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WELLNESS COUNCIL WEBINAR

June 2021

/WFHTN

@WFHTN

@WorkingForAHealthierTN

/TNSiteChampions

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- Tournament Highlights
- WFHTN Achievement Levels
- Fun Fact Challenge
- June Activity Planner Highlights
- Wellness Council Spotlight
- June Health Observances
- Upcoming WFHTN Schedule
- Sharing
- WFHTN "Team Talk" (*optional*)

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2021 Wellness Warriors Awards Tournament

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Tournament for the Wellness Warriors Awards

Departments: 14

Submissions:

Motivation Monday	776
Take a Walk Tuesday	701
Water Wednesday	970
Think Positive Thursday	878
Foodie Friday	793

TOTAL: 4,118!!!

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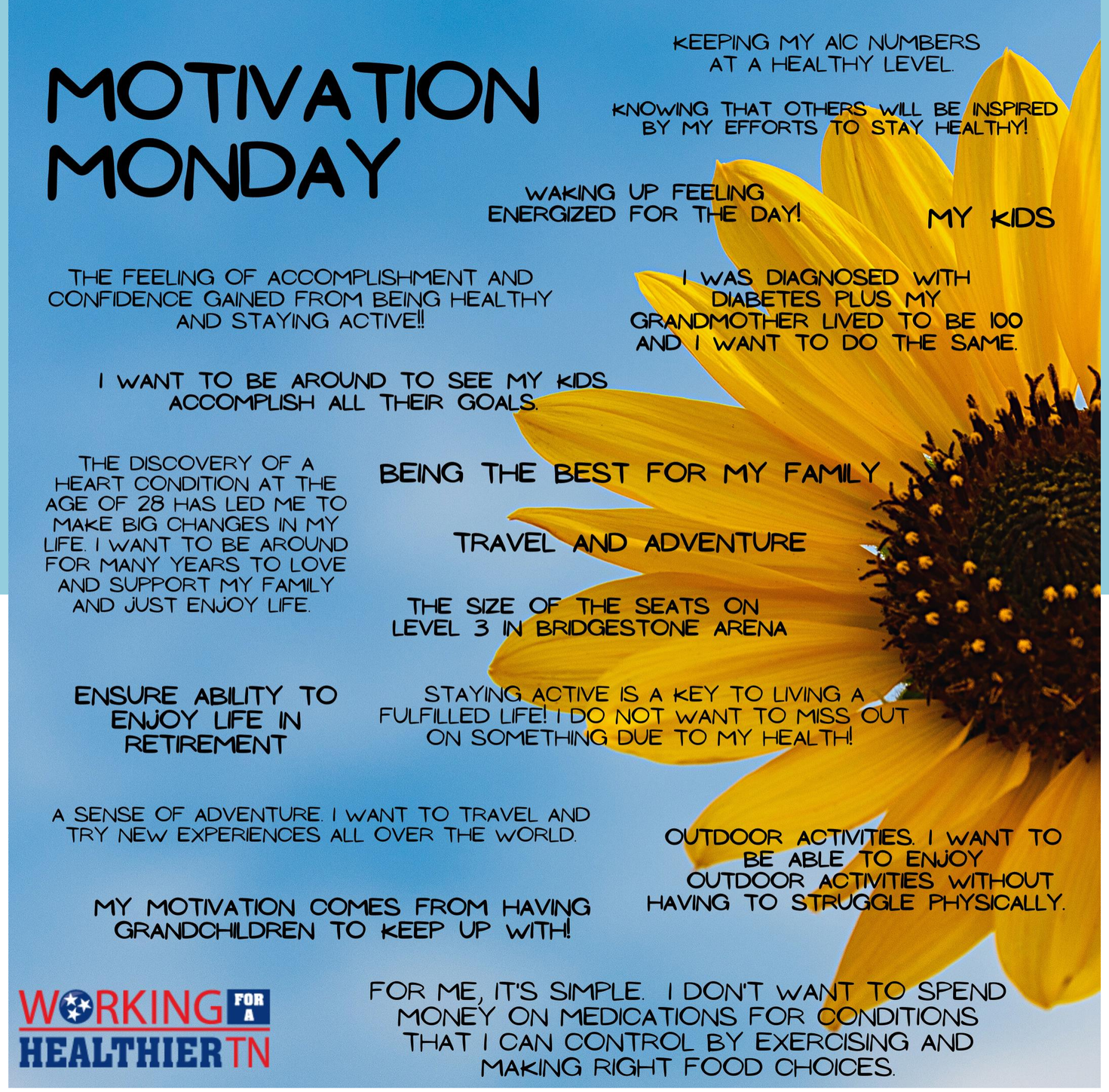
Tournament for the Wellness Warriors Awards



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Tournament for the Wellness Warriors Awards

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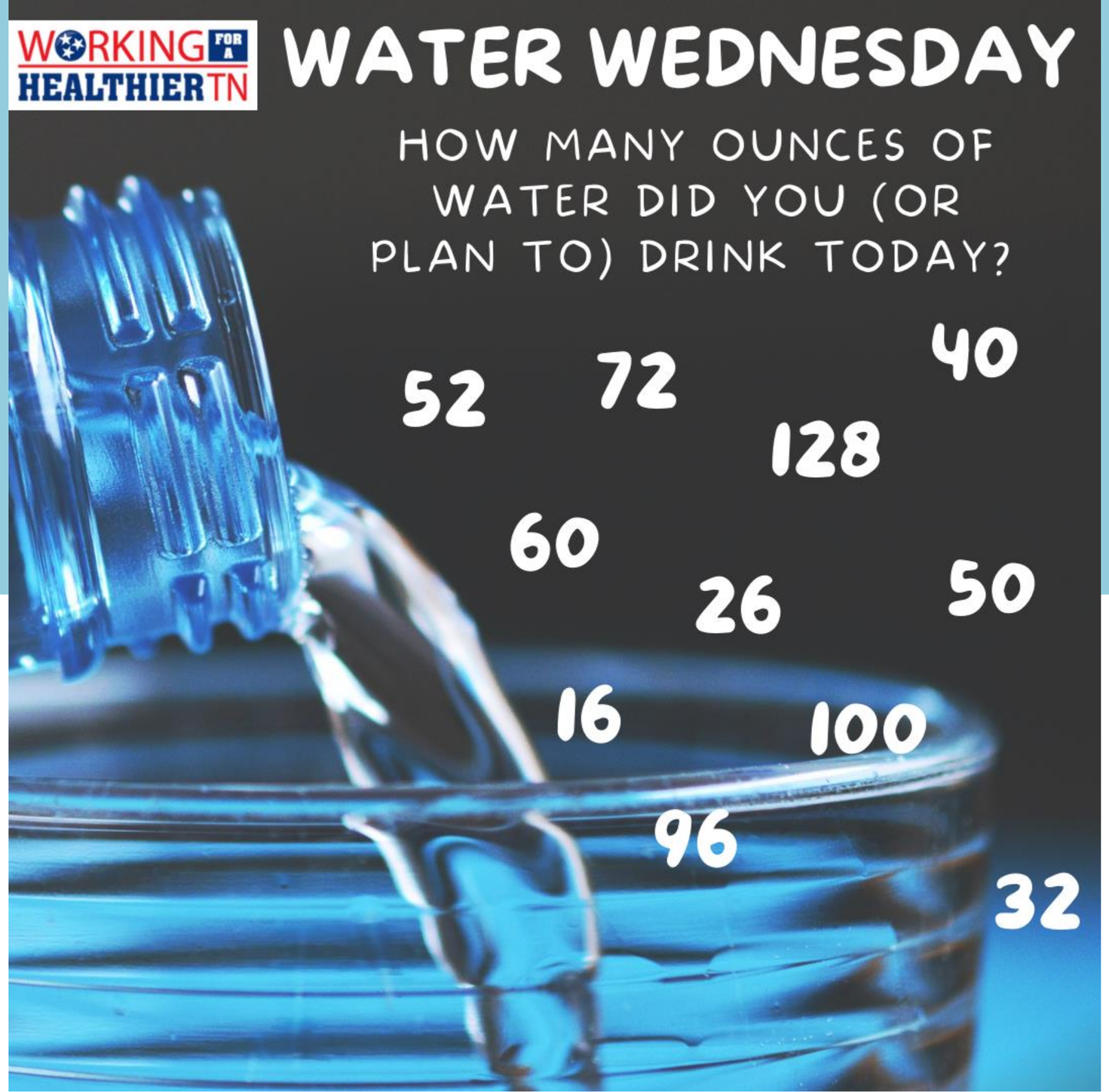
Tournament for the Wellness Warriors Awards



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Tournament for the Wellness Warriors Awards

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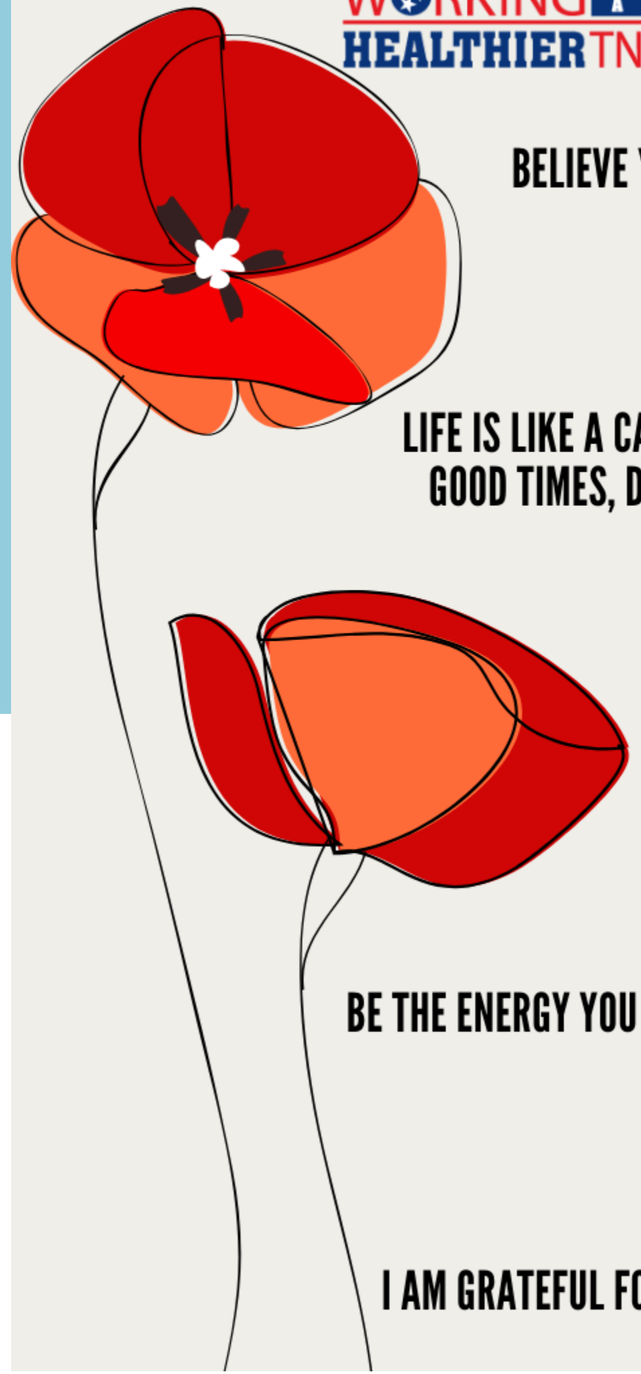
THINK POSITIVE THURSDAY



BELIEVE YOU CAN AND YOU'RE HALFWAY THERE.

TAKE TIME TO MAKE YOUR SOUL HAPPY.

LIFE IS LIKE A CAMERA. FOCUS ON WHAT IS IMPORTANT, CAPTURE THE GOOD TIMES, DEVELOP FROM THE NEGATIVES, AND IF THINGS DON'T WORK OUT TAKE ANOTHER SHOT.

TRY TO BE A RAINBOW IN SOMEONE ELSE'S CLOUD.

"NOTHING WORTH HAVING WAS EVER ACHIEVED WITHOUT EFFORT." - THEODORE ROOSEVELT

BE THE ENERGY YOU WANT TO ATTRACT ❤

EVERY DAY IS A CHANCE TO CHANGE YOUR LIFE.

I AM GRATEFUL FOR LIVING A CANCER-FREE LIFE FOR 12 YEARS TODAY!

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Tournament for the Wellness Warriors Awards

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Achievement Levels Fiscal Year 2022

(July 1, 2021 – June 30, 2022)

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Achievement Levels

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Fun Fact Challenge

Congratulations **to our May Fun Fact Challenge winner:**

Anna Andersen, Department of Military

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Fun Fact Challenge

How to play:

The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's **Fun Fact Champion**.

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

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Fun Fact Challenge!

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Fun Fact Challenge!

Question #1

How many achievement levels are there?

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Fun Fact Challenge!

Question #2

When does the new achievement levels system begin?

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Fun Fact Challenge!

Question #3

How many focus areas are on the Quarterly Activity List?

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Fun Fact Challenge!

Tie Breaker

If you need help with planning or promoting activities, who can you ask?

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June Activity Planner

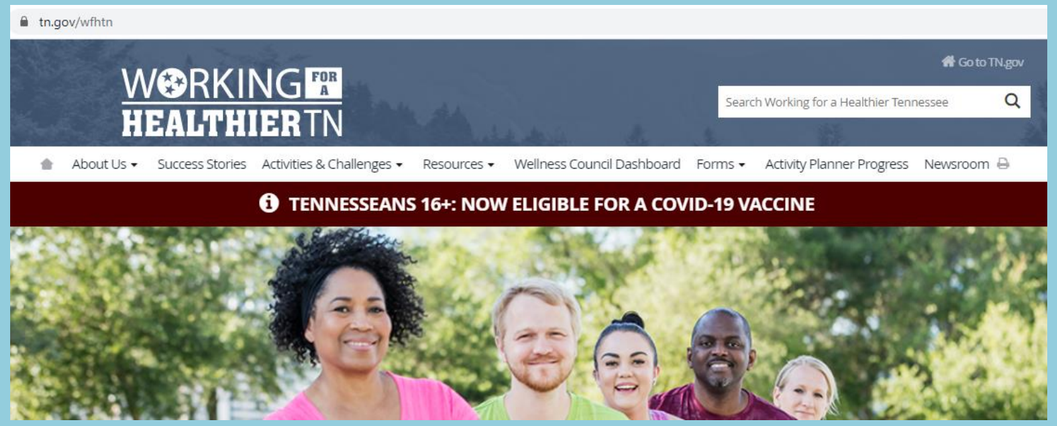
Men’s Health Week/Month

- Help the men in your life lead longer, healthier lives in honor of National Men's Health Week and National Men's Health Month by encouraging your employees to learn about their family health history.

- Wear **BLUE** on Friday, June 18th for Men’s Health Month.

NEW from WFHTN

WFHTN Scavenger Hunt – Are you familiar with Working for a Healthier TN and all the great resources they offer? Learn more while you search for specific items on the WFHTN website.



Personalize My Plate Challenge – Take a more personalized approach to the nutrition your body needs in this two-week challenge.

	TASK	DETAILS	MY NOTES
START HERE	**Know how your nutrition needs change over time.**	You *can* meet your nutritional needs to help you feel your best during every stage of life. **Visit Nutrition.gov's Nutrition by Age resources to find out more about how your nutrition needs change over time.**	
WEEK 1	**Choose the right eating plan for your health.** **Note: If you have a chronic condition(s) and/or disease(s), additional specific modifications are often needed.	The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance based on your age, sex, height, weight and physical activity level. **Practice eating your MyPlate Plan for your best health!** This Healthy Eating page provides additional resources to help you get started.	**Did you meet your food group targets on any days?**

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June Holidays & Health Observances

- Alzheimer's & Brain Awareness Month
- Great Outdoors Month
- Men's Health Month
- National Fresh Fruit and Vegetable Month
- National Safety Month
- Men's Health Week (Week leading up to Father's Day)
- National Garden Week (1st full week in June)
- World Bicycle Day (June 3rd)
- National Herbs & Spices Day (June 10th)
- National Get Outdoors Day (2nd Saturday - June 12th)
- Family Health & Fitness Day USA® (2nd Saturday - June 12th)
- National Eat Your Vegetables Day (June 17th)
- International Day of Yoga (June 21st)
- National Smoothie Day (June 21st)
- National Hydration Day (June 23rd)
- National Work from Home Day (June 24th)

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Wellness Council Spotlight

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National Pet Month

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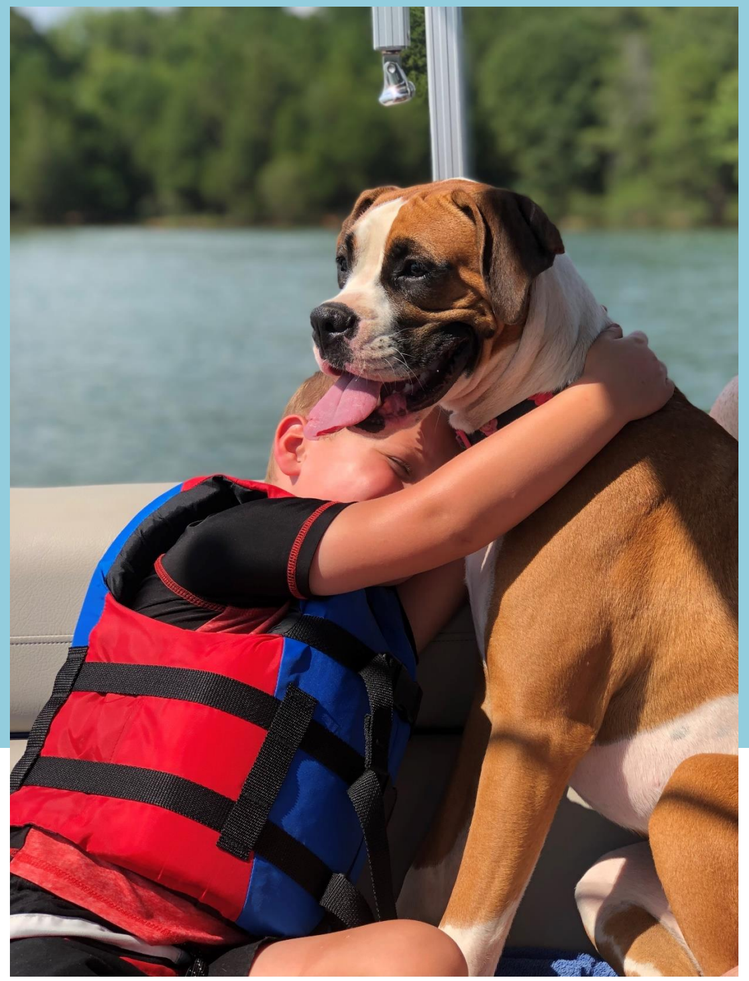
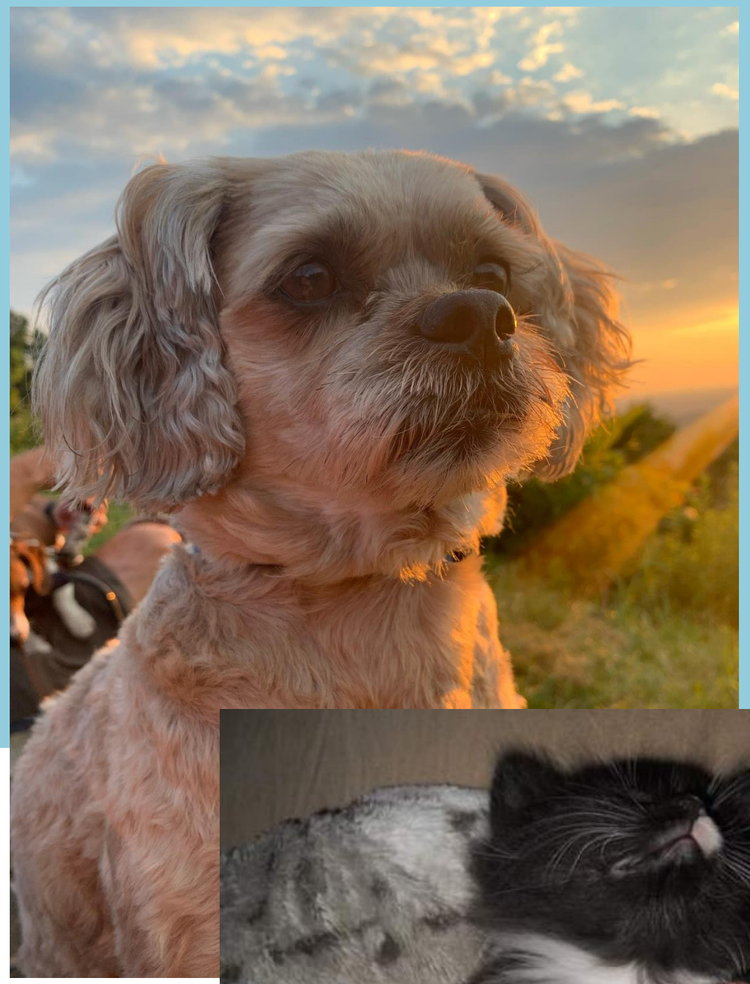
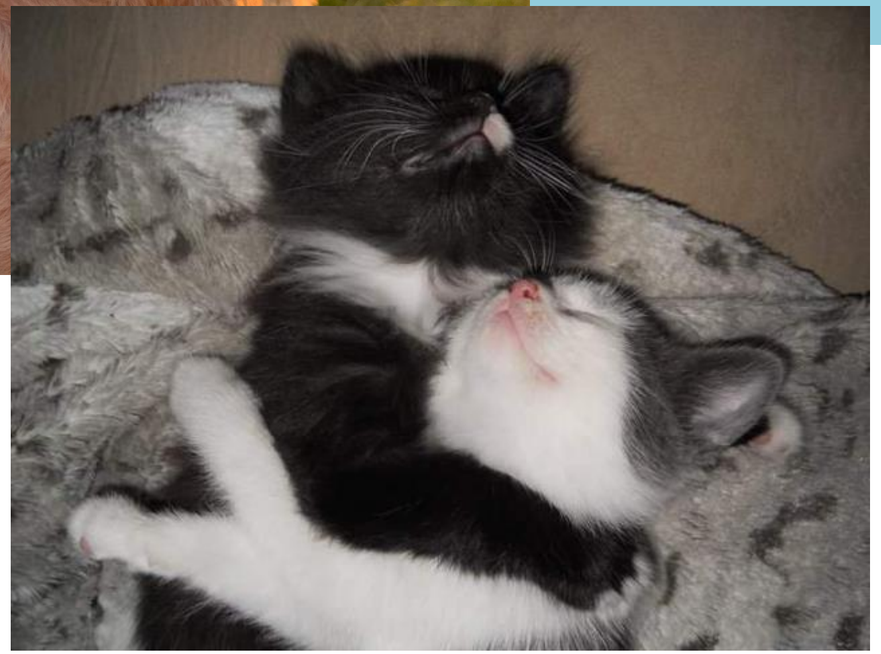
Children's Services

Pet Photo Contest







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Let's eat grandma. Let's eat, grandma. Commas save lives.

Ladies, if he can't appreciate your fruit jokes, you need to let that mango.

Why can't you trust a jalapeno farmer? Because he's jalapeno business.

Food Puns!

You are cherry Sweet.

How can you tell when a pepper gets angry? When he gets Jalapeno face!

What do you say to lettuce that's freaking out? Just romaine calm!

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OEP Earth Day Video

Environment & Conservation

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Economic & Community Development

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GET TO KNOW YOUR WELLNESS COUNCIL (Children's Services)

MEET YOUR DCS WELLNESS COUNCIL

Shayna Smith, PhD, RDN, LDN
DCS Wellness Co-Chair

MEET YOUR DCS WELLNESS COUNCIL

Venus Singleton
DCS Wellness Co-Chair

MEET YOUR DCS WELLNESS COUNCIL

Herbert A. Smith, BS, MSP
DCS Wellness Member

MEET YOUR DCS WELLNESS COUNCIL

Delora Ruffin , MA
DCS Wellness Member

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F&A Commissioner Butch Eley's Favorite Broccoli Recipe

GARLIC ROASTED BROCCOLI

1 16-OUNCE PACKAGE FRESH BROCCOLI FLORETS
1 ½ TABLESPOONS OLIVE OIL
½ TABLESPOON SALT
½ TABLESPOON GARLIC SALT
½ TABLESPOON ONION POWDER
PARMESAN CHEESE (OPTIONAL)

PREHEAT OVEN TO 400 DEGREES.

In a mixing bowl, combine broccoli with olive oil and toss. Add in garlic powder, salt, and onion powder. Toss again.

Spread broccoli onto a cookie sheet covered in tin foil. Bake for 20 minutes. Serve hot, sprinkle with parmesan cheese for extra deliciousness.

Virtual Healthy Recipe Swap

(Finance & Administration)

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Upcoming WFHTN Schedule

June Activity Planner

Due June 30

July Wellness Council Webinar

Thursday, July 1 at 9-9:30 a.m. Central
WFHTN Team Talk! at 9:30-9:45 a.m. Central

WFHTN Annual Awards Celebration (Virtual)

Thursday, July 22 at 9-10:30 a.m. Central

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Your Updates!

WHAT'S HAPPENING

Questions

Stay on for "Team Talk"!

WFHTN Team Talk

Today's Topic:

What motivates you to be on the Wellness Council?

Is there something specific that would nudge you to want to do more?

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