WORKING FOR A HEALTHIER TN

WELLNESS COUNCIL WEBINAR

January 2022

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Wellness Whiz Quiz
WFHTN Quarterly Activity List Now Available
Wellness Council Spotlight
January Health Observances
Upcoming WFHTN Schedule
Sharing

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Wellness Whiz Quiz

Congratulations **to our Dec. 2021 Wellness Whiz:**

Ben Yarnell
Department of Health

WFHTN Wellness Whiz Quiz

The Rules

The first Wellness Council representative to get two out of the three 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.

Today, we're going to do things FAMILY FEUD style! Name the most popular answer to survey questions in order to win.

WFHTN Wellness Whiz Quiz

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Wellness Whiz Quiz

Question #1

Name something you would buy a lot of when hosting a New Year's party.

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Wellness Whiz Quiz

Question #2

Name a culture or religion that celebrates a different New Year than the West.

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Wellness Whiz Quiz

Question #3

Name a popular New Year's resolution.

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Wellness Whiz Quiz

Tie Breaker

Name a New Year’s TV host.

WFHTN Quarterly Activity List

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Friendly Reminders

Fiscal Year 2022

July 2021 – June 2022

~~Q1~~	Q2	Q3	Q4
~~July~~ ~~Aug~~ ~~Sept~~	~~Oct~~ ~~Nov~~ ~~Dec~~	Jan Feb March	April May June

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January 2022 Suggestions

To Achieve GOLD Level Status

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ACHIEVEMENT LEVEL GOALS

Level	Communicate	Engage	Inspire Change	Focus Areas (WC, PA, HE, WB)
GOLD	1 activity	1 activity	1 activity	4
SILVER	1 activity	1 activity	1 activity	3
BRONZE	1 activity	1 activity	1 activity	2

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January 2021 Suggestions

To Achieve GOLD Level Status

FOCUS AREA	COMMUNICATE	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	• Share this Quarterly Activity List with your Wellness Council members	• Participate in the monthly WFHTN Wellness Council Webinar.	
PHYSICAL ACTIVITY		• Encourage employees to try a 5-Minute Laughter Yoga workout in recognition of Belly Laugh Day (Jan. 24).	• Host a game of Physical Activity Trivia in recognition of National Trivia Day (Jan. 4)!
HEALTHY EATING	• Improving Your Eating Habits from the CDC		
WELL-BEING	• Celebrate National Hobby Month (January) by sharing the WFHTN Hobbies Resources.	• In honor of Healthy Weight Week, invite employees to join our "Healthy Weight at Work" webinar with WFHTN Wellness Coordinator Morgan on Thursday, Jan. 20 at 12 p.m. Central or Friday, Jan. 28 at 11:30 a.m. Central.	• Join WFHTN's all-agency S.M.A.R.T. Goal Challenge Sunday, Jan. 9 through Saturday, Feb. 5. (Sign up for challenge communications HERE.) WFHTN will award a prize to 10 participants chosen at random!

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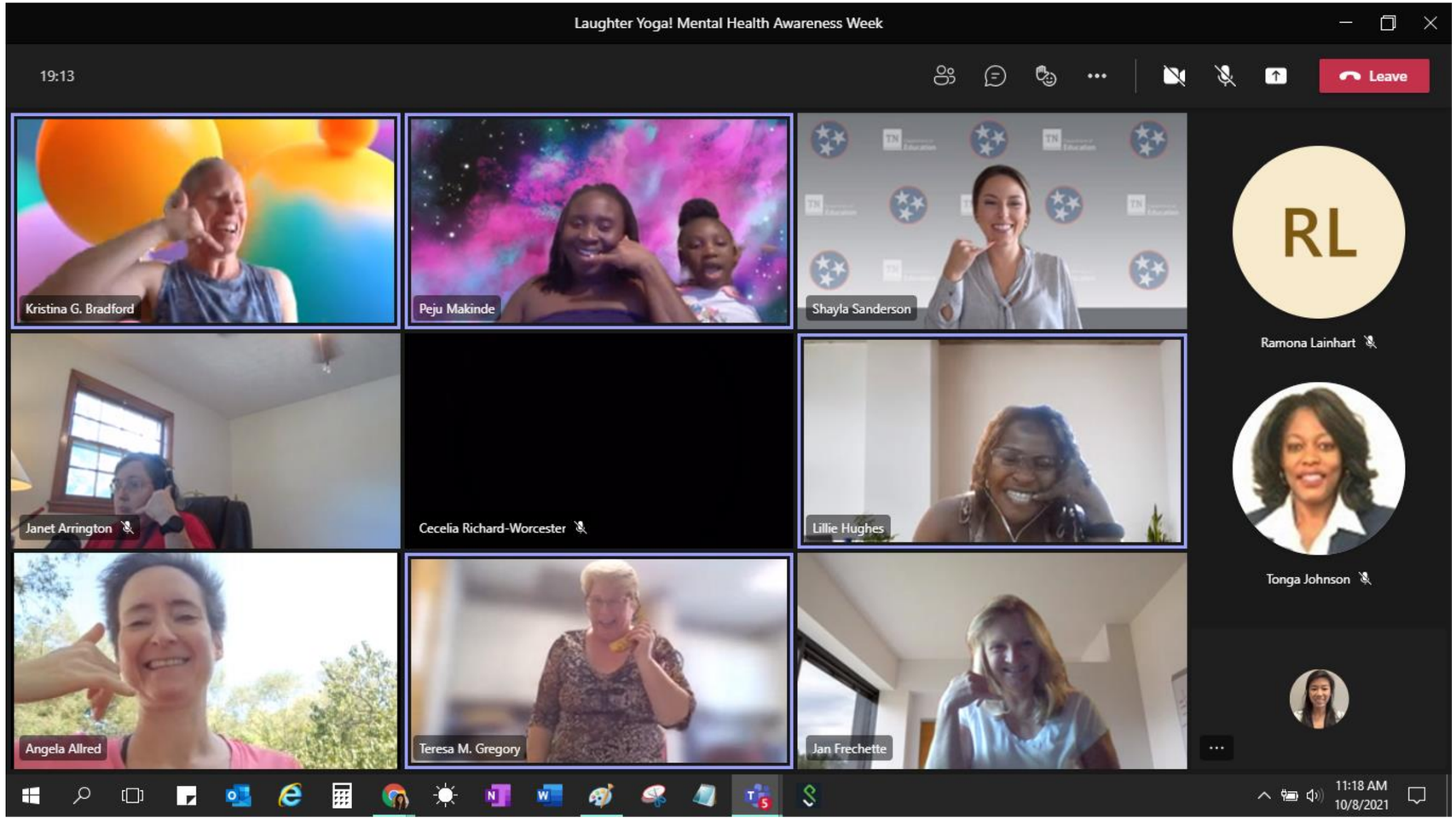
Live Laughter Yoga!

Monday, Jan. 24 at 11 a.m. CT



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January 2021 Suggestions

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SMART Goal Challenge

Sunday, Jan. 9 - Saturday, Feb. 5

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S.M.A.R.T. Goal Challenge

Sunday, Jan. 9 through Saturday, Feb. 5.

Join WFHTN to focus on you in 2022! In this four-week challenge, create a personalized health goal to work on daily and track your progress along the way.
WFHTN will award a prize to 10 participants chosen at random!

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New

NEW & NOW AVAILABLE!

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New & Now Available

tn.gov/wfhtn/resources/monthly-handout.html

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THE SCOOP ON PROTEIN

Protein is a nutrient found in many types of foods. It's vital for life. Any time your body is growing or repairing itself, protein is needed. Protein helps fight infection. It also carries fats, vitamins, minerals and oxygen around the body, builds and contracts muscles, keeps body fluids in balance and clots blood.

HOW MUCH PROTEIN?

How much you need depends on several factors, including:

- age
- sex
- health status
- activity level

For general recommendations by age, view the table at https://www.myplate.gov/eat-healthy/protein-foods.

Find the right amount for you by getting your MyPlate Plan.

NUTRITIOUS PROTEIN FOODS

Meat, poultry and eggs: lean cuts of beef, lamb, goat, pork loin, skinless chicken and turkey, quail, duck

Fish and seafood: salmon, tuna, cod, shrimp, mackerel, lobster, catfish, crab

Low-fat or fat-free dairy foods: yogurt, milk, cheese, cottage cheese

Legumes: beans, split peas, lentils, soy

Nuts and seeds: walnuts, almonds, chia seeds, pumpkin seeds, pistachios, cashews, peanuts

LIMIT THESE FOODS

Foods rich in protein may also be high in saturated fat. High intakes of saturated fat may increase your risk for heart disease. Limit protein foods that are high in saturated fats, such as:

Meats and poultry: bacon, chicken fried steak, chorizo sausage, fried chicken, hot dogs, lunch meats, organ meats, processed meats, sausage and spare ribs

Fish and shellfish: breaded and fried options

Whole-fat dairy: whole milk and other whole-fat dairy products

Sources: Harvard Health, MyPlate

CAN YOU GET ENOUGH PROTEIN FROM FOOD?

Most people can get enough protein from their diet. Unless you're an older adult with a limited appetite, have a restricted diet or are a trained professional athlete, chances are you can adjust your food intake to get what you need.

Protein from food is often cheaper, less risky and naturally includes beneficial nutrients.

If increasing protein through your diet is not an option, taking a supplement can be effective and convenient.

SHOULD YOU USE SUPPLEMENTS?

Protein powders are convenient, but unnecessary for most. Older adults may benefit from increasing protein slightly, regardless of their exercise routine; however, for most of us, resistance training is more effective than simply supplementing with protein.

If supplements are used, click here to learn how to choose the best protein powder for you.

Read about the risks of consuming protein powders and speak with your doctor before using any supplements.

HEALTHY WEIGHT WEEK

It's natural for anyone trying to lose weight to want to lose it very quickly. But people who lose weight *gradually and steadily* (about one to two pounds per week) are more successful at keeping weight off. Healthy weight loss isn't about a "diet" or "program". It's about an **ongoing lifestyle** that includes long-term changes in daily eating and exercise habits.

EAT HEALTHY

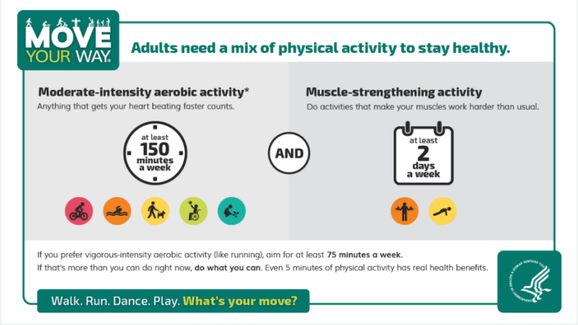
According to the Dietary Guidelines for Americans, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts and seeds
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars
- Stays within your daily calorie needs

USDA's MyPlate Plan can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance.

MOVE MORE

How Much Activity Do You Need?



RESOURCES

- Healthy Weight, Nutrition, and Physical Activity
- Move Your Way Fact Sheet
- Myths about Nutrition & Physical Activity
- MyPlate
- What is a Healthy Weight?
- ActiveHealth Management Weight Management Program

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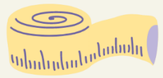
WHAT IS A "HEALTHY WEIGHT"?

What is Body Mass Index (BMI)?

BMI is a person's weight in kilograms divided by the square of height in meters. A high BMI *may* indicate high body fatness, and a low BMI *may* indicate too low body fatness. To calculate your BMI, use the **BMI Calculator**.

What is waist circumference and why does it matter?



Another way to think about a "healthy weight" is to **measure your waist circumference**. Too much fat around the waist may be serious because it places you at greater risk for developing obesity-related conditions, such as Type 2 Diabetes, high blood pressure and coronary artery disease. A waist size above 40 inches for men or above 35 inches for women increases your risk.

More thoughts about BMI?

Body Mass Index (BMI) alone does not reflect overall health. You can be at a "healthy BMI" yet be unhealthy. Your BMI could also indicate that you are under or overweight yet you could be healthy. This is why the scale alone does not indicate your health status.

Are there other ways to think about a "healthy weight"?

There are numerous ways to assess your health. You could take your health assessment , complete a biometric screening and get an annual physical (to check blood pressure and blood cholesterol levels, for example). Get to "Know Your Health" HERE. A trained health care professional can help!

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Source: cdc.gov

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New & Now Available

tn.gov/wfhtn/resources/recipes.html

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Still Available

- **Do you think your Wellness Council is award-worthy?!**
- You can now nominate your Wellness Council (or another agency's) for one or more of WFHTN's Wellness Awards this fiscal year.
- Submit your nominations HERE.

WFHTN Survey

- Open to all state employees!
- Participation is completely voluntary and confidential
- Your answers will help us and you develop future plans more in line with employees' health interests and needs.

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Coming Soon!

We're mixing things up with our monthly webinars!

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Time for a LIVE poll!

YOUR OPINION MATTERS

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January Holidays & Health Observances

- Family Fit Lifestyle Month
- Healthy Weight Week (third full week of January)
- National Fun at Work Day (Friday, Jan. 28)

***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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12 Days of Fitmas

Department of Revenue and Department of Children's Services

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12 Days of Yeti Challenge

Department of Human Services

- ❑ Day 1: 12/8- Take a break! Walk away from the computer for a 15-minute break
- ❑ Day 2: 12/9- Try yoga- or do a new yoga routine*
- ❑ Day 3: 12/10- Visit a new park or outdoor space
- ❑ Day 4: 12/13- Eat 2 servings of vegetables during your workday
- ❑ Day 5: 12/14- Walk or run 1 mile
- ❑ Day 6: 12/15- Call or text someone you haven't spoken to in a long time
- ❑ Day 7: 12/16- Eat 2 servings of fruit during your workday
- ❑ Day 8: 12/17- Do 12 "chair squats"*
- ❑ Day 9: 12/20- Practice deep breathing for one minute twice during your workday
- ❑ Day 10: 12/21- Drink 32 ounces of water during your workday*
- ❑ Day 11: 12/22- Perform a random act of kindness for a coworker
- ❑ Day 12: 12/23- Only 8 days left in 2021, figure out what you want to learn or try in 2022!

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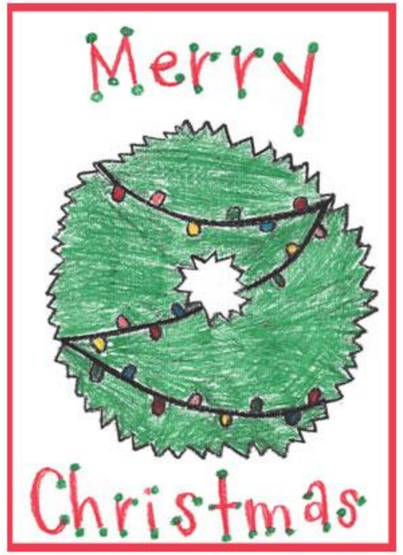
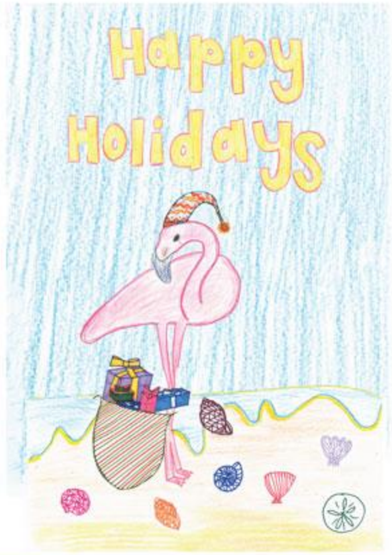
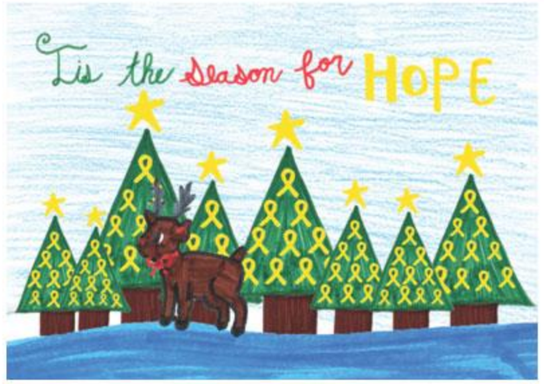
Virtual Holiday Card Exchange







Department of Mental Health & Substance Abuse Services

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Upcoming WFHTN Schedule

February Wellness Council Webinar

Thursday, Feb. 3 from 9-9:45 a.m. Central

Quarter 3 Activity List

Due Thursday, March 31

For our full virtual event list, please visit ***tn.gov/wfhtn*** *and scroll down to 'Events & Activities'.*

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Your Updates!

Questions

Stay on for "Team Talk"!

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