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WORKING FOR A
HEALTHIER **TN**

WORKING FOR A HEALTHIER TENNESSEE

June Wellness Council Webinar



WORKING FOR A
HEALTHIER TN

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda



- Monthly Fun Fact Challenge
- Great Outdoors Month
- Challenge Updates
- New Challenges
- Point Tracker Update
- June Health Observances
- Upcoming Dates
- Roll Call

Monthly Fun Fact Challenge



Kayla Livesay

Rules of the “Fun Fact Challenge”

- The first Wellness Council representative to get **2 *out of the 3*** answers correct using the **chat feature** will be crowned this month’s **Fun Fact Champion!**
- In the event of a tie, a 4th question will be used as a tie breaker.
- The questions will be centered on our three focus areas, monthly handout information and/or information from the previous month’s webinar.

Fun Fact Question #1:

When is Men's Health Week?

Fun Fact Question #2:



What day is the 2019 WFHT Annual Awards Celebration?

Fun Fact Question #3:

Name two departments that made it into the Top 8 Tournament.

Fun Fact Tie Breaker:

Name one of the two new challenges mentioned on the May Wellness Council webinar.

Great Outdoors Month

- Summer is the time to escape the indoors and connect with nature. This June during Great Outdoors Month[®], see all the different outdoor activities that you can enjoy with your family and friends, and get ready for your next fishing, boating, camping, hiking and biking adventures!

Great Outdoors Month



Fishing

Escape the indoors and invite a friend to go fishing with you during National Fishing and Boating Week, a national celebration to enjoy recreational boating and fishing during June 1-9, 2019.



Boating

Enjoy a day out on the water and go boating with your family and friends during National Fishing and Boating Week June 1-9 and National Marina Days starting on June 8, 2019.



Camping

Let your compass guide you during the Great American Campout on June 22, 2019. A great opportunity to spend more time outdoors with your kids while learning how to protect wildlife.

Great Outdoors Month



Family Fun

Explore parks, enjoy nature and discover more adventures during Kids to Parks Day on May 18, 2019. Go biking and join one of the hundreds of events across U.S. during National Get Outdoors' Day on June 8, 2019.



Hiking

Explore America's backyard and go out hiking, biking, horseback riding, paddling, birdwatching and more outdoor adventures during Great Outdoors Month on any number of America's outstanding trails.

Check out the State employee discount page at <https://www.teamtn.gov/hr/employees/discounts.html> for discounts on Wilderness Survival Gear.

Get Outdoors! Regional Resources

East TN

- <http://www.outdoorknoxville.com/calendar/weekly>
- <https://www.ktc.org/Events.html>

Middle TN

- <https://www.nashville.gov/Parks-and-Recreation/Outdoor-Recreation.aspx>
- <https://www.tnvacation.com/trails/middle/nashville/old-tennessee-trail>

West TN

- <http://www.shelbyfarmspark.org/get-outside-fitness-programs>
- <http://www.shelbyfarmspark.org/calendar>
- <http://www.jacksonrecandparks.com/leagues/homeJRP.cfm?clientid=3046&leagu eid=0>

For upcoming events:

- www.greatoutdoorsmonth.org/activites-and-events
- www.tnstateparks.com/events



CHALLENGE UPDATES

Top 8 Tournament

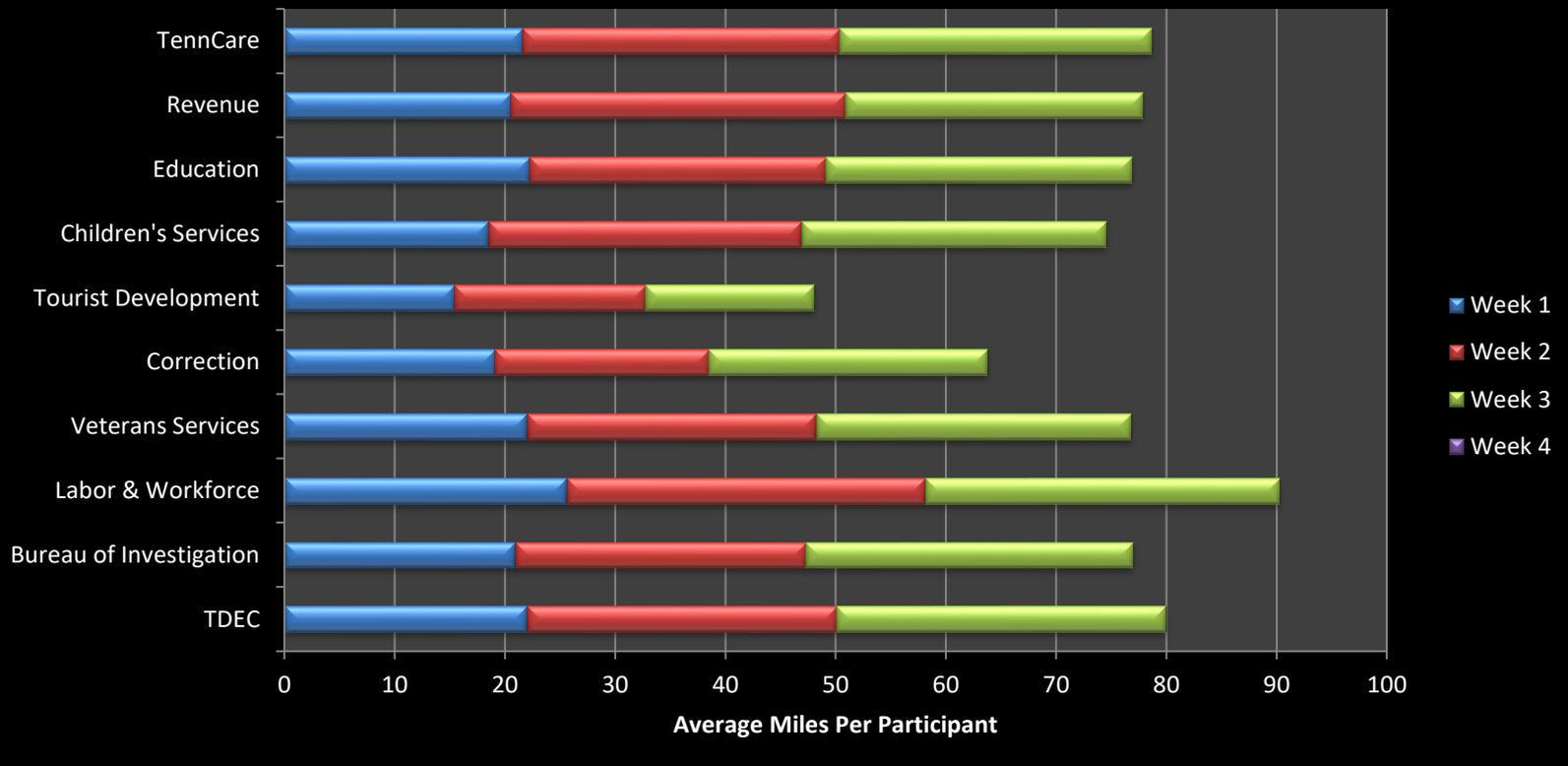
- Tournament ends tomorrow, June 7.
- Teams still competing include:
 - Agriculture
 - DIDD
 - F&A
 - Financial Institutions
 - Human Services

All-Dept. Physical Activity Challenge

- Challenge ends tomorrow, June 7.
- Results as of week 3:
 - By week 2, all teams had reached The Great Smoky Mountains (the walking route began at Graceland in Memphis, TN).
 - LWFD leads with 32.1 average miles per participant for week 3.
 - Collectively, the 10 competing departments have completed 34,991 miles.

All-Dept. Physical Activity Challenge

All - Dept Physical Activity Challenge: Tour of TN





NEW CHALLENGES

28-Day Core Challenge



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Bridge x 10 Plank x 20 sec. Superman x 10 Bicycle Crunch x 10	Bridge x 10 Plank x 20 sec. Superman x 10 Bicycle Crunch x 10	Rest	Bridge x 12 Plank x 25 sec. Superman x 12 Bicycle Crunch x 12	Bridge x 12 Plank x 30 sec. Superman x 12 Bicycle Crunch x 12	Rest	Bridge x 15 Plank x 30 sec. Superman x 15 Bicycle Crunch x 15
Week 2	Bridge x 15 Plank x 40 sec. Superman x 15 Bicycle Crunch x 15	Bridge x 20 Plank x 45 sec. Superman x 20 Bicycle Crunch x 20	Rest	Bridge x 20 Plank x 50 sec. Superman x 20 Bicycle Crunch x 20	Bridge x 25 Plank x 50 sec. Superman x 25 Bicycle Crunch x 25	Rest	Bridge x 25 Plank x 60 sec. Superman x 25 Bicycle Crunch x 25
Week 3	Bridge x 30 Plank x 60 sec. Superman x 30 Bicycle Crunch x 30	Bridge x 30 Plank x 70 sec. Superman x 30 Bicycle Crunch x 30	Rest	Bridge x 35 Plank x 75 sec. Superman x 35 Bicycle Crunch x 35	Bridge x 40 Plank x 80 sec. Superman x 40 Bicycle Crunch x 40	Rest	Bridge x 40 Plank x 90 sec. Superman x 40 Bicycle Crunch x 40
Week 4	Bridge x 45 Plank x 90 sec. Superman x 45 Bicycle Crunch x 45	Bridge x 45 Plank x 90 sec. Superman x 45 Bicycle Crunch x 45	Rest	Bridge x 50 Plank x 100 sec. Superman x 50 Bicycle Crunch x 50	Bridge x 50 Plank x 110 sec. Superman x 50 Bicycle Crunch x 50	Rest	Bridge x 50 Plank x 120 sec. Superman x 50 Bicycle Crunch x 50

Get Fit, Bit By Bit Challenge



- If you're mindful of the little things you can do to turn your daily tasks into a "mini-workout," you'll be surprised at how much better you'll feel!
- Give yourself one point per activity each day you do any of the activities listed on the handouts provided. Aim to complete at least five activities each day.



Get Fit, Bit By Bit Challenge | Tracking Sheet

Give yourself one point per activity each day you do any of the activities listed on the handouts provided. Aim to complete at least five activities each day. Keep each other motivated! Share your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								

Mind-Body Challenge

- **Objective:** Challenge employees to increase both mental and physical health when striving to live overall healthier lives.
- **Duration:** Four weeks
- The first two weeks of the challenge will focus on the “mind” aspect of mind-body wellness and the last two weeks will focus on the “body” aspect.
- Mind-body wellness is about the connection between our mental thoughts and how we feel physically. Our thoughts have a lot to do with how we feel. A stressed mind can lead to an unhealthy body; therefore, a relaxed/positive mindset can aid in having a healthier body. Some stress is normal but chronic stress can lead to high blood pressure, headaches, digestive issues and more.

Point Tracker Update

- No Point Tracker for July
- Any wellness-related activities your department does in July can be applied to the August-September Point Tracker.
- Please be sure to let your Regional Wellness Coordinator know about all activities.
- August-September Point Tracker will be sent on July 18.

June Health Observances

- National Trails Day – June 1
- Family Health and Fitness Day – June 8
- Men’s Health Week – June 10-16
- Great Outdoors Month – June
- Men’s Health Month – June
- National Fresh Fruit & Vegetable Month – June

Upcoming Dates

- No July Wellness Council Webinar
- Annual Awards Celebration
 - Wednesday, July 24 from 9-10:30 a.m., TN Tower in TN Room 1
- Q4 (April-June) Point Tracker
 - Ends Friday, June 28
- All-Department Physical Activity Challenge and Top 8 Tournament both end tomorrow, June 7



Roll Call & New Program Ideas



Questions?



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