WORKING FOR A HEALTHIER TN

Wellness Council Webinar

May 2023

/WFHTN

@WorkingForAHealthierTN

@wfhtn

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

- Team Building
- Quarterly Activity List
- What's New from WFHTN
- Wellness Council Spotlights
- Upcoming Schedule

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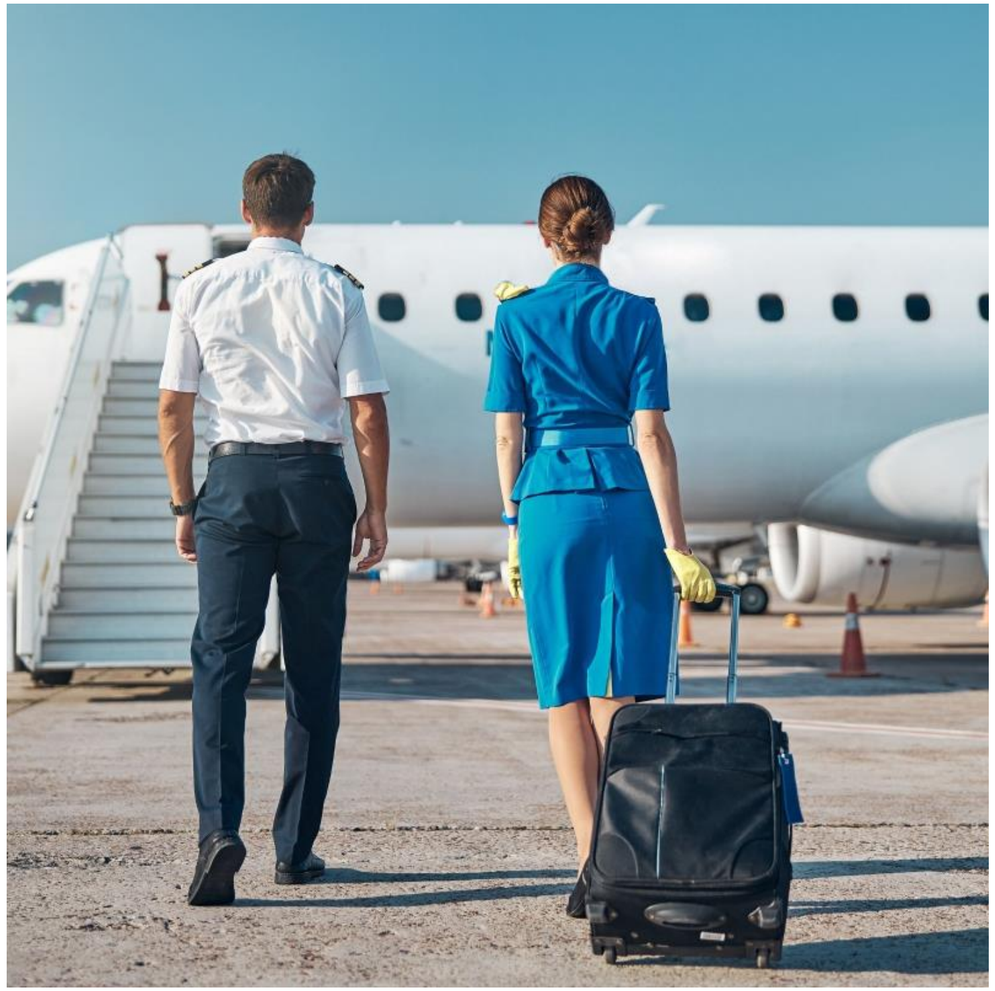
Getting to Know the Team

Getting to Know the Team

Kayla:

When Kayla was young, she wanted to be a _____.

- Fire fighter
- Professional tennis player
- Flight attendant



Getting to Know the Team

Kristina:

Kristina's first job in Nashville was as a _____.

- Truck driver
- Golf caddy
- Yoga instructor

Getting to Know the Team

Lindsey:

Lindsey's a _____ in the Chinese Zodiac!

- Horse
- Rabbit
- Rat

Getting to Know the Team

Morgan:

Morgan's favorite cookie is _____.

- Oatmeal chocolate chip
- Oatmeal raisin
- Oatmeal nut

Getting to Know the Team

Natalie:

True or False?

Natalie dressed up as Snowbird for a prior job.

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Quarterly Activity List

May Suggestions

Better Bites BINGO
In one week, aim to complete a horizontal, vertical or diagonal row of healthy eating activities listed on the BINGO card.

Let us know you participated by Wednesday, May 31

Five participants chosen at random will win a prize!

May Suggestions

National Health Observances

- Promote **Blood Pressure Education Month** by having employees complete the Blood Pressure Scavenger Hunt. Three participants chosen at random will win a prize!
- In recognition of **National Osteoporosis Month** share this Calcium and Vitamin D: Shopping List.
- In honor of **World No Tobacco Day** (May 31), ask employees to complete a tobacco cessation sign and share a photo (with permission) to WFHT.TN@tn.gov.
  - #MyWhy
  - #TheDayIQuit
  - #WhyIDon’tSmoke

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May Suggestions

Activities, Workouts & Webinars!

- **Self-Care: Small Changes for Positive Results (Presented by Optum Health)**
  Tuesday, May 2 from 10:30-11 a.m. CT
- **4Mind4Body webinar: Be Proactive and Age Healthfully**
  Wednesday, May 10 from 11:30-12:30 p.m. CT
- **Build Stronger Bones**
  Thursday, May 11, from 1-1:15 p.m. CT
- **Healthy Living Trivia**
  Friday, May 19 from 10-10:30 a.m. CT
- **Get to Know the Hunger Scale**
  Thursday, May 25 from 12-12:15 p.m. CT
- **Tobacco-Free Living (Presented by ActiveHealth)**
  Wednesday, May 31 from 1-1:30 p.m. CT

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What’s New?

Quarter 3 Metrics

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Hosted by WFHTN

12 activities
1,248 participants
22 agencies

Partnered w/agencies & Vendors

60 activities
1,583 participants
19 agencies

Be Well @Work Newsletter

Open Rate:
22.8%

Website Page Views

30,618

88% increase from last year

Survey Feedback

4.8/5

Social Media Engagement

Facebook: 10.79%
Instagram: 13.52%

2023

Celebrations!

Reminder: We'd love to celebrate you. Share your birthday with us on Formstack!

Budget Reminder

How much?

- Division A: $200
- Division B: $150
- Division C: $100

- **To use by May 15, 2023**

- **Send requests to your Wellness Coordinator.**

- *Note: Cannot be used to purchase gift cards, vouchers or memberships.*

2023 Annual Celebration

July 20 from 10 a.m. - 12 p.m. CT

May Daily Wellness Calendar & Virtual Events

Upcoming Events
May 2023

Workouts

Yoga for All
Mondays from 12-12:15 p.m.
Link to join. Calendar invite.

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

Fridays from 12-12:15 p.m.
Link to join. Calendar invite.

Dance Break
Tuesdays from 11:45 a.m.-12 p.m.
Link to join. Calendar invite.

DHS 10-Minute Fitness Break
Wednesdays from 11-11:10a.m.
Link to join. Calendar invite.

DCS Fitness Break
Thursdays from 10-10:15 a.m.
Link to join. Calendar invite.

Build Stronger Bones
Thursday, May 11 from 1-1:15 p.m. CT
Link to join. Calendar invite.

Challenge

Better Bites BINGO
During the month of May, complete this one-week challenge. Aim to complete a horizontal, vertical or diagonal row of healthy eating activities listed on the **BINGO card**. Five participants chosen at random will win a prize!

Activities & Webinars

Meditation Break (TDOE)
Thursdays from 11:15-11:30 a.m.
Link to join. Calendar invite.

Self-Care: Small Changes for Positive Results (Optum Health)
Tuesday, May 2 from 10:30-11 a.m.
Register.

Meditation with Nat
Wednesday, May 17 from 11:30 a.m. – 12 p.m.
Link to join. Calendar invite.

Healthy Living Trivia
Friday, May 19 from 10-10:30 a.m.
Link to join. Calendar invite.

Get to Know the Hunger Scale
Thursday, May 25 from 12-12:15 p.m.
Link to join. Calendar invite.

Tobacco-Free Living (ActiveHealth)
Wednesday, May 31 from 1-1:30 p.m.
Link to join. Calendar invite.

Please note: All times are listed in Central time zone.
For more information about these events, visit www.tn.gov/wfhtn/challenges/wellness-events.html.

MOVING IN MAY

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 1-5	Join **Yoga for All** every Monday 12-12:15 p.m. (Calendar invite)	Join **Self-Care: Small Changes for Positive Results** (Presented by Optum Health) from 10:30-11 a.m. (Register)	May is **National Osteoporosis Month**. Learn how to prevent bone loss.	Take a **Fitness Break** with DCS from 10-10:15 a.m. (Calendar invite)	It's **National Hamburger Month!** Celebrate with a vegetarian option: Black Bean Burgers.
May 8-12	May is **Blood Pressure Education Month**. Learn about blood pressure by completing the Blood Pressure Scavenger Hunt.	Happy **National Shrimp Day!** Try this easy and delicious Shrimp Pad Thai.	**Yoga for All** is relaxing for all fitness levels. Join us on Wednesdays from 12-12:15 p.m. (Calendar invite)	Learn how to **Build Stronger Bones** from 1-1:15 p.m. (Calendar invite)	Join **Yoga for All** every Friday from 12-12:15 p.m. (Calendar invite)
May 15-19	Play **Better Bites BINGO**! Three participants will win a prize!	**Women's Health Week** is May 14-20.	Give your mind a break at **Meditation with Nat** from 11:30 a.m. – 12 p.m. (Calendar invite)	Refresh with **TDOE's Meditation Break** every Thursday from 11:15-11:30 a.m. (Calendar invite)	Test your knowledge with **Healthy Living Trivia** from 10-10:30 a.m. (Calendar invite)
May 22-26	Have you ever wondered what a **serving size** looks like? Check out this 30-second video.	Join us every **Tuesday** for a **Dance Break** from 11:45 a.m. - 12 p.m.! (Calendar invite)	Take a **10-Minute Fitness Break** with DHS from 11-11:10 a.m. (Calendar invite)	Learn to listen to your body and **Get to Know the Hunger Scale** from 12-12:15 p.m. (Calendar invite)	Broccoli can be prepared in different ways. Try this **Broccoli Stalk Hummus**.
May 29-31	Celebrate Memorial Day & National Biscuit Day with **Whole Wheat Yogurt Biscuits**.	Barbara started smoking at age 16. **Find out how she finally kicked the habit!**	Learn more for yourself or a loved one about **Tobacco-Free Living** from 1-1:30 p.m. (Calendar invite)		

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

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

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Wellness Council Spotlights

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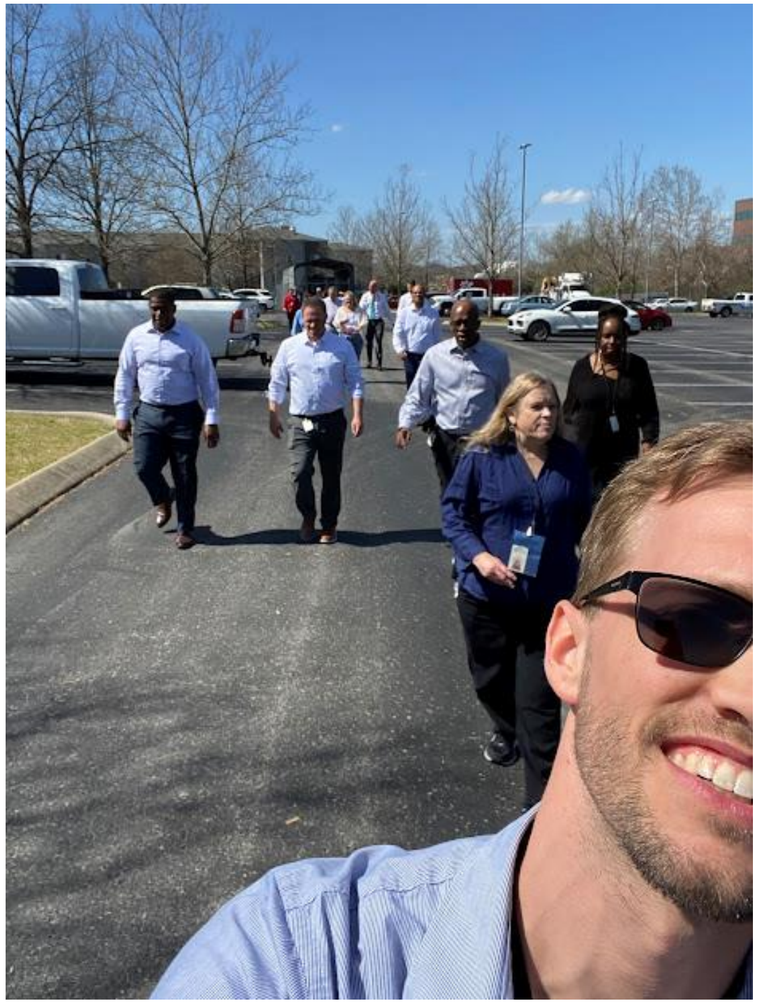
March Madness Steps Challenge

Labor & Workforce Development



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Walk with Commissioner

Finance & Administration

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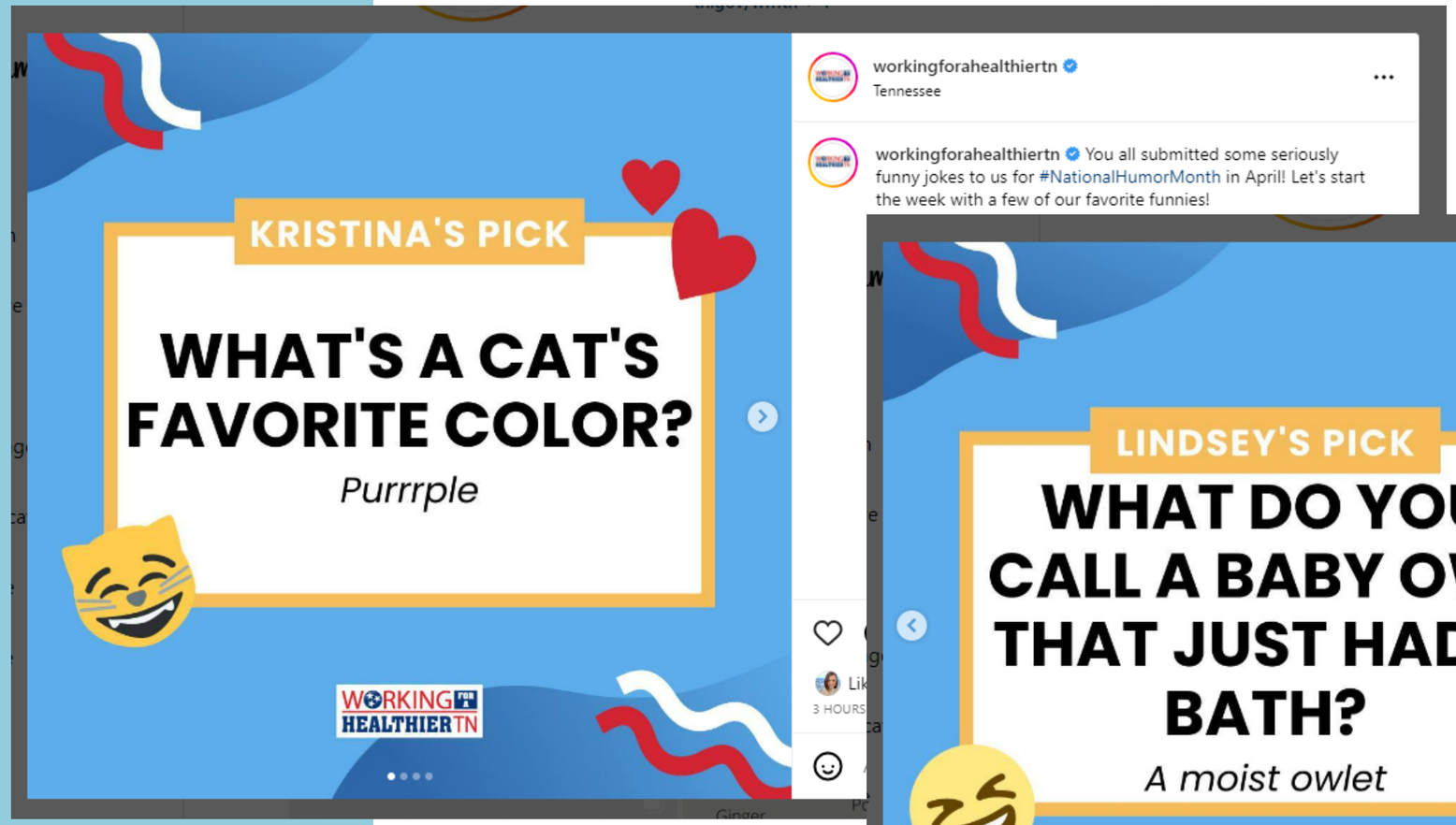
Learning & Development Conference

Human Resources

National Humor Month

Employees Jokes!



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Congrats to Julie!

General Services

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Shoutout to Kyle!

Labor and Workforce Development

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Upcoming Schedule

June Wellness Council Webinar

Thursday, June 1 from 9-9:45 a.m. CT

Quarter 4 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

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

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Your Updates

Questions

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Don’t miss an update!

Click below to follow us on social media.

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