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WELLNESS COUNCIL WEBINAR

July 2021

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Fun Fact Challenge (+ An Update!)
WFHTN Quarterly Activity List Now Available
Wellness Council Spotlight
July Health Observances
Upcoming WFHTN Schedule Sharing
WFHTN "Team Talk" (*OPTIONAL*)

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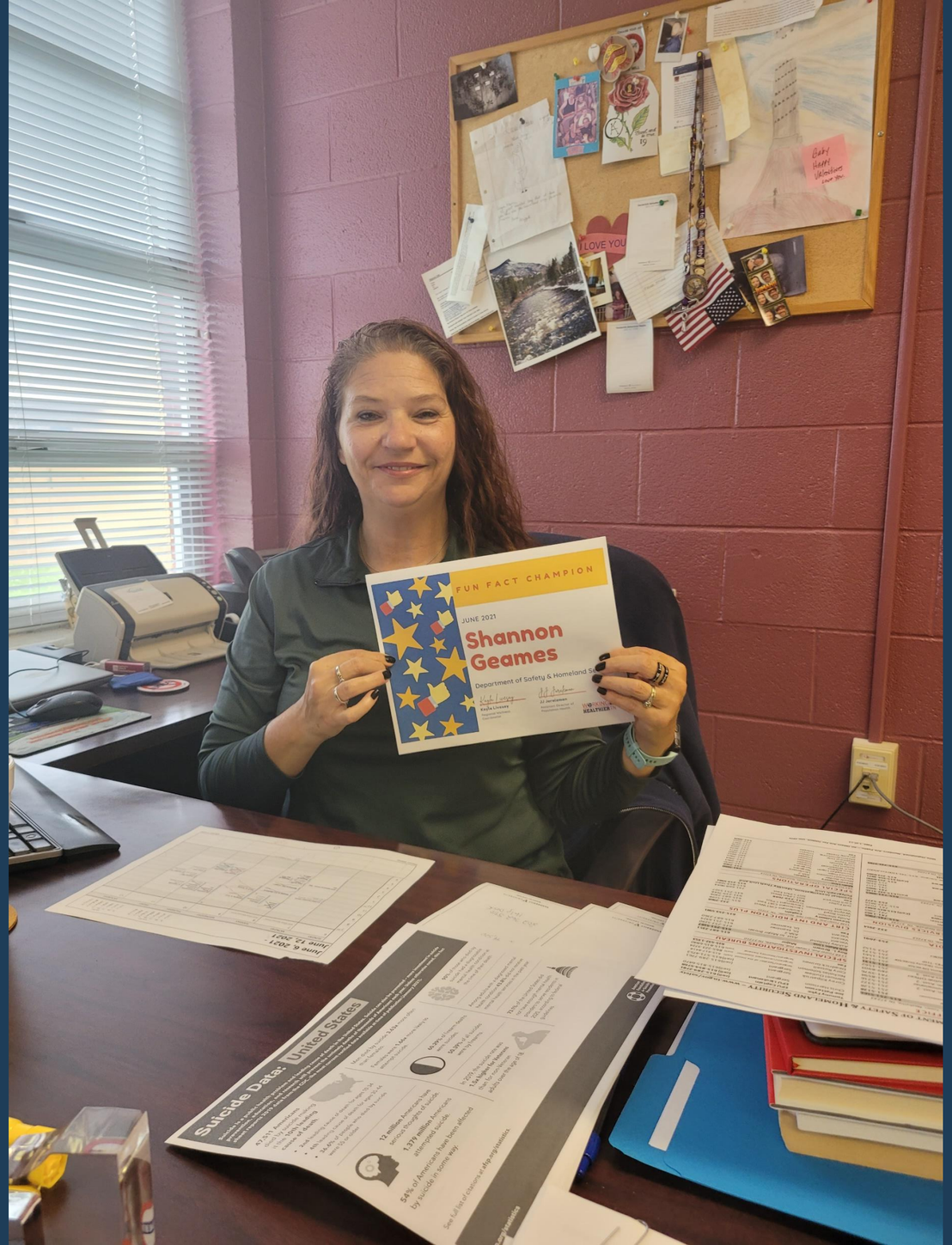
Fun Fact Challenge

Congratulations **to our June 2021 Fun Fact Challenge winner:**

SHANNON GEAMES
Department of Safety & Homeland Security



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.

WFHTN Wellness Whiz Quiz

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Wellness Whiz Quiz

Question #1

What do you call a pig that does karate?

A _ _ _ _ _ _ _ _ _.

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Wellness Whiz Quiz

Question #2

What kind of shoes do robbers wear?

_ _ _ _ _ _ _ _

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Wellness Whiz Quiz

Question #3

What vegetable is kind to everyone?

A _ _ _ _ _ _ _ _ _ _ _ _.

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Wellness Whiz Quiz

Tie Breaker

What kind of tea is hard to swallow?

_ _ _ _ _ _ _

WFHTN Updates

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**

July 2021 Suggestions

To Achieve GOLD Level Status

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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July 2021 Suggestions

To Achieve GOLD Level Status

FOCUS AREA	COMMUNICATE *Share about these activities.	ENGAGE	INSPIRE CHANGE
WELLNESS COUNCIL	• This Quarterly Activity List with your Wellness Council members	• Participate in the monthly WFHTN Wellness Council Webinar. (Click here to join.)	• Attend WFHTN's 2021 Annual Awards Celebration.
PHYSICAL ACTIVITY		• Encourage employees to get active outdoors by visiting Tennessee Greenways, Trails or State Parks in recognition of Park and Recreation Month (July).	• Host an Office Olympics Challenge in honor of the 2021 Summer Olympics.
HEALTHY EATING	• The Eat Like an Olympian Handout in honor of the 2021 Summer Olympics		
WELL-BEING	• The July Here4TN Scavenger Hunt (July 12-23)		

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2021 Annual Awards Celebration

You're Invited!

- **DATE:** Thursday, July 22
- **TIME:** 9-10 a.m. Central
- **WHERE:** WebEx
- **WHO:** You, Wellness Council members & leadership!

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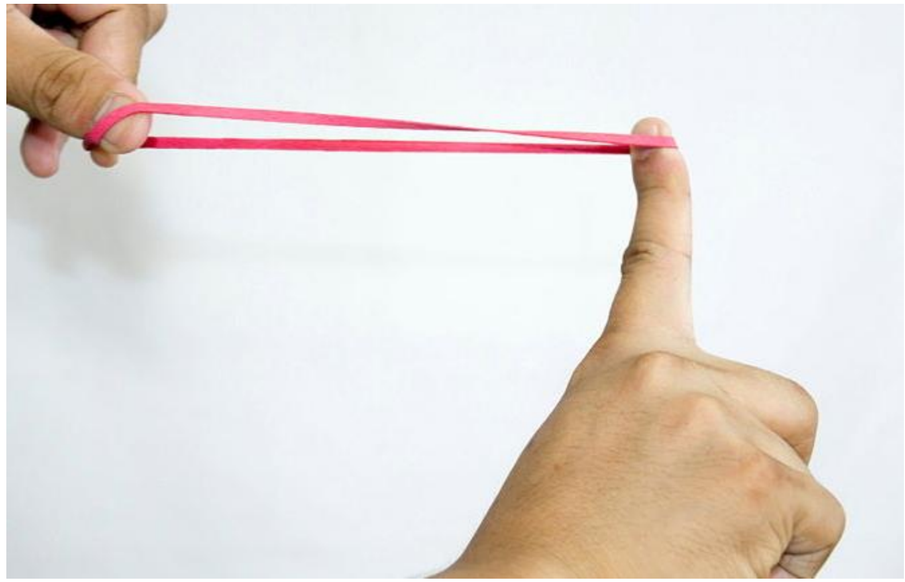
Celebrate the 2020 Summer Olympics

Friday, July 23 - Sunday, August 8

- Share WFHTN's "Eat Like an Olympian Handout"
- Host an "Office Olympics Challenge"
- Other ideas?



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Here4TN Scavenger Hunt

July 12-23

- A random 50 employees will score a Here4TN phone wallet!

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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!

Now Available from WFHTN

- **Screen-Free Challenge** - The goal of this challenge is to reduce your screen time and increase your screen-free activities over the course of two weeks. Each day, you'll list two screen-free activities you completed and your total screen time.

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SCREEN-FREE ACTIVITIES

GET OUTSIDE:

- Go for a stroll.
- Find a tree to read under.
- Pull weeds.
- Wash the car or a neighbor's car.
- Go birdwatching.
- Draw with chalk.
- Do yoga in the grass.
- Have a dance party.
- Pick up trash along one of your walks.
- Start a garden.
- Do yard work.
- Go camping.
- Take an early morning walk.
- Walk the dog. Wash the dog.
- Take a nature hike.
- Make a wooden flower box.
- Plan a picnic or barbecue.
- Go swimming.
- Go for a bicycle ride.
- Play soccer, softball or volleyball.
- Play Frisbee.
- Discover local park activities.

PLAY A GAME:

- Play cards.
- Play charades.
- Play board games.
- Do a crossword puzzle.
- Play Sudoku.

IN THE COMMUNITY:

- Visit the library. Borrow some books.
- Visit a local bookstore.
- Visit the zoo.
- Go to a museum.
- Go on a family trip or historical excursion.
- Go dancing. Take a dance class.
- Organize a community clean-up or volunteer for charity.

IN YOUR HOME:

- Listen to the radio.
- Write an article or story.
- Paint a picture, a mural or a room.
- Read a book. Start a journal.
- Write a letter to a friend or relative.
- Go through your closets and donate items.
- Try a new craft.
- Repair or refinish a piece of furniture.
- Take photos to put in an album.
- Collect recycling and drop it off at a recycling center.
- Workout.
- Become a tutor.
- Get to know your neighbors.
- Research your family history.
- Cook dinner with friends or family.
- Create a cookbook with your favorite recipes.
- Learn about a different culture. Have an international dinner.
- Learn to change the oil or tire on a car. Fix something.

Click HERE for even more ideas!

Now Available from WFHTN

- **Taking Time Away from Technology** - new webinar about technology addiction and how to break the habit!

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July Holidays & Health Observances

- Park and Recreation Month
- UV Safety Month
- Independence Day – Sunday, July 4

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

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Wellness Council Spotlight

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Chopped

Department of Human Services

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NATIONAL HERBS & SPICES DAY

June 10

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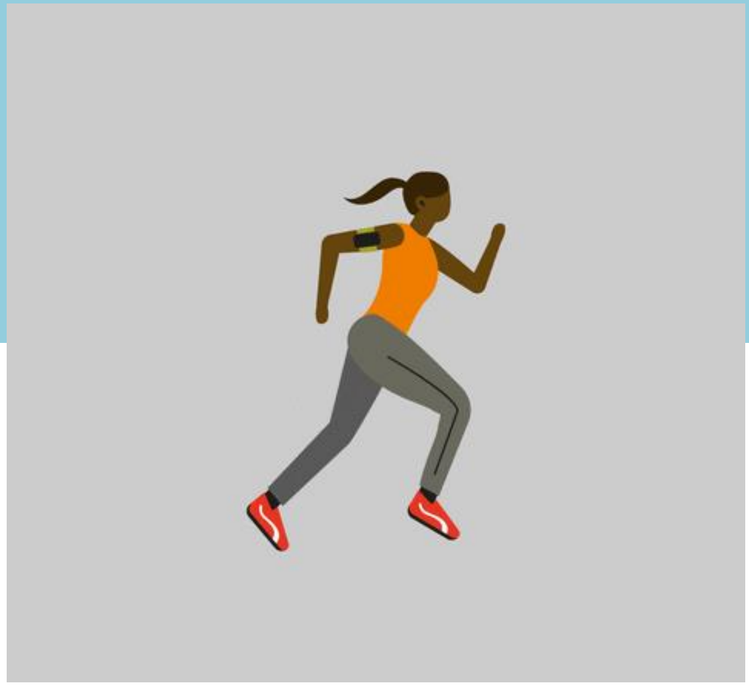
Let’s Get a Mile In!



Tennessee Bureau of Investigation

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Upcoming WFHTN Schedule

2021 Annual Awards Celebration

Thursday, July 22 from 9-10 a.m. Central

August Wellness Council Webinar

Thursday, August 5 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:

MARKETING/PROMOTION

- **What are other departments' "elevator pitches" for joining the council? –** Kyle (LWFD)

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Elevator Pitch

Five steps to an effective elevator pitch (5:59)

1. Engage with a related question
2. Explain what you do
3. Communicate your value
4. Promote an achievement
5. Demonstrate passion

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