WORKING FOR A HEALTHIER TN

Wellness Council Webinar

December 2023

/WFHTN

@WorkingForAHealthierTN

@wfhtn

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- Healthy Holiday Tips and Tricks
- Quarterly Activity List
- What's New
- Wellness Council Spotlights
- Upcoming Schedule

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Where’s the WFHTN team?

Spot Kayla, Kristina, Lindsey and Morgan throughout this presentation.
Let us know what slides they appear on for a chance to win a prize!

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Healthy Holiday Tips and Tricks

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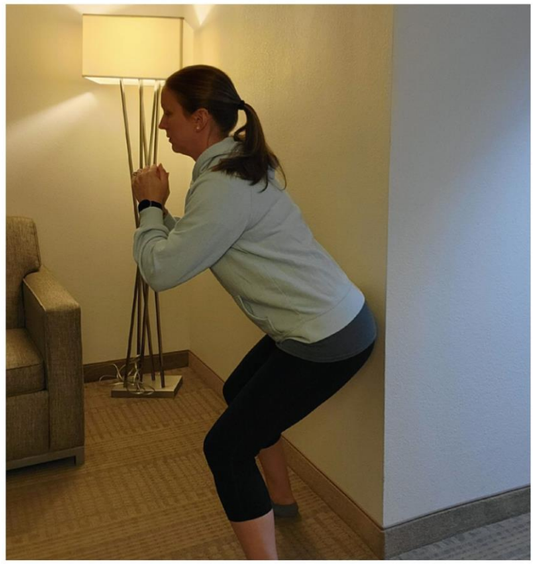
Kayla

“Make time to move.”



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Kristina

“Get the whole family moving during the holidays!”

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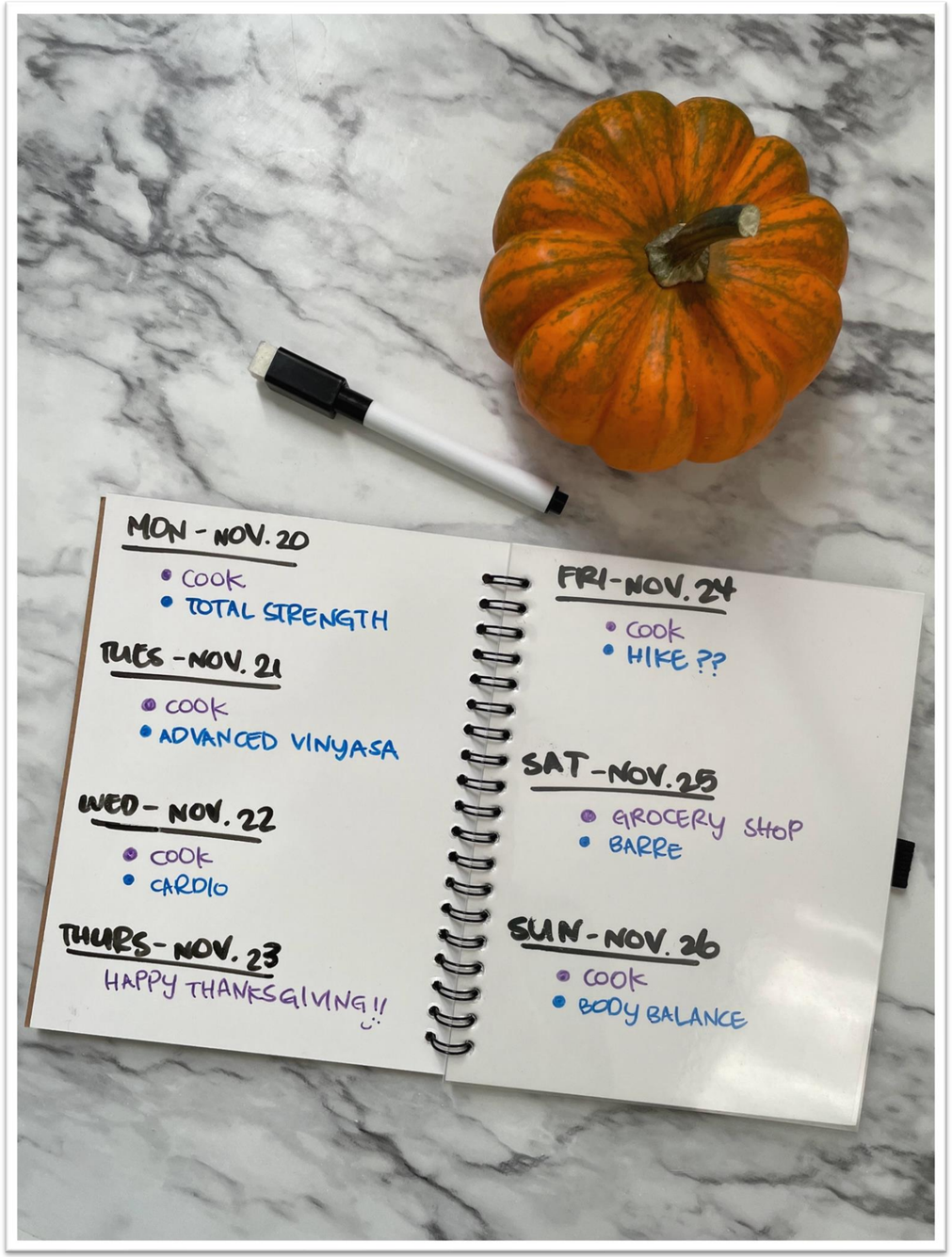
Lindsey

“My go-to is enjoy myself at meals, and plan to get right back into my regular routine as soon as I can!”



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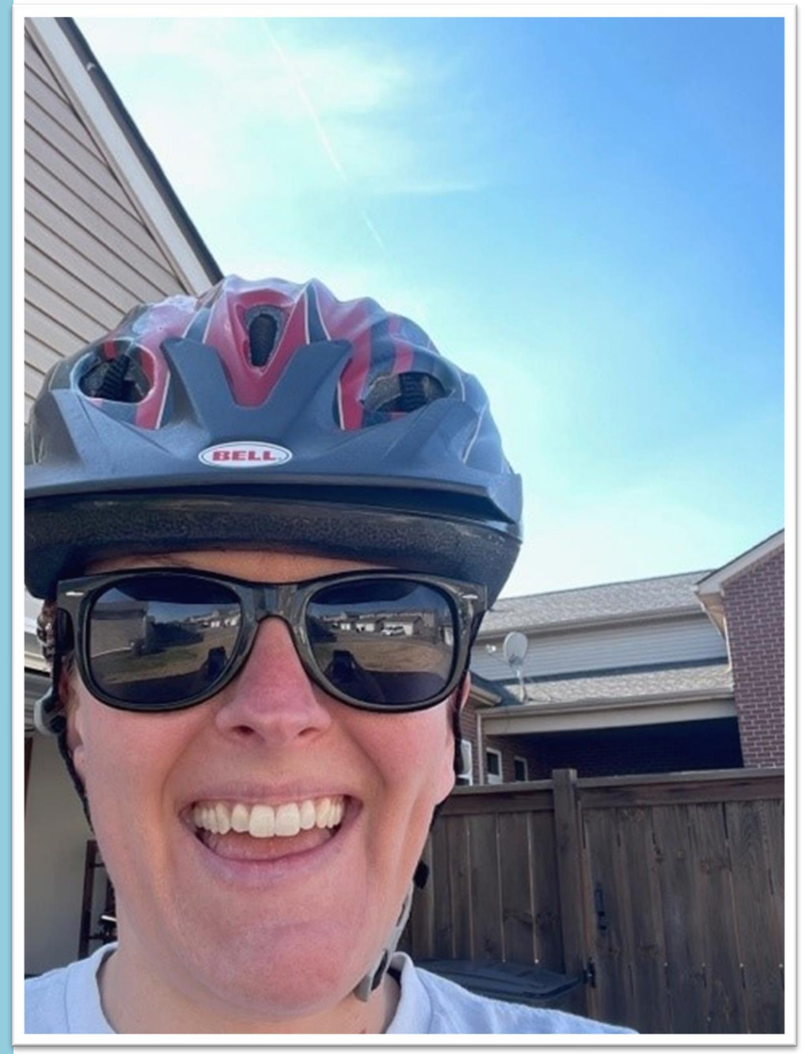
Morgan



"One way I take care of my mental health during the holidays is by getting outside by myself."

Quarterly Activity List

December Activities & Info

- **Share [Helpful Tips for Healthy Holiday Parties](#).**

- Promote and join **Healthy Eating During the Holidays** on Tuesday, Dec. 12 from 12:30-1 p.m. CT.

- Join our **O'Fitness Tree Challenge** from Dec. 6-12.

Sneak Peek at January 2024

- Join our **Goal Getters group** starting Jan. 8!

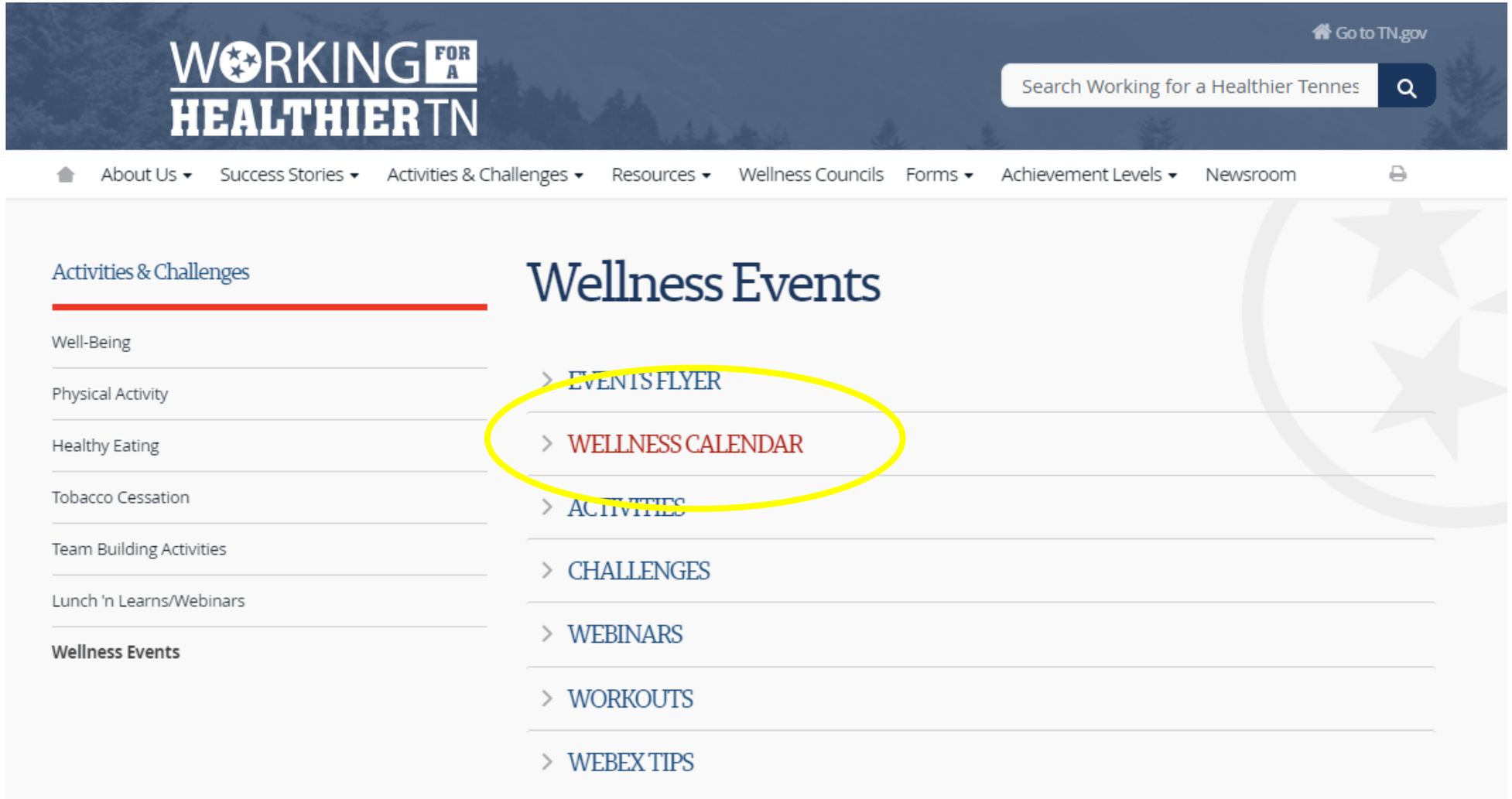
- **International Brain Teaser Month** - Complete these Word Picture Puzzles by Jan. 31

- **Virtual Events**
  - Goal Getters Group Check-in
  - What Is a Healthy Weight?

www.tn.gov/wfhtn/achievement-levels/activity-lists.html

What’s New?

December Wellness Calendar



www.tn.gov/wfhtn/challenges/wellness-events.html

Wellness Council Activity Submission Form

https://stateoftennessee.formstack.com/forms/wfhtn_wc_activity_submission_fy2024

Wellness Council Spotlights

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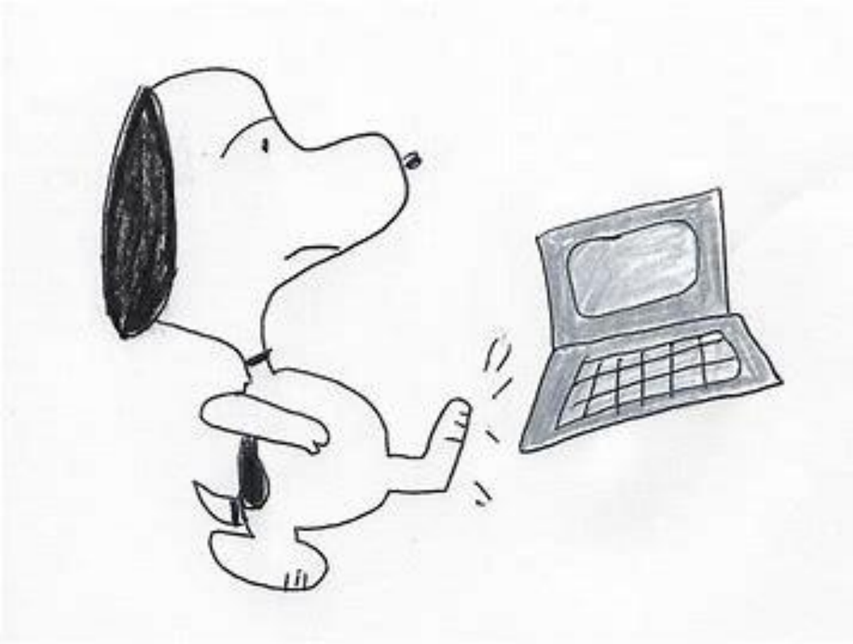
Planksgiving Challenge

Department of Human Services employees in Lenoir City enjoying Day 2 of Planksgiving!

Shred Your Stress Challenge

13% increase in participation!



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Upcoming Schedule

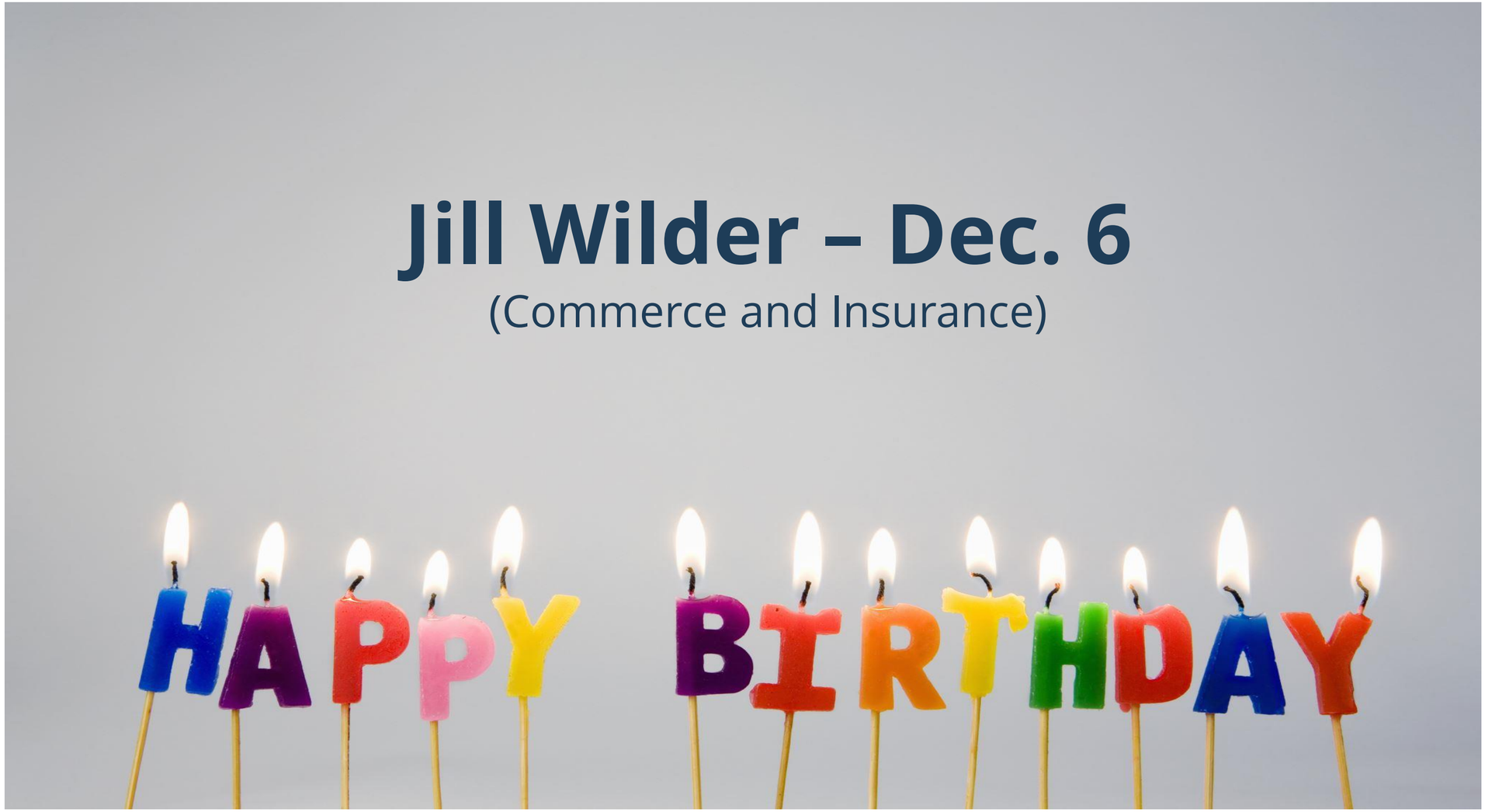
January Wellness Council Webinar

Thursday, Jan. 11 from 9-9:45 a.m. CT
Guest speaker: Sharecare

Quarter 2 (October-December) Activities

Please submit completed activities to your Wellness Coordinator by 5 p.m. CT on Friday, Jan. 5.

Celebrations



What are you celebrating? Let us know at
https://stateoftennessee.formstack.com/forms/wellness_council_member_celebrations

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Happy Holidays!

Questions

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