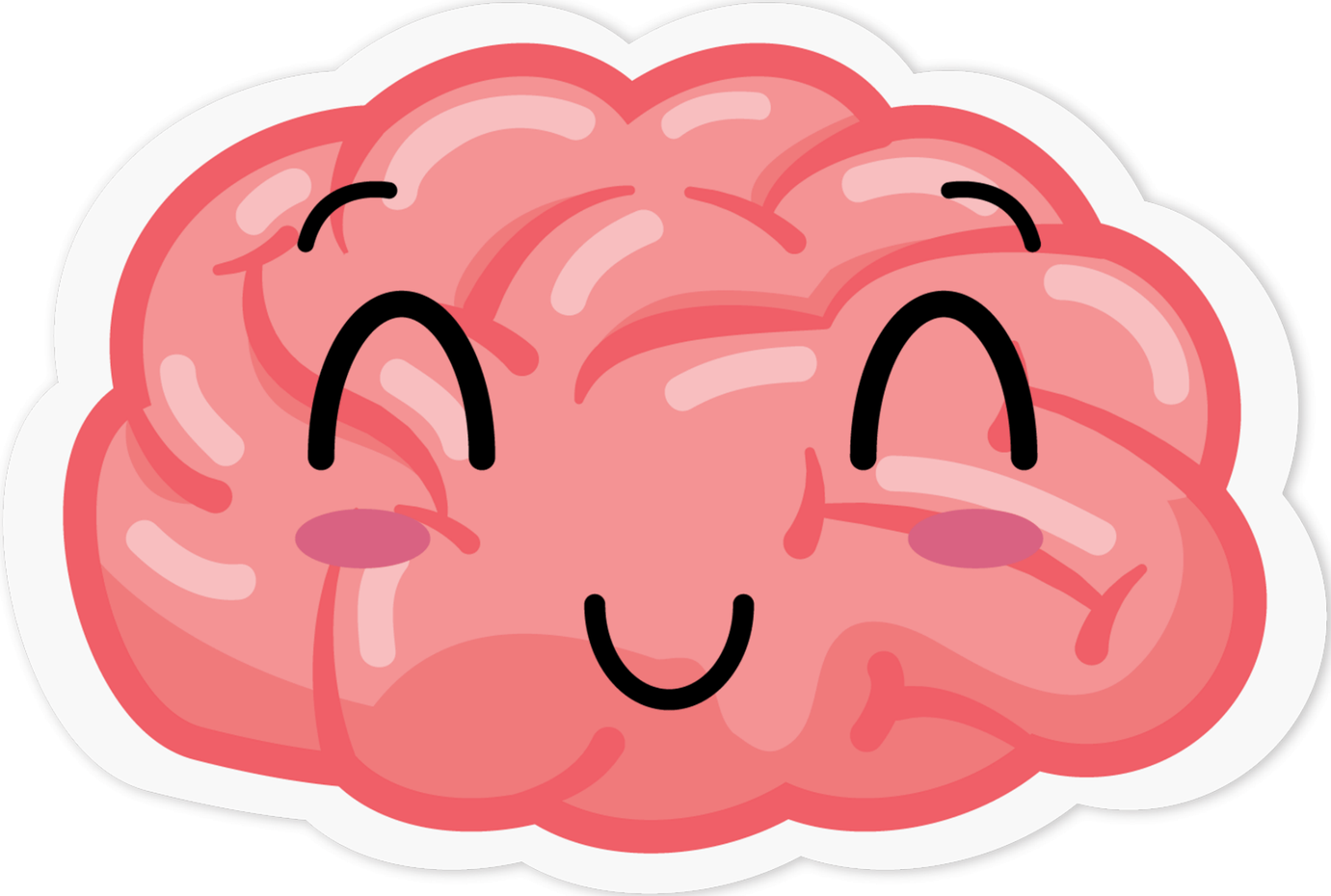
WFHTN Wellness Whiz Quiz



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Wellness Whiz Quiz

Question #1

How much living expenses should you save for emergencies?

A.) 1 to 3 months
B.) 3 to 6 months
C.) 12 to 15 months

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Wellness Whiz Quiz

Question #2

A _____ is a plan you record to decide how you will spend your money each month.

A.) Grocery List
B.) Wish List
C.) Budget

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Wellness Whiz Quiz

Question #3

When is the best time to start planning for retirement?

A.) A few years before retiring
B.) As early as possible!

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Wellness Whiz Quiz

Tie Breaker

True or False? Through Here4TN you can access financial resources.

Here 4 TN
Support For Your Life

WFHTN Updates

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CONGRATULATIONS!

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FY 2022

Recognition

Communicator of the Year
Most Engaging
Most Inspiring
Innovator Award
Most AWS-Friendly
Thinking Outside the Desktop Award
Most Improved
Most Well-Rounded Wellness Council
WFHTN All-Star

WFHTN Quarterly Activity List

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Friendly Reminders

Fiscal Year 2022

July 2021 – June 2022

OLD	NEW!
~~Monthly Activity Planners~~	**Quarterly Activity Lists**
~~Tobacco Cessation Focus Area~~	**Physical Activity, Healthy Eating, Well-Being, Wellness Council**
~~Focus Areas Awards (for each Division)~~	**WFHTN Achievement Levels**

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August 2021 Suggestions

feel free to be creative

FOCUS AREA	COMMUNICATE *Share about these activities.	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	• A WFHTN Monthly Handout	• Participate in the monthly WFHTN Wellness Council Webinar. (Click here to join.)	• Host a Wellness Council meeting.
PHYSICAL ACTIVITY	• How to properly squat and lunge	• Encourage employees to complete the Barriers to Being Active Quiz.	• Participate in WFHTN's all-department *Move More Challenge*.
HEALTHY EATING			• Encourage co-workers to visit a farmer's market in honor of National Farmer's Market Week (August 1-7).
WELL-BEING	• The "Socializing" Here4TN topic center in recognition of National Friendship Day (August 1)	• Invite employees to share their favorite way or place to relax with each other in recognition of National Relaxation Day (August 15).	• 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).

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Move More Challenge

September 13-October 10

- Sorted into fitness level groups:
  - *Newbie*
  - *Experienced*
  - *Skilled*
- 3 will win a wireless Bluetooth speaker!

2021 Move More Challenge

September 13-October 10

Let's move MORE! You'll be competing with people at a similar fitness level to reach weekly fitness goals. Click **HERE** to register and secure your place in this challenge!

One person from each group will win a BLUETOOTH SPEAKER!

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National Farmers Market Week

August 1-7

- List of Farmers Markets

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ActiveHealth Index Meeting

Additional Info!

ActiveHealth MANAGEMENT.

- Schedule an ActiveHealth Index meeting with your WFHTN Regional Wellness Coordinator.
- Please plan to schedule in September!

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August Health Observances

- National Eye Exam Month
- National Immunization Awareness Month
- National Farmers Market Week (August 1-7)
- National Financial Awareness Day (August 14)
- National Relaxation Day (August 15)

***Access our National Health Observances Calendar on our website at: https://www.tn.gov/wfhtn/achievement-levels.html*

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Wellness Council Spotlight

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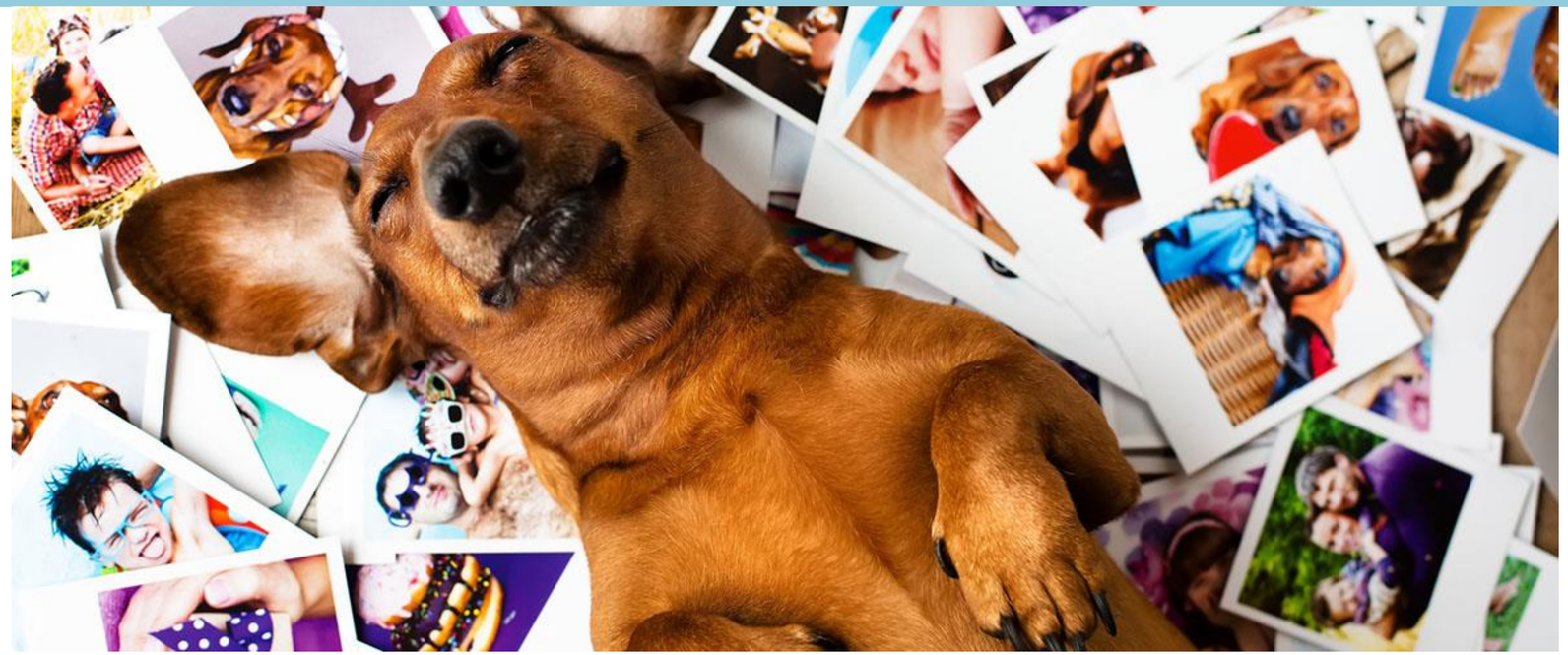
Pet Photo Contest

Department of Transportation



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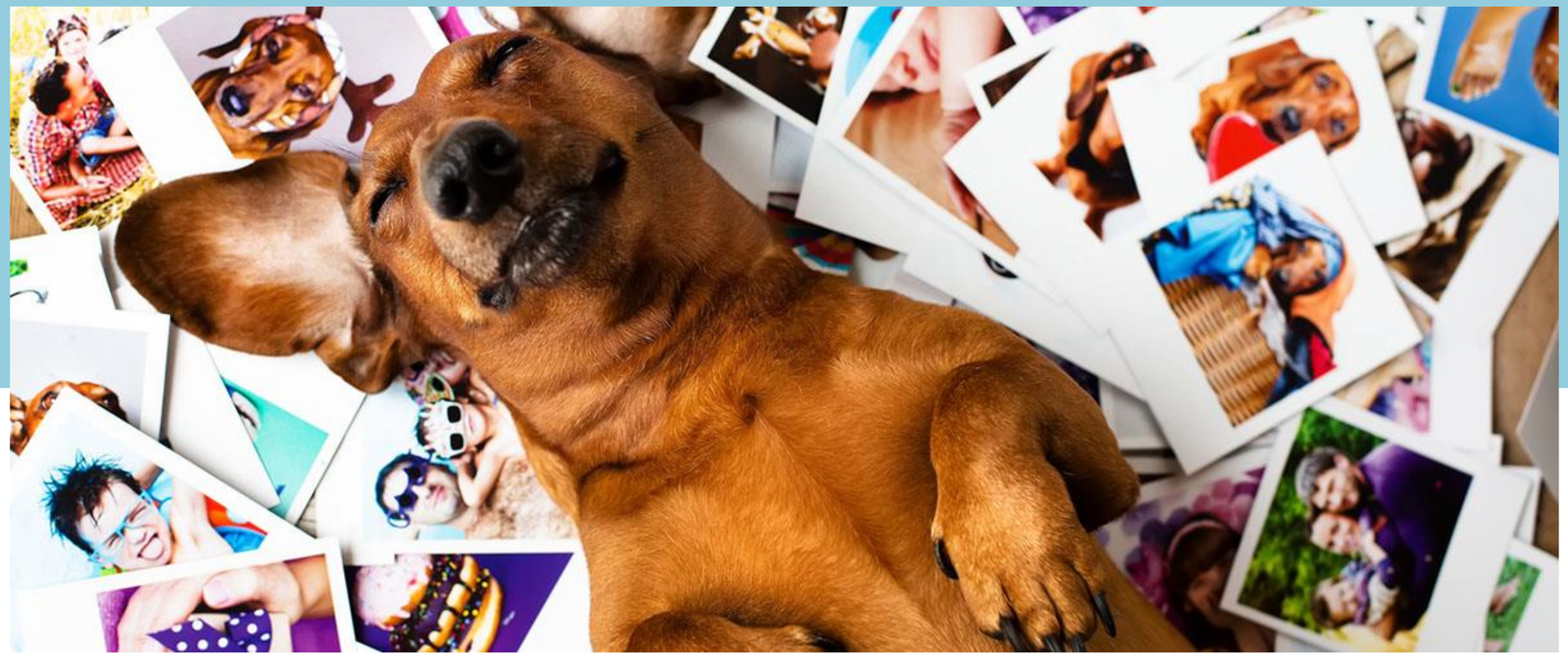

BEST IN SHOW

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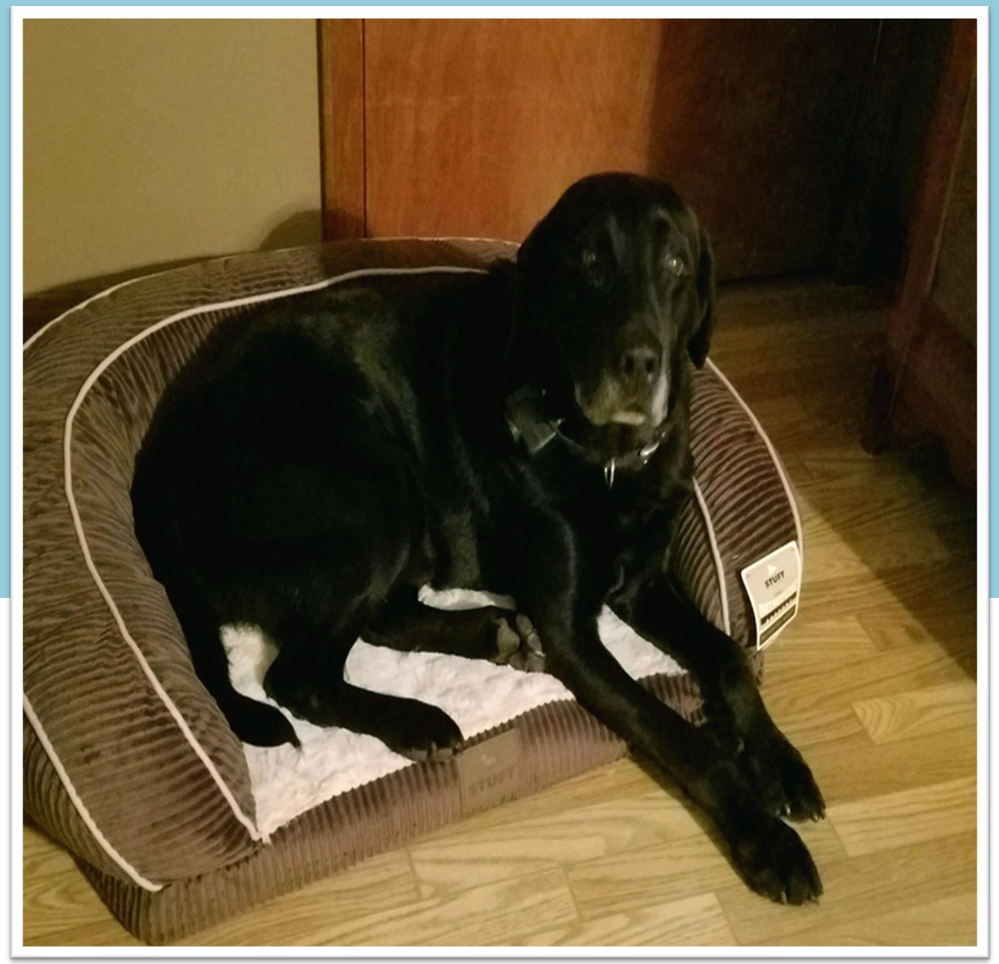
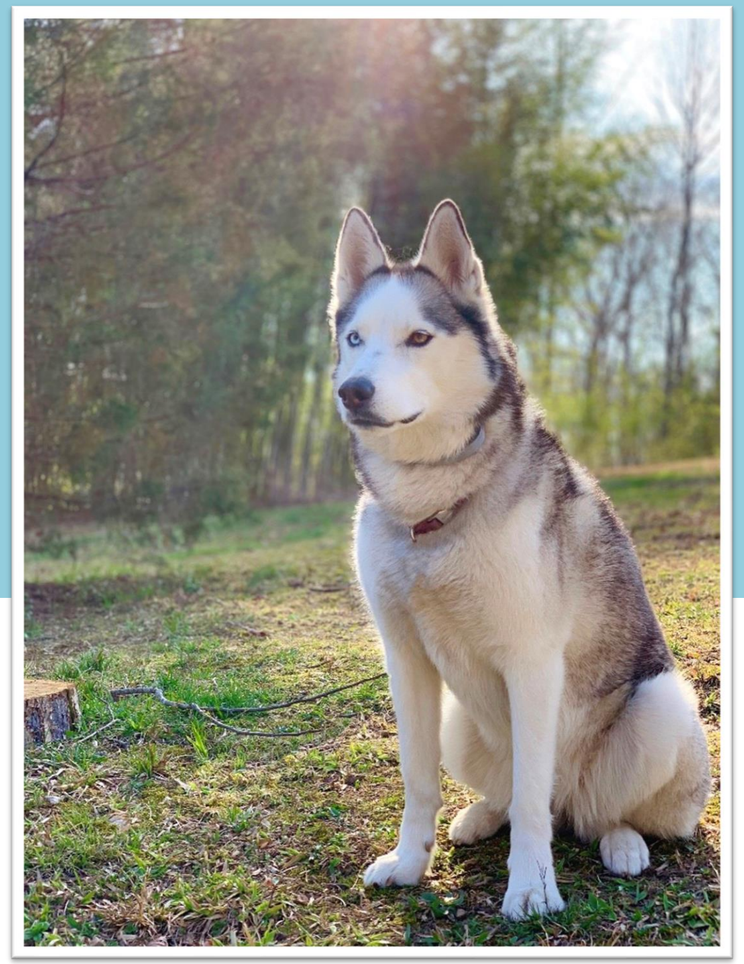
1st Place



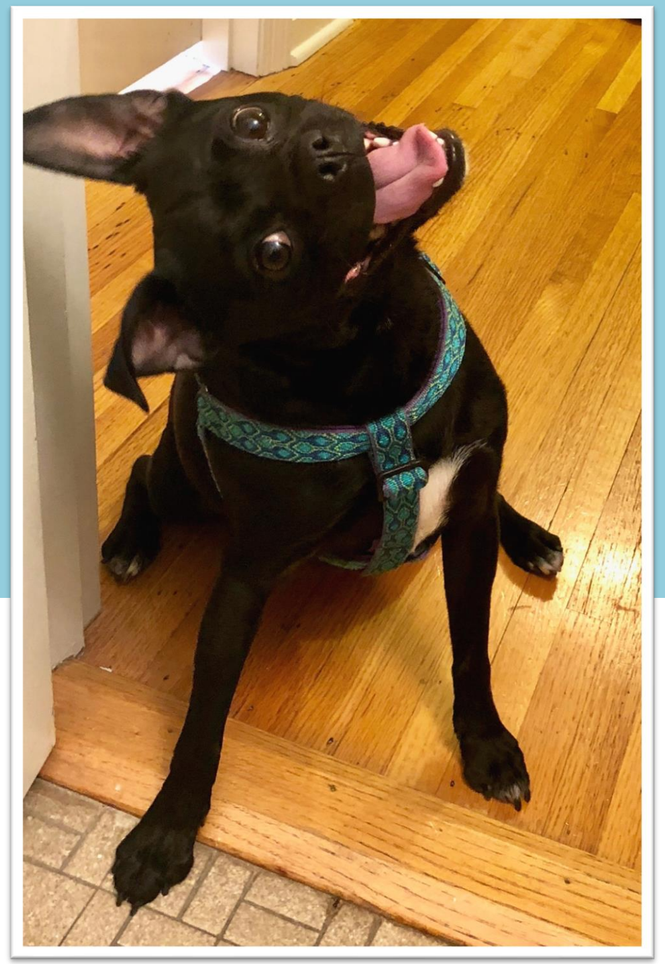
Hammer

2nd Place



Riley

2nd Place



Sam

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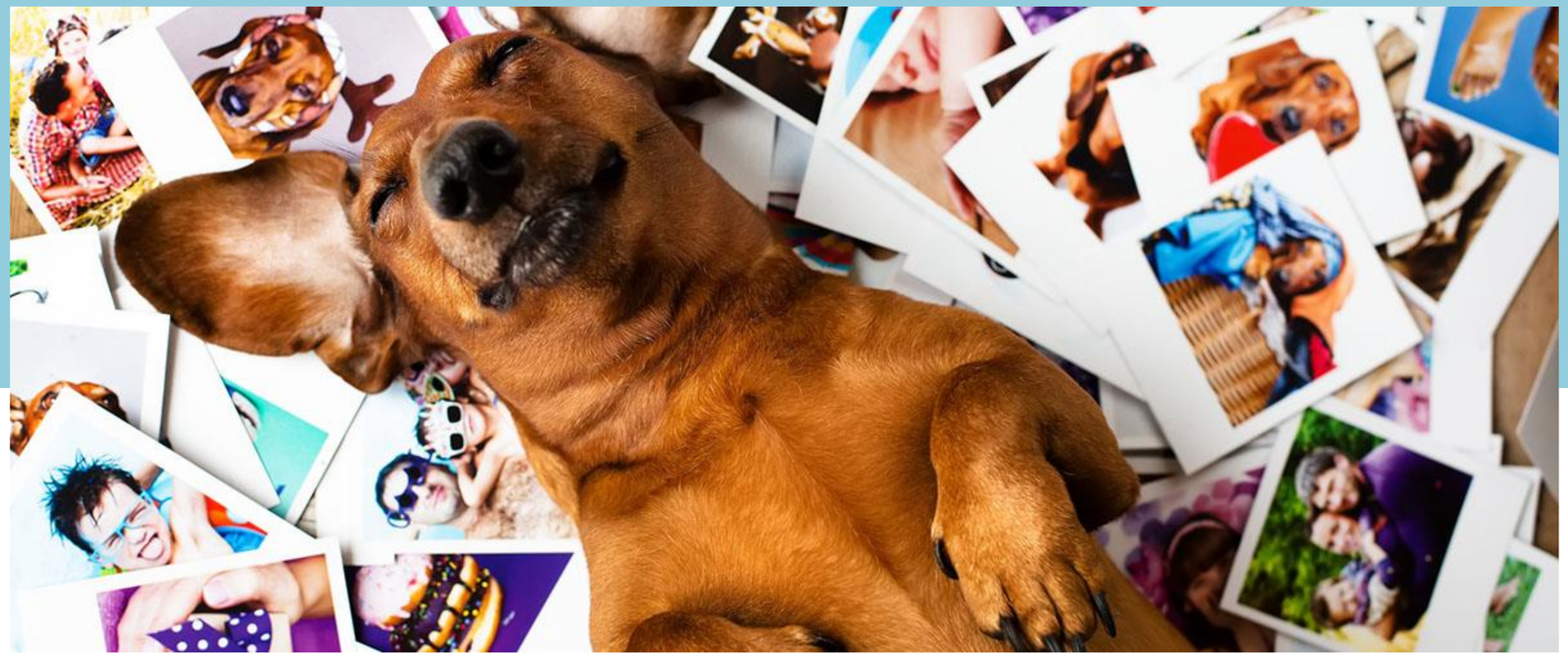

BEST DRESSED

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1st Place

Storm

2nd Place

Banks

3rd Place

Rosie

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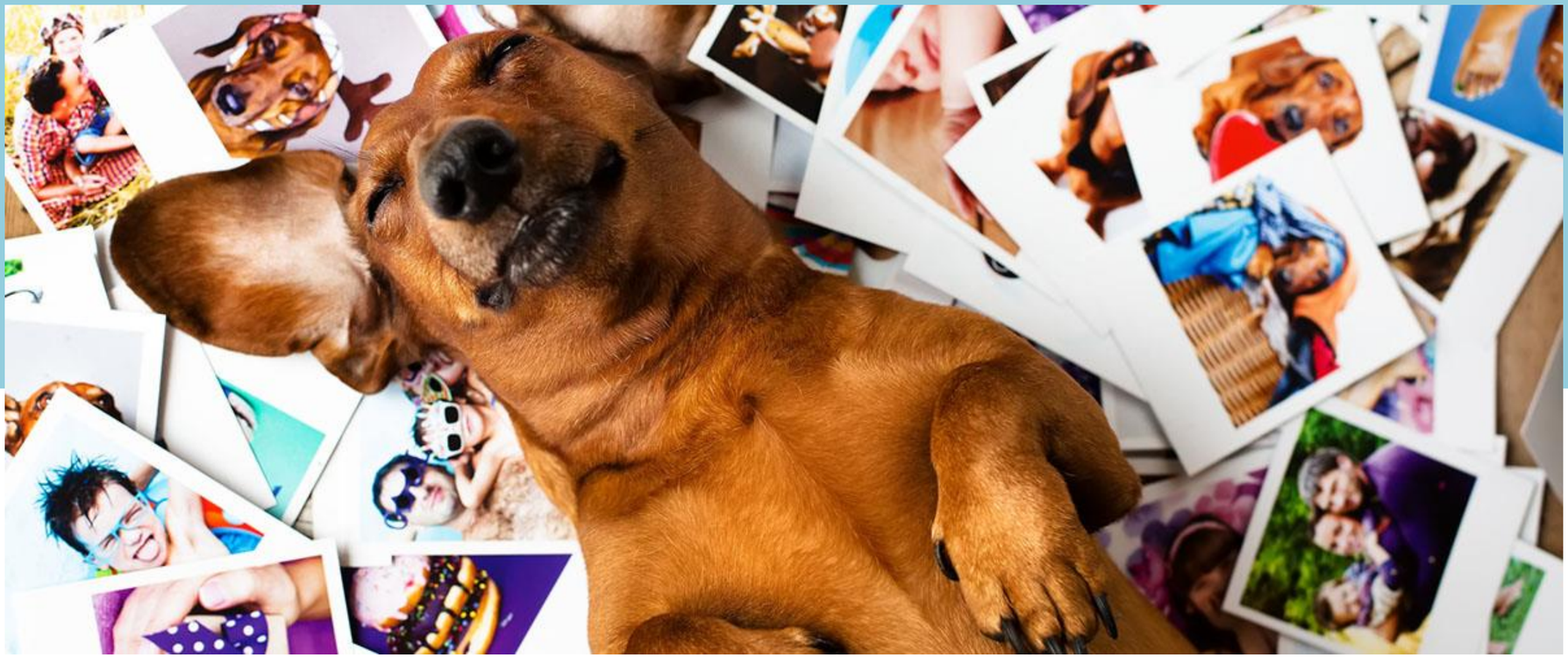

BEST PACK

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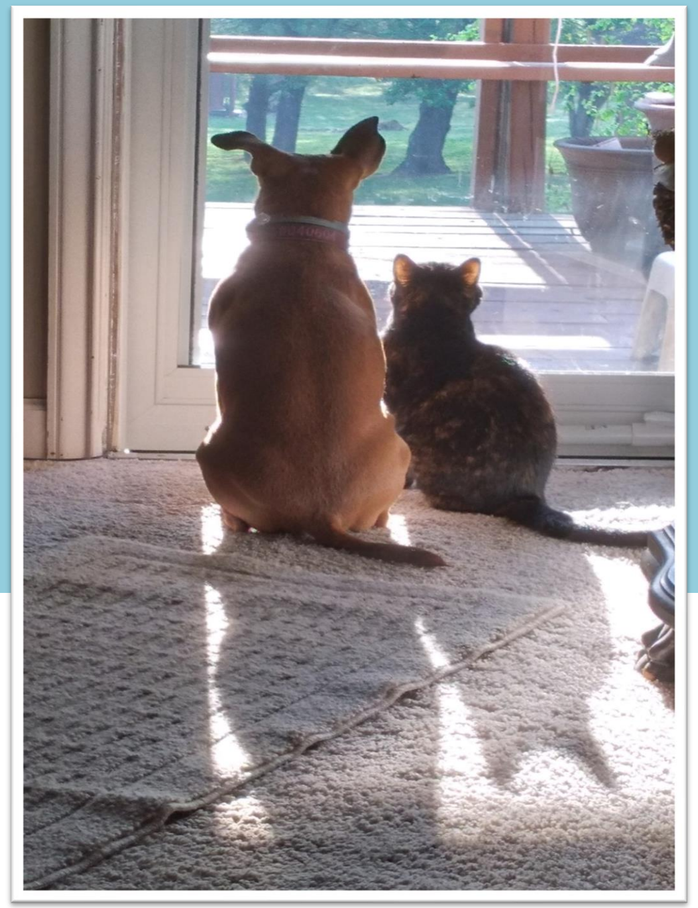
1st Place

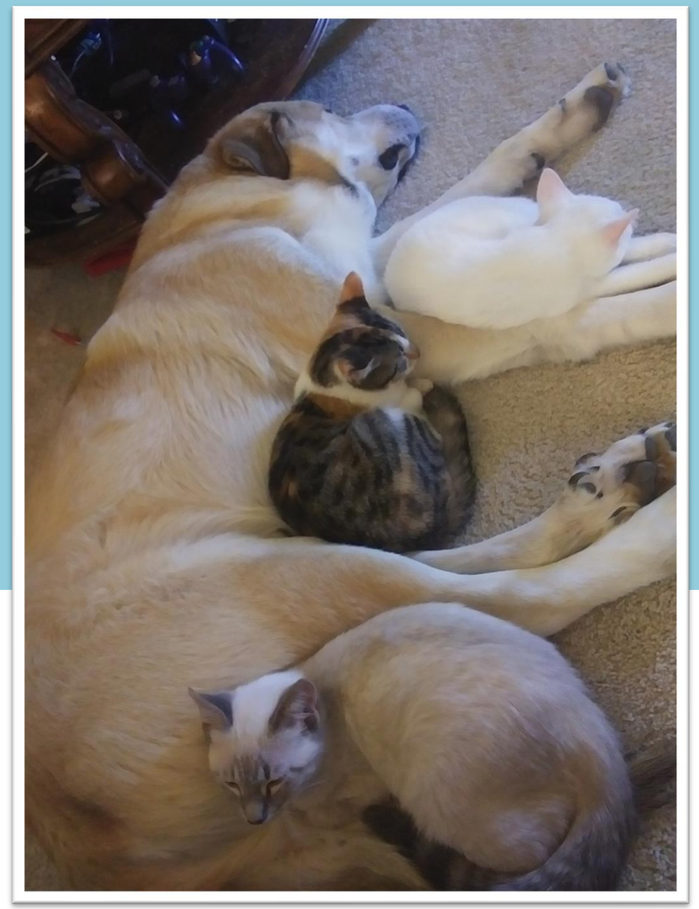
Dixie, Shelby, & Lexie

2nd Place



Maddy & Gracie

3rd Place



Yogi & Friends

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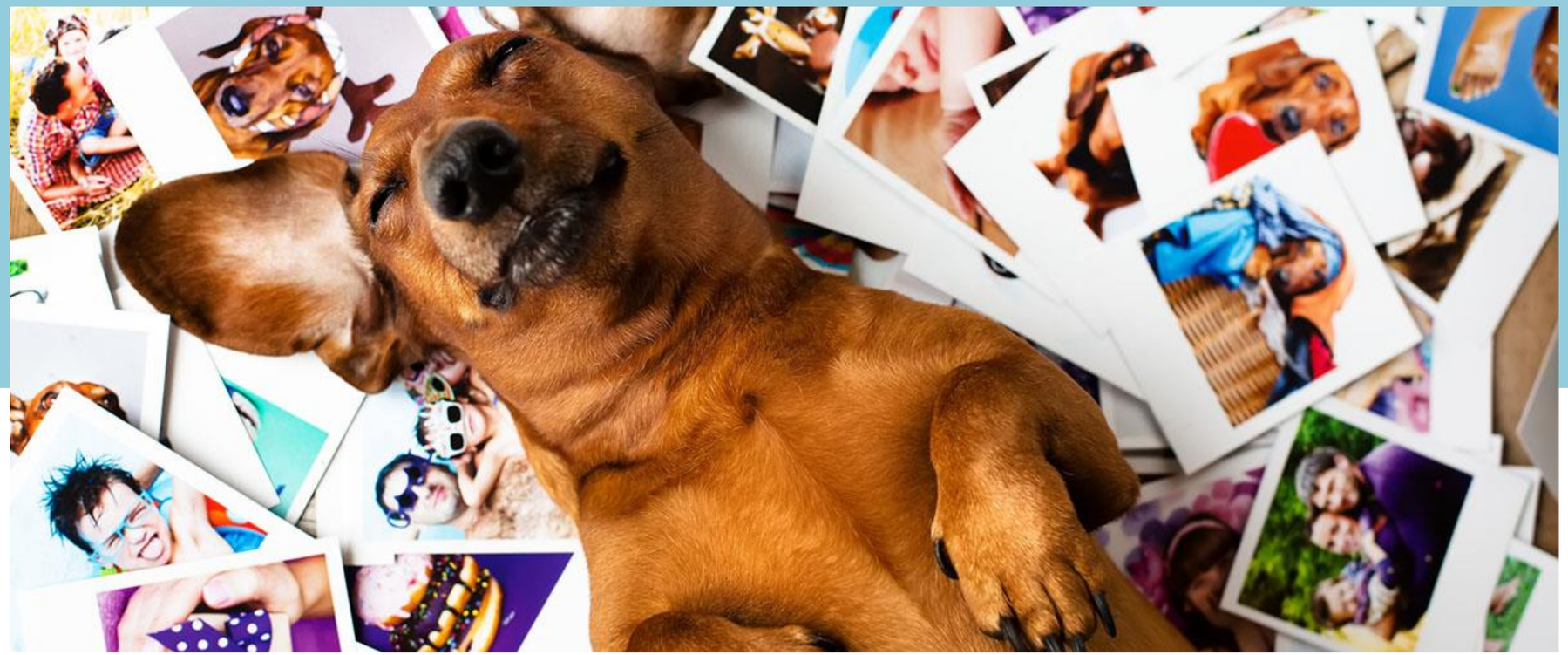

BEST ACTION SHOT

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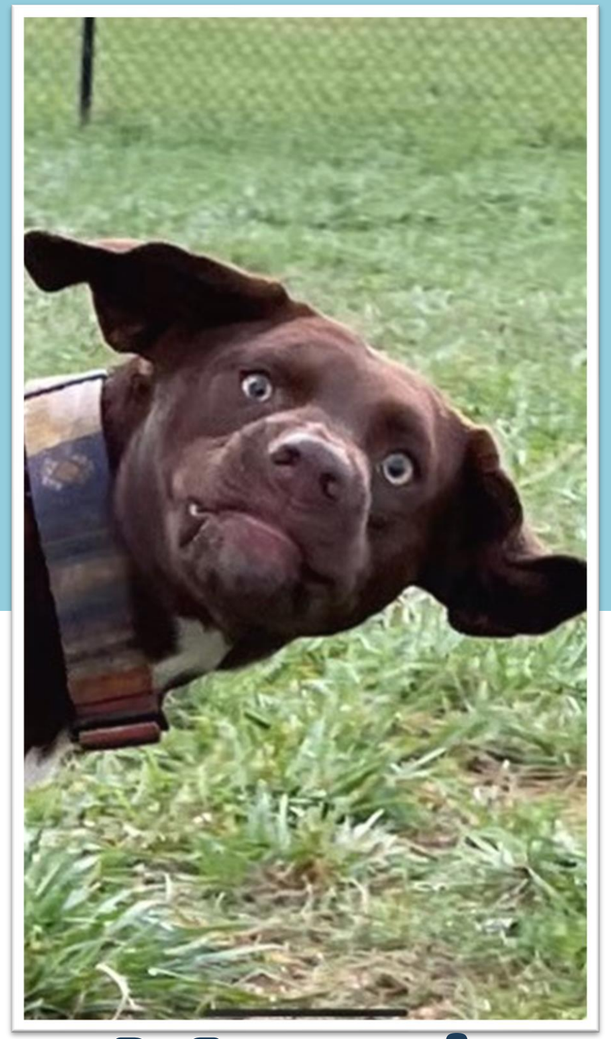
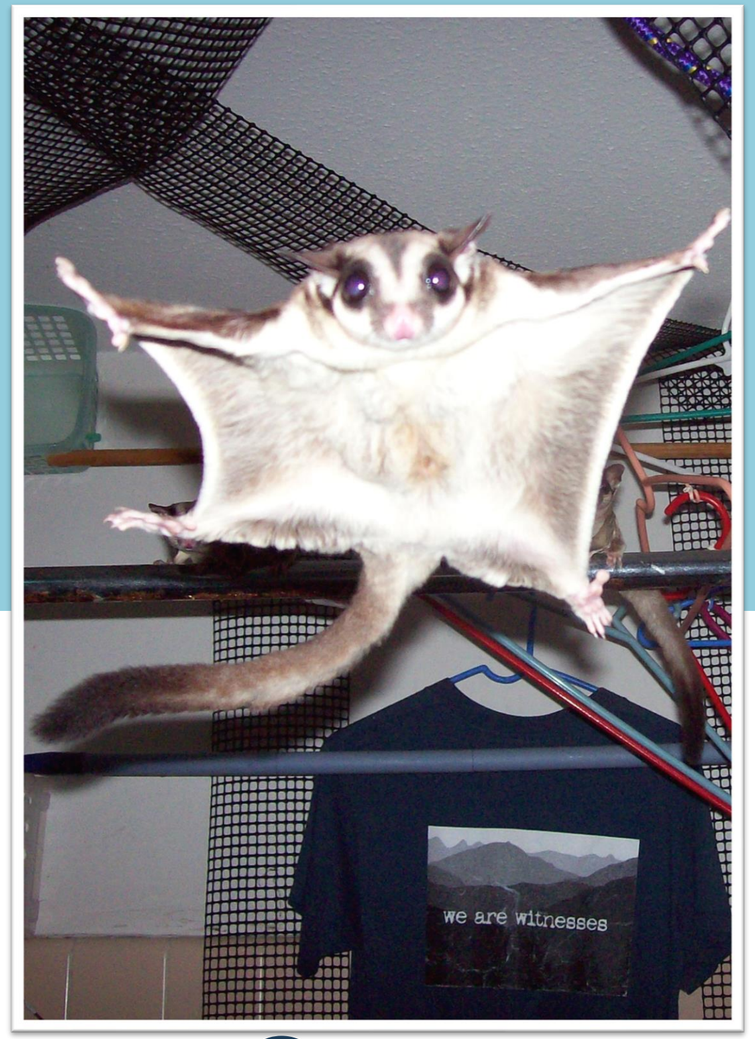
1st Place



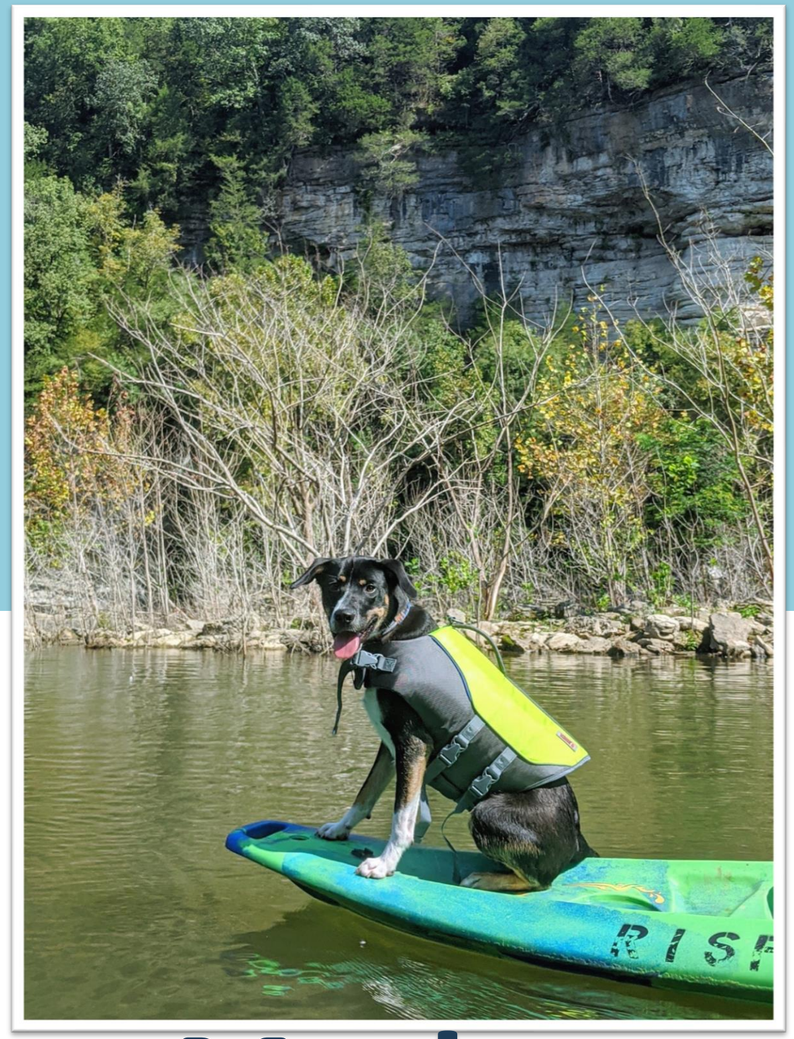
Moxxi

2nd Place



Sora

3rd Place



Mackey

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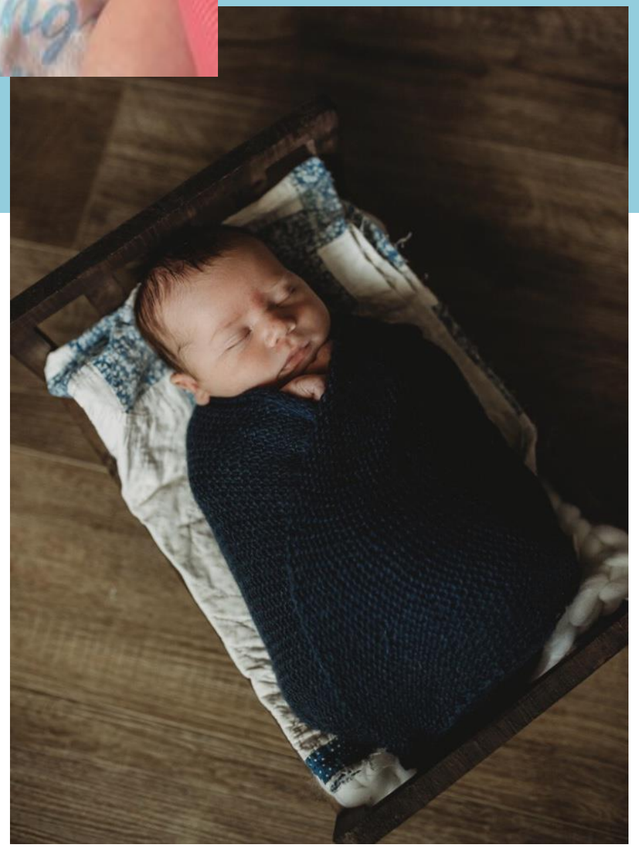
New Baby!

Department of Transportation

Welcome to Kera Davis' new addition:
Evan McKechnie Davis



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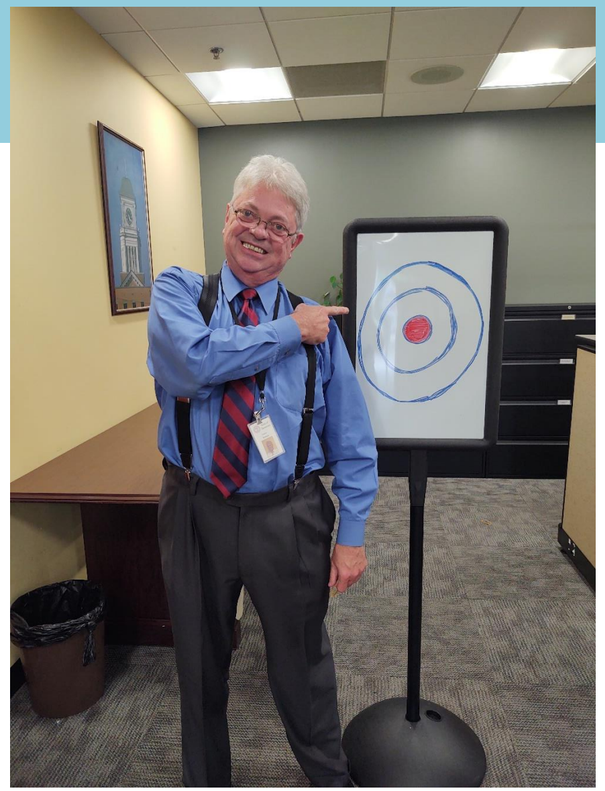
Office Olympics

Department of Labor & Workforce Development



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Change Your Mind About Exercise

Department of Health

Changing It Up

- With motivation comes confidence
  - Started trying new workouts
    - Core
    - Yoga
    - Running(ish)
  - Just because you start it doesn't mean you have to stay with it.

TN Department of Health

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Can YOUR Team Walk Across TN Challenge

Department of Children's Services

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CAN YOUR TEAM WALK ACROSS TN CHALLENGE

SUNDAY, JULY 4 - SATURDAY, JULY 31
(4 WEEKS)

- AIM TO WALK AS FAR AS YOU CAN AS A TEAM DURING THIS FOUR-WEEK CHALLENGE!
- THE TEAMS WITH THE HIGHEST AVERAGE WEEKLY MILES WILL BE THE CHALLENGE WINNERS.

REGISTER YOUR TEAM HERE.

BROUGHT TO YOU BY THE DCS WELLNESS COUNCIL

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Deskercises!

Department of Human Services

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Upcoming WFHTN Schedule

September Wellness Council Webinar

Thursday, September 2 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 1 Activity List

Due Monday, October 4

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Your Updates!

Questions

Stay on for "Team Talk"!

WFHTN Team Talk

Today's Topic:

RECOGNITION

- **What are ways WFHTN can recognize YOU?**

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FY 2022

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