WORKING FOR A HEALTHIER TN

WELLNESS COUNCIL WEBINAR

July 2022

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Get Active Outdoors this Summer
Guest Speaker
Fiscal Year 2023 Budget Update
Quarterly Activity List
What's New?
Wellness Council Spotlight
Upcoming Schedule
Sharing

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Get Active Outdoors this Summer

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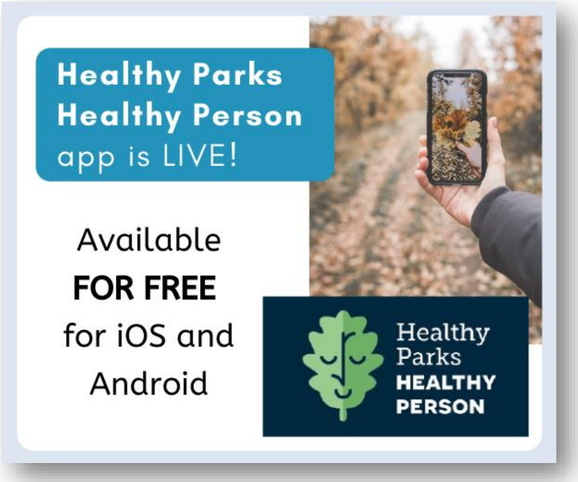
Get Active Outdoors!

TWRA Mobile App – On the Go

Healthy Parks Healthy Person – healthyparkstn.com

TN State Parks – tnstateparks.com



Get Active Outdoors!

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Guest Speaker

JILL KILGORE
Public Relations Media Manager
Department of Tourist Development

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Visit our Website!

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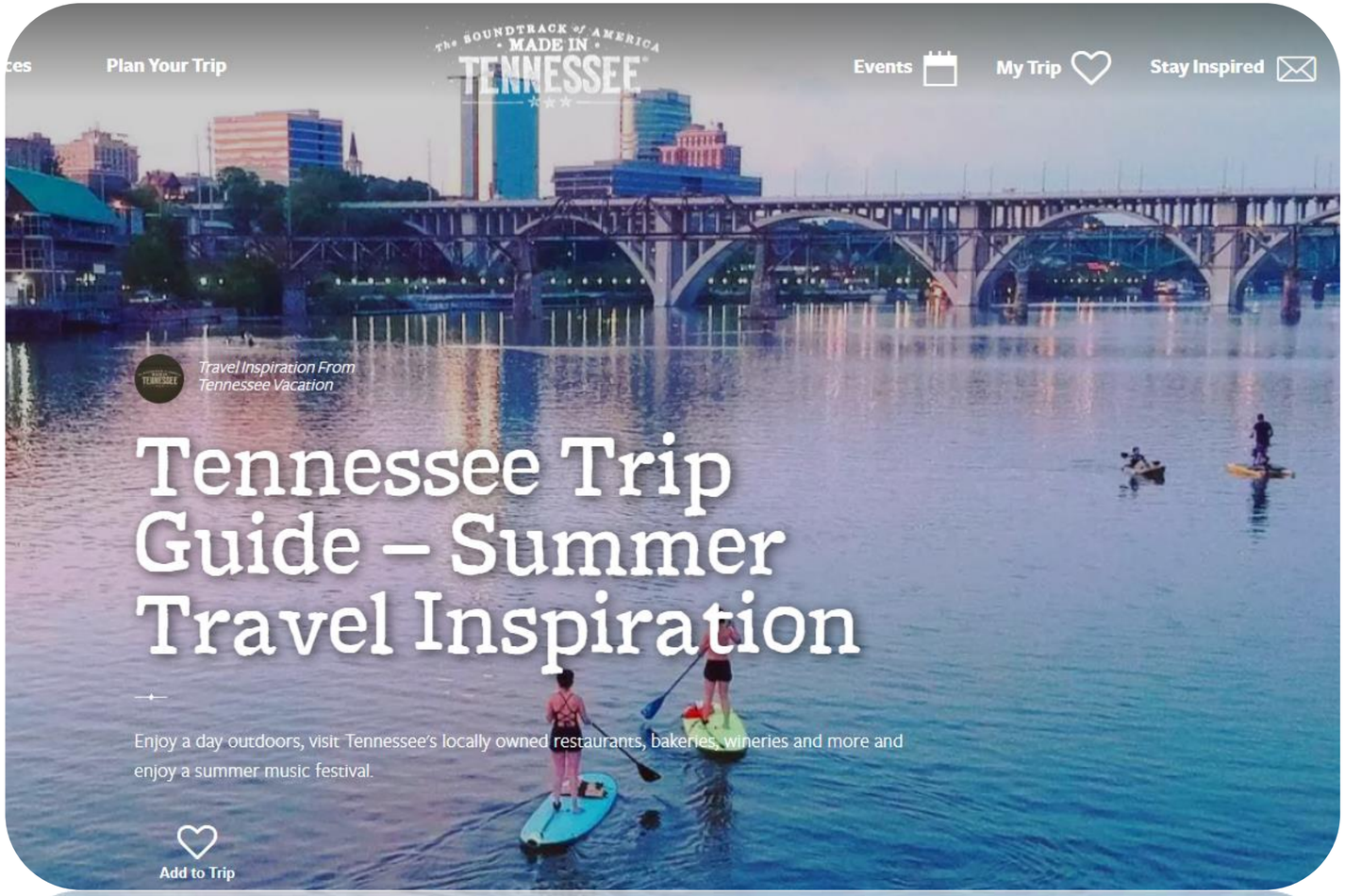

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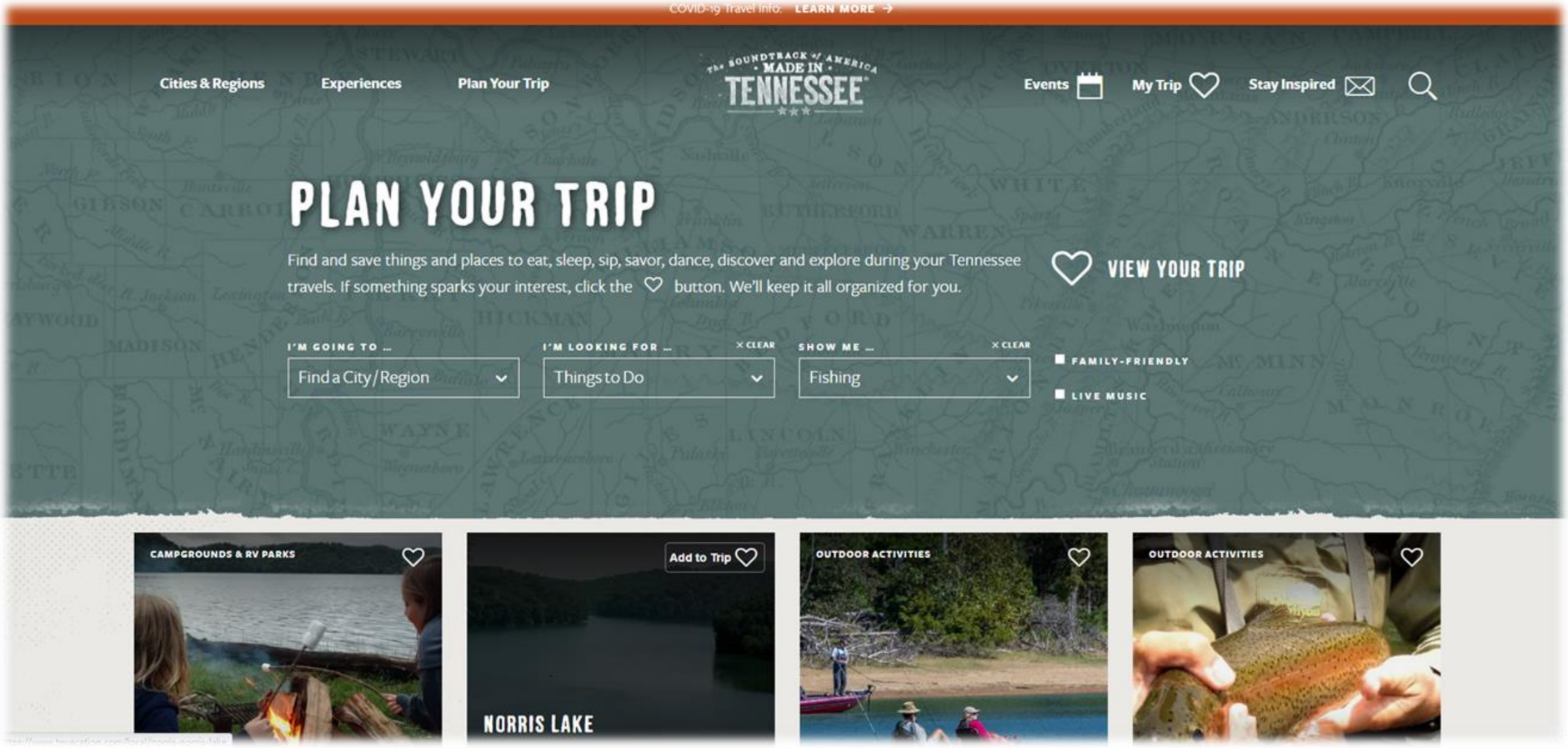
Plan Your Trip



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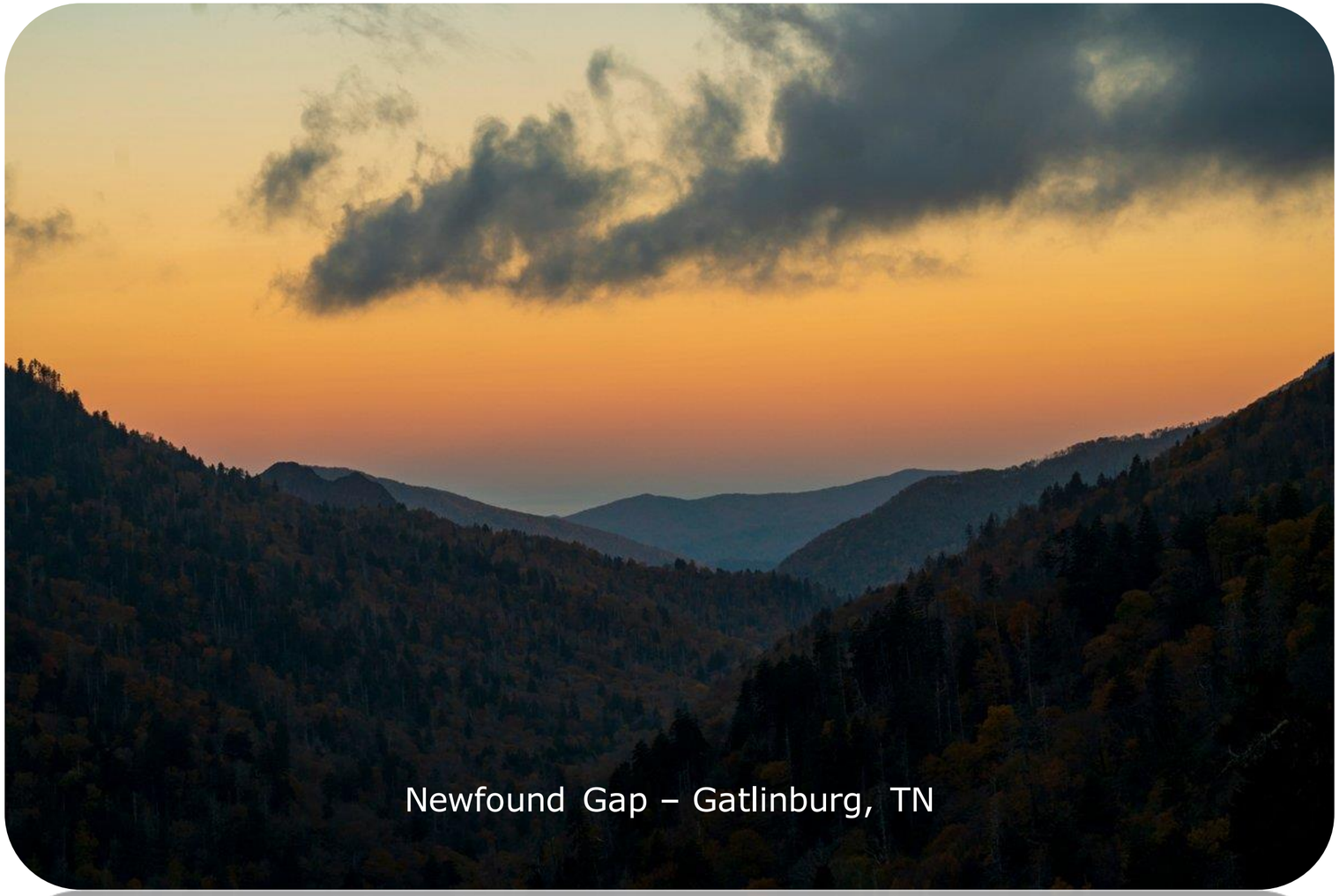
Discover the Smoky Mountains



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Pitch a Tent, Build a Campfire or Go Stargazing!

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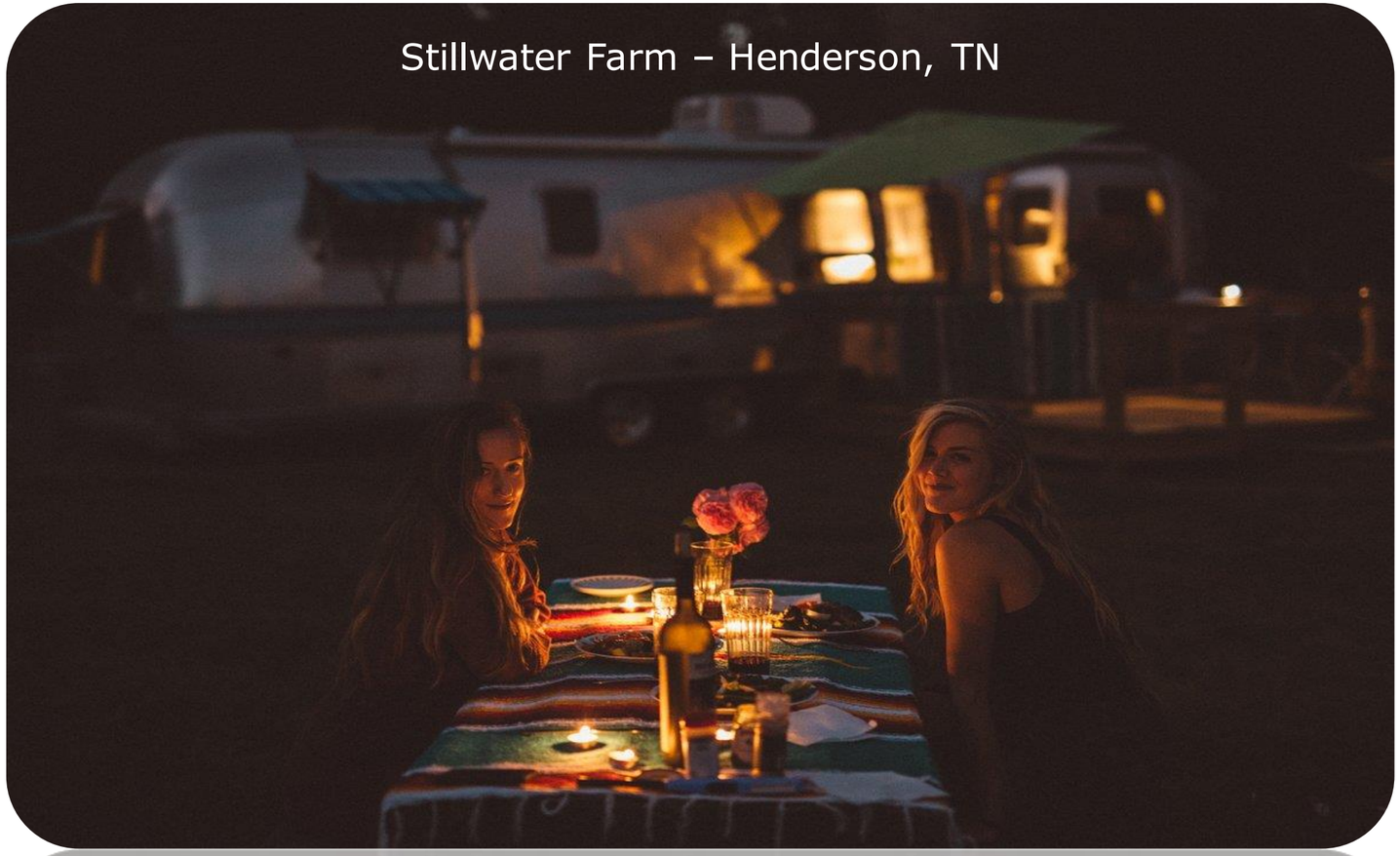
Enjoy a Farm Fresh Meal



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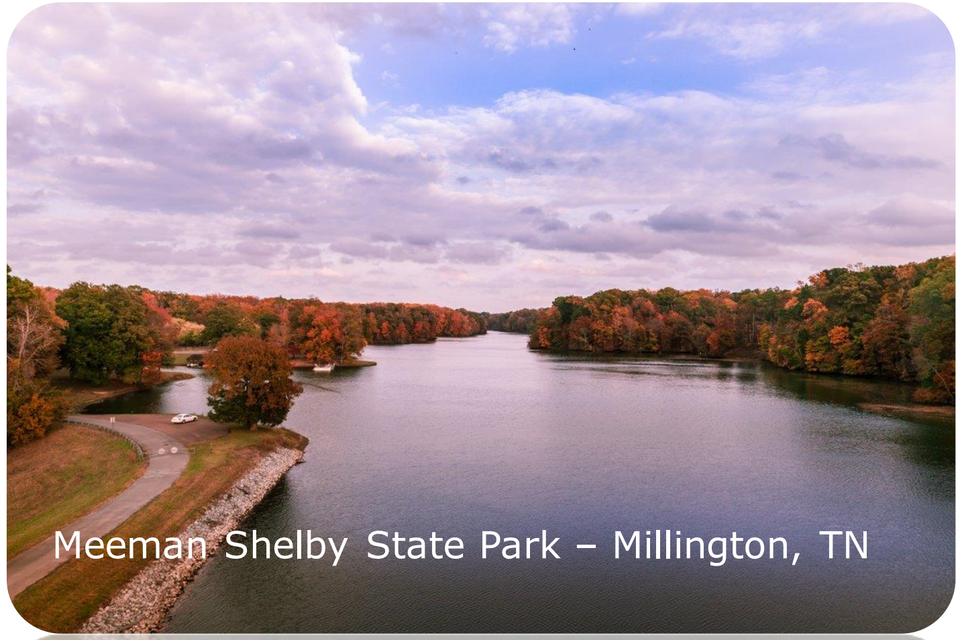
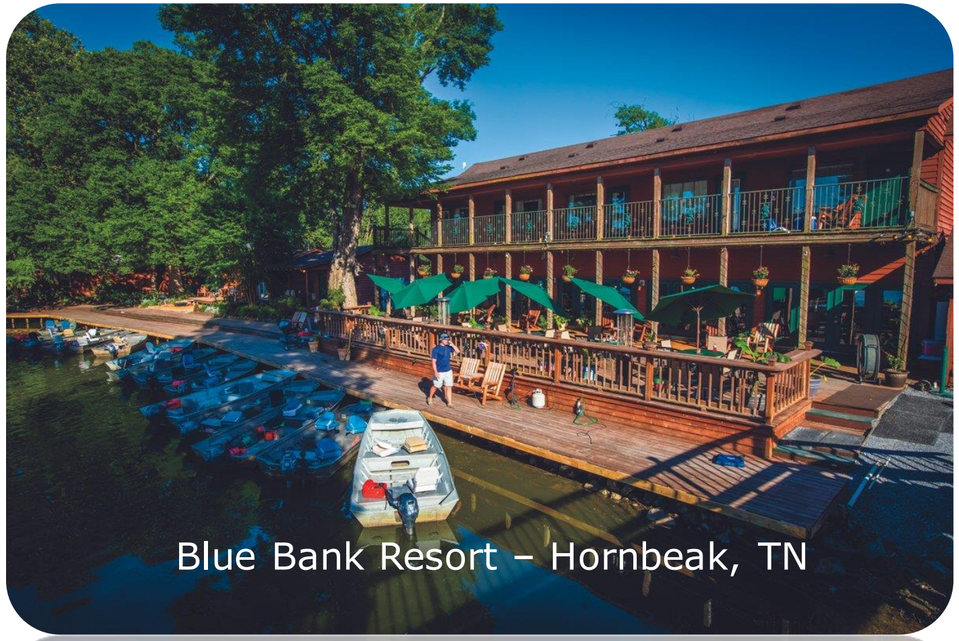
Visit a Lake Around the Volunteer State



Meeman Shelby State Park – Millington, TN



Blue Bank Resort – Hornbeak, TN

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Fiscal Year 2023 Budget Update

Wellness Council Budget Requests

- **WFHTN Swag Requests**
  - Bulk items ordered quarterly
  - Survey Wellness Councils quarterly for input on items
  - Inventory list will be available via OneDrive

- **Wellness Council Special Requests**
  - Division A: $200
  - Division B: $150
  - Division C: $100
  - Vendors: Amazon and 4imprint
  - Submit **maximum of one** request per quarter

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Quarterly Activity List

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July Suggestions

Share information related to:

- Physical activity video resources from Here4TN.
- Sit Less and Move More handout.
- Promote the 4Mind4Body Healthy Hydration: Choose Your Drinks Wisely webinar on July 14 from 11:30 a.m. to 12:30 p.m. CT.

Activities that you can plug into:

Invite employees to join our How to Handle the Heat webinar on July 19 from 11-11:30 a.m. CT.

Challenges you can decide whether to participate in:

Mother Nature Calls Challenge (July 18-29)

Move More Challenge (August 1-28)

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Here4TN Scavenger Hunt

July 11-22

50 employees chosen at random will win a prize!

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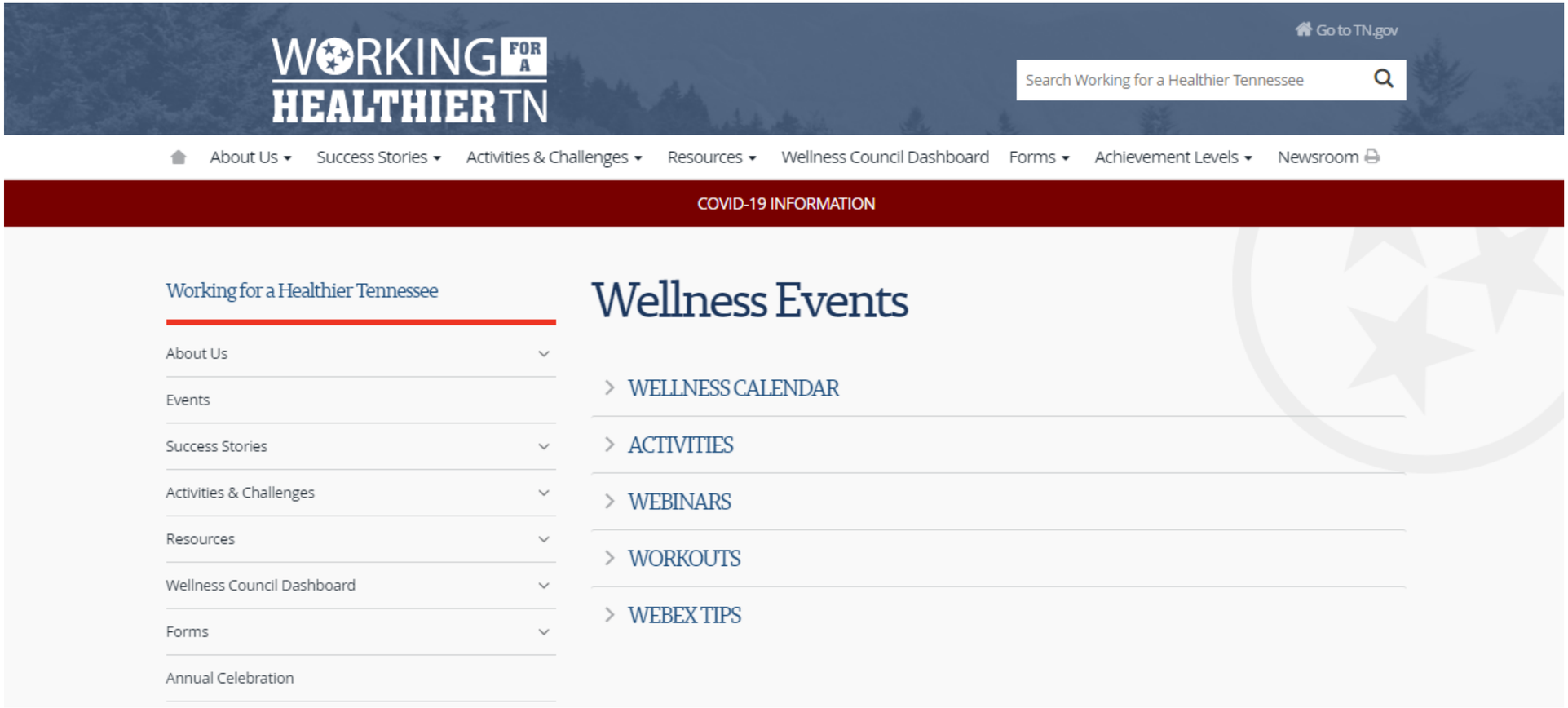
What's New?

Wellness Events Page

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



July Wellness Calendar & Virtual Events

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CELEBRATE YOU!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 1	Please note: All times are listed in the Central time zone.				Stay hydrated! Use this Water Tracker to stay on track.
July 4-8	Happy 4th of July!	Check your inbox for our Be Well eWork newsletter!	Join DHS for a 10-minute Fitness Break from 11-11:10 a.m. (Link to join)	Check out these Here4TN Physical Activity videos.	Get inspired by watching Debra's success story!
July 11-15	Participate in the Here4TN Scavenger Hunt! (Click on Challenges)	Join the Livestream Walking Workout from 12-12:15 p.m. (Calendar invite)	Cool down with an Iced Mocha.	Join DCS for a Fitness Break from 11-11:15 a.m. (Calendar invite)	Join Yoga: Core & More from 12:15-12:45 p.m. (Calendar invite)
July 18-22	Join the Mother Nature Calls Challenge! (Click on Challenges.)	Join the How to Handle the Heat webinar from 11-11:30 a.m. (Calendar invite)	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Looking to quit smoking? Check out the Tobacco QuitLine.	Watch the Preparing Food with Four Easy Steps video (44 seconds).
July 25-29	Get to know WFHTN team member Laura, a wellness coordinator!	Set up an ergonomic workstation!	Track YOUR mental health with the Mental Health Tracker.	Join our Trivia Break from 12-12:15 p.m. (Calendar invite)	Try out this lighter take on French Onion Dip.

UPCOMING EVENTS
JULY 2022

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WORKOUTS

YOGA FOR ALL (WITH SOPHIA)
Mondays from 12-12:15 p.m.
Link to join. Calendar invite.

DHS FITNESS BREAK
Wednesdays from 11-11:10 a.m.
Link to join.

YOGA FOR ALL
Wednesdays from 12-12:15 p.m.
Link to join. Calendar invite.

DCS FITNESS BREAK
Thursdays from 11-11:15 a.m.
Link to join. Calendar invite.

YOGA: CORE & MORE
Fridays from 12:15-12:45 p.m.
Link to join. Calendar invite.

LIVESTREAM WALKING WORKOUT
Tuesday, July 12 from 12-12:15 p.m.
Link to join. Calendar invite.

CHALLENGES

HERE4TN SCAVENGER HUNT
July 11-22
Link will be provided on July 11.

MOTHER NATURE CALLS
July 18-29
Go to our Wellness Events webpage and click Challenges.

ACTIVITIES

PICNIC TRIVIA
Thursday, July 28 from 12-12:15 p.m.
Link to join. Calendar invite.

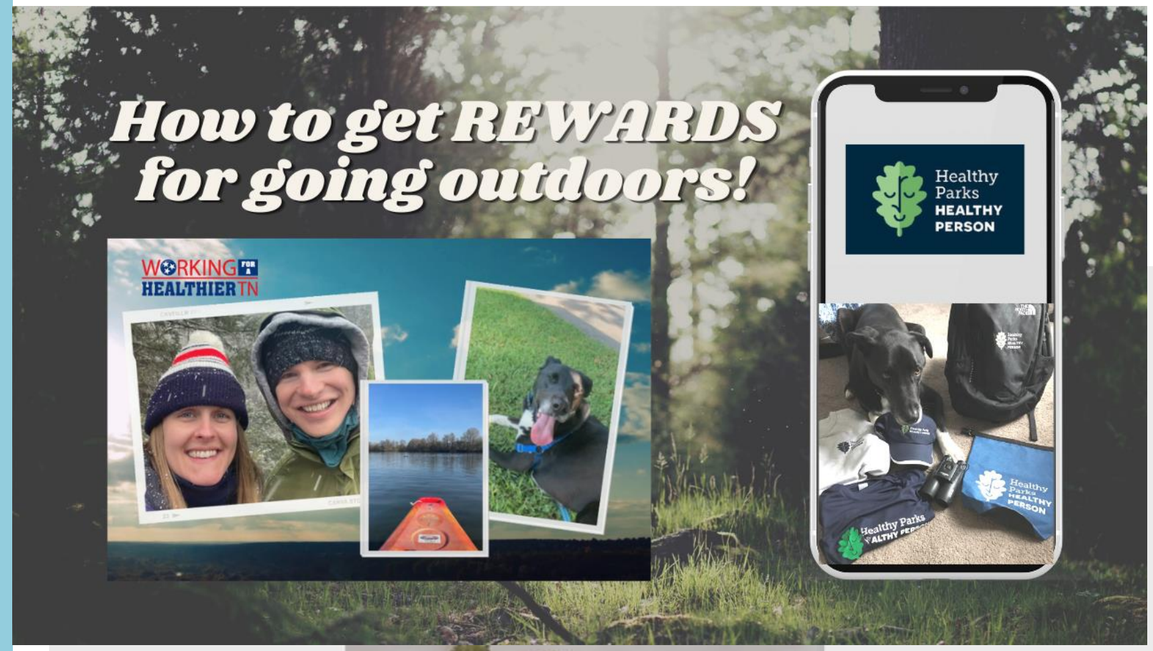
WEBINARS

HOW TO HANDLE THE HEAT
Tuesday, July 19 from 11-11:30 a.m.
Link to join. Calendar invite.

For more information about these events, visit https://www.tn.gov/wfhtn/challenges/wellness-events.html.

Please note: All times are listed in Central time zone.

WFHTN YouTube Videos



Subscribe to our YouTube channel: YouTube.com/TNSiteChampions

Wellness Council Spotlight

Wellness Week

All-Agency Challenge

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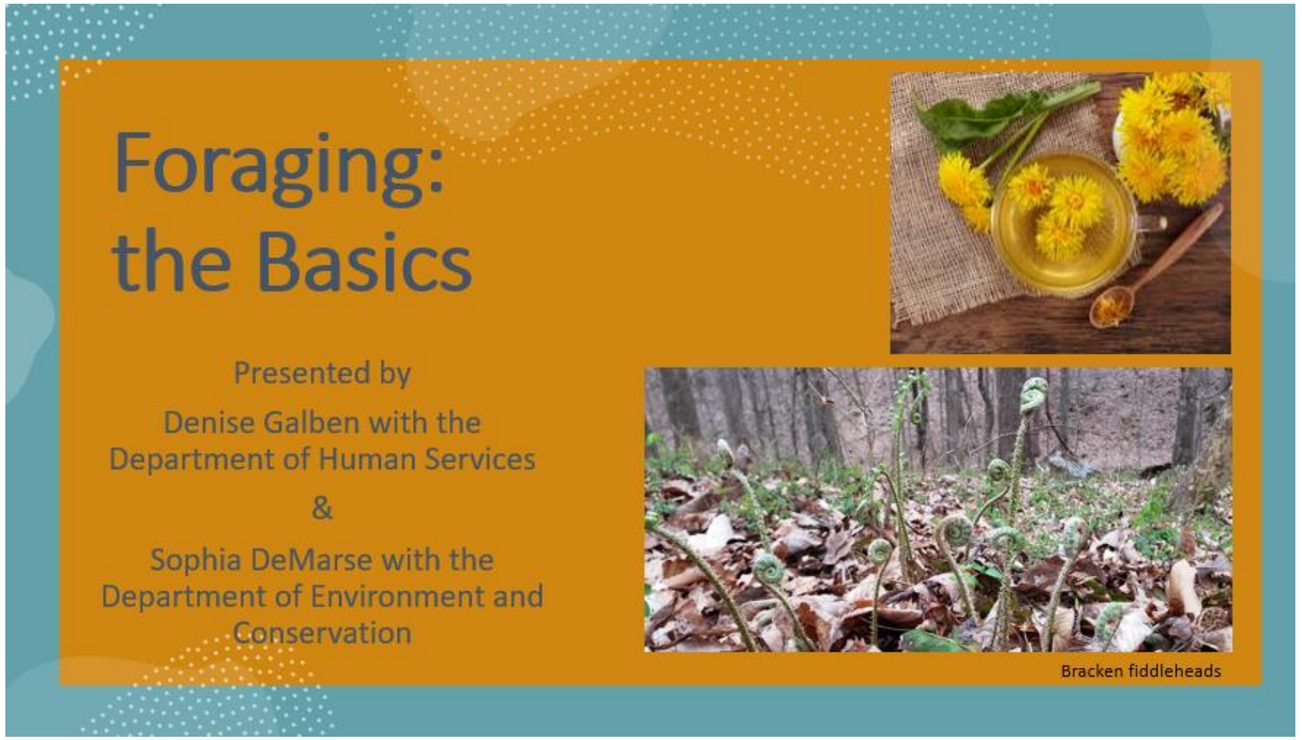
Foraging Webinar

Departments of Human Services and Environment & Conservation



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Upcoming Schedule

August Wellness Council Webinar

Guest Speaker: ActiveHealth

Thursday, August 4 from 9-9:45 a.m. Central

Quarter 1 Activity List

Due Monday, October 3

For our full virtual event list, please visit
tn.gov/wfhtn/wellness-events.html

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2022 Annual Awards Celebration

- **Wednesday, July 20**
- **9-10 a.m. CT**

Easily register now!
Open your phone camera and scan the QR Code:

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Your Updates!

Questions

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