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WORKING FOR A HEALTHIER TENNESSEE

January 2020 Wellness Council Webinar



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In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- **Fun Fact Challenge**
- **Q3 (Jan-Mar) Point Tracker**
- **Wellness Council Spotlight**
- **January Health Observances & Holidays**
- **Upcoming Monthly Handout Topics**
- **Upcoming Schedule**
- **Roll Call & New Activity Ideas**

Fun Fact Challenge



Are you ready for
the Fun Fact
Challenge?

Kayla Livesay



Are you ready for
the Fun Fact
Challenge?

Lindsey Joe

Fun Fact Question #1:

Which of the following is NOT a strategy to help reduce stress?

- **Delegate**
- **Set realistic expectations**
- **Say no**
- **Say yes and figure it out later**

Fun Fact Question #2:

According to the CDC, how many minutes of physical activity a day can help prevent simple bacterial and viral infections?

- **A few**
- **30 minutes**

Fun Fact Question #3:

The goal of the *All-Department Physical Activity Challenge* is to reach the highest average physical activity _____.

- miles
- minutes
- steps

Tie-Breaker Fun Fact Question:

The top _____ departments after Q3 (Jan-Mar) will be eligible to compete in the 2020 Top 6 Tournament?

Answer: _____

#4Mind4Body Lunch and Learns

- Optum and ActiveHealth will present eight lunch and learns this year.
- The sessions will range from aging and mindfulness to exercise and quitting nicotine. The goal will be to focus on the whole person.
- We will share a flier in the coming weeks, promoting the first four sessions. We encourage you to share with your employees.
- All sessions will be available in person or by WebEx. No pre-registration is required.
- In-person sessions will meet in the TN Tower, Conference Rooms A & C from 11:30-12:30.
- The first session is Tuesday, February 11: Aging Gracefully and Healthfully.



Q3 (JAN-MAR) POINT TRACKER

29 Days to a Healthy Heart Challenge

- Is your department joining this February?
- This month-long, individual challenge is aimed at encouraging simple habits that will put you on the road to a heart healthy lifestyle!



29 Days to a Healthy Heart Challenge

Are you aware of just how powerful YOU are? You have the power to stop a killer. According to the American Heart Association, heart disease is the number one killer of women, and is more deadly than all forms of cancer. In addition, heart disease accounts for one in every four male deaths in the U.S. All you have to do is adopt a few simple habits that will put you on the road to a heart healthy lifestyle. Preventive power lies with real changes to your lifestyle, which can reduce the risk for heart disease by as much as 80 percent.

For this challenge, you will have a daily challenge to complete. Participants can earn a maximum of 29 points (1 point for each day's challenge). Points are not awarded for additional healthy habits.

DATE CHALLENGE

- 1 Eat five servings of fruits and vegetables.
- 2 Make a heart healthy snack for the Big Game.
- 3 Schedule your annual physical.
- 4 Park further away from the entrance of work and stores.
- 5 Learn about [Tobacco Use in TN](#).
- 6 Make today a salt-free day. Use herbs and spices for flavor instead of salt.
- 7 Sport red for National Wear Red Day.
- 8 Go for the gold! Walk an extra 15 minutes today.
- 9 Plan your meals for the week with heart healthy recipes.
- 10 Aim for 30 minutes of physical activity today.
- 11 Calculate your [body mass index \(BMI\)](#).
- 12 Drink at least 48 ounces of water during the day.
- 13 Give the elevator a day off and take the stairs.
- 14 Protect your sweetheart's heart: Plan a heart healthy date.
- 15 Swap the sweets for a piece of fruit.
- 16 Stress less. Practice mindful meditation for 10 minutes.
- 17 Give Meatless Monday a try.
- 18 Add a stretch break to your calendar to increase your flexibility.
- 19 Dance to your favorite song.
- 20 Share a funny video or joke that makes you laugh.
- 21 Head to bed with enough time to get a full eight hours of sleep.
- 22 Call a relative and ask about your family medical history.
- 23 Start your day with a healthy breakfast.
- 24 Take out a tape measure and find out the size of your [waist](#).
- 25 March in place for three minutes to get your heart going.
- 26 Make half of your lunch and dinner plates vegetables.
- 27 Incorporate [Deskercises](#) into your work day.
- 28 Grab a coworker or family member and do 15 [squats](#) together.
- 29 Make one personal healthy goal to achieve by March 31.

All-Dept. Physical Activity Challenge

- In March, all departments can compete in the **All-Department Physical Activity Challenge!**
 - Each department represents ONE team.
 - The department to reach the *highest average physical activity miles* will be the challenge winner.
 - No set minimum or maximum number of team members.
 - Each participant sets their own personal physical activity goal.
- **Challenge Dates: March 23-April 19**
 - Weekly challenge is from Monday-Sunday.
- More information about this challenge coming soon!

Top 6 Tournament

- The top two departments from *each division* will be placed in this year's **Top 6 Tournament** for the Overall Award!
- Top 6 depts. determined after Q3.
- Competing depts. announced on Monday, April 6.
- Challenge dates: April 27 – May 22

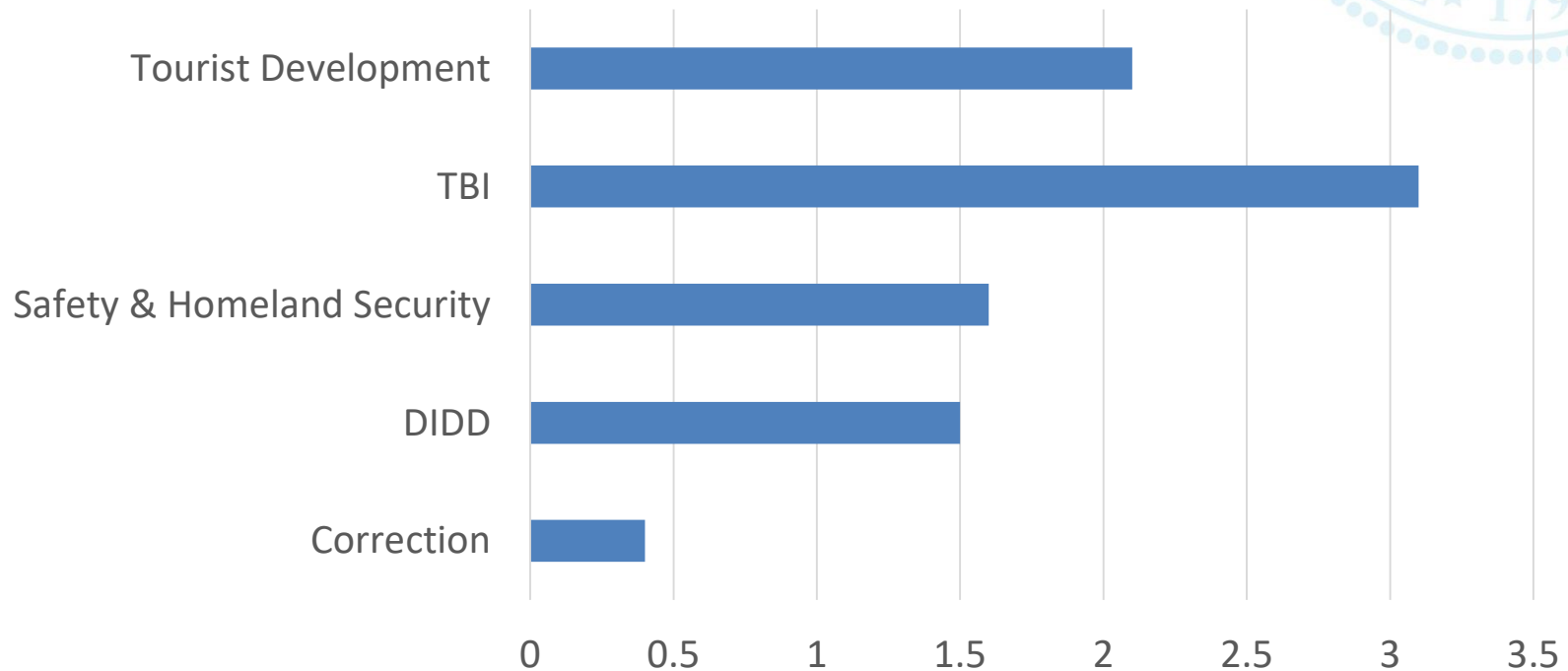




WELLNESS COUNCIL SPOTLIGHT

Holiday Dash Steps Challenge

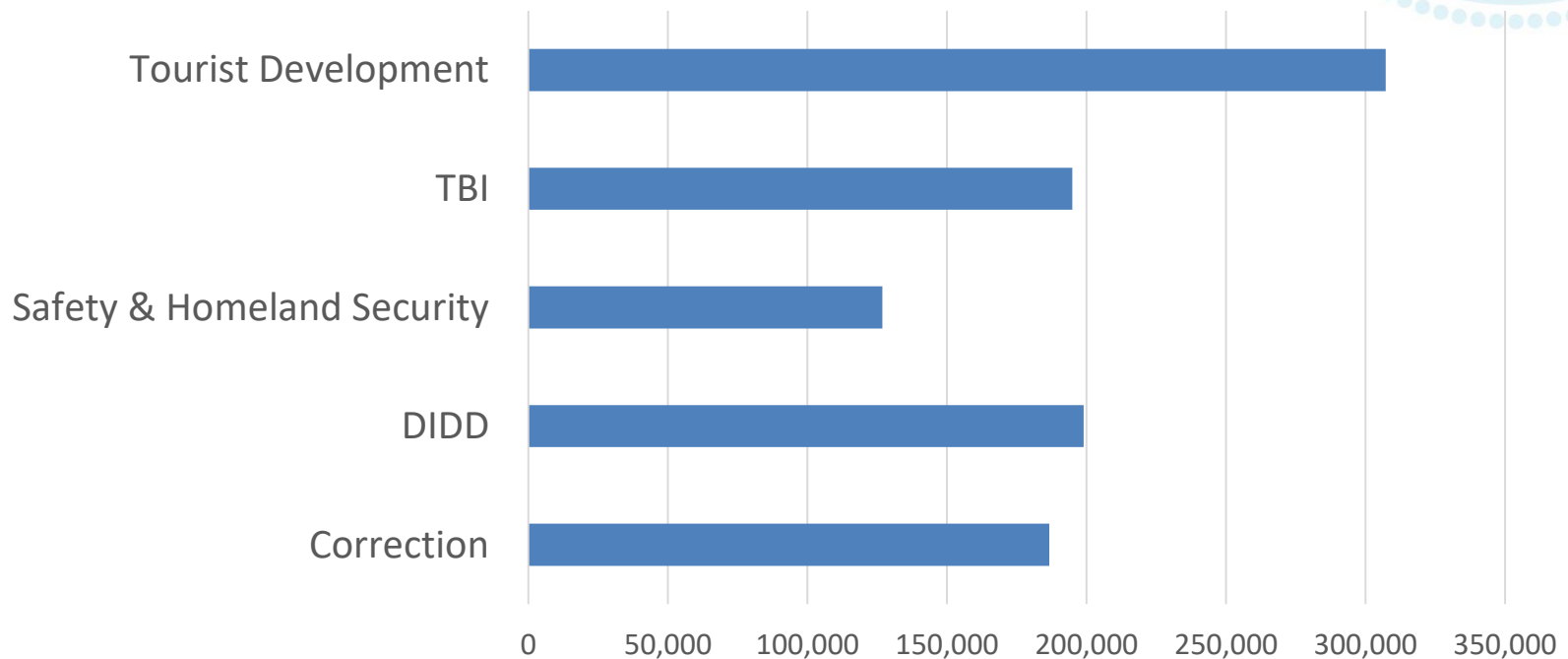
Participation Percentage Based on Dept. Size



73 Participants

Holiday Dash Steps Challenge

Average Steps Per Person



12,999,151 Total Steps!!

General Services Food Drive

- DGS delivered **1,705 pounds** of donated food!
- They focused on collecting healthier food donations.
- Thanks to team members across General Services that supported the project, including Gary Ryan (with the division of Vehicle Asset Mgmt.) for his contribution of 111 pounds of food!



TennCare Healthy Harvest Challenge

- 106 registrants
- Worked up to an average of 1,011 minutes/week by Week #4!
- **The best/most helpful part of this activity was...**
“I was not alone in the challenge.”



F&A Stair Climb Challenge

- 19 teams
- Teams of five tackled 25 flights in TN Tower—relay-style!
- Final run times:
 - Team Lunch Wrap (TDOR) - 1:44.02
 - Team Dave Matthews Farewell Tour (TDEC) - 1:57.42



Wellness Council Spotlights

Keep up the great work and please continue to share all of your successes and photos with us – including tagging us on your department’s social media!



facebook.com/WFHTN



twitter.com/WFHTN

January Health Observances

- [Glaucoma Awareness Month](#) (January)



Start the New Year Right.
Know your risk for glaucoma.

TOP 3 RESOLUTIONS

- 1.) Learn about glaucoma
- 2.) Talk to family members
- 3.) Get a dilated eye exam

 National Eye Health Education Program
NEHEP
A program of the National Institutes of Health

www.nei.nih.gov/glaucoma

The poster features a red border and a yellow sticky note with a hand pointing to the top three resolutions. The background is orange.

Upcoming Monthly Handout Topics

- Working for a Healthier TN 101
- American Heart Month
- National Nutrition Month

These can always be found at:

tn.gov/wfhtn/resources/monthly-handout.html



NEW Monthly WFHTN Poll!

- We need your valuable feedback!
- Complete this **ANONYMOUS** one-question poll to help us provide wellness information & programming that meets **YOUR** needs.
- Link: bit.ly/WFHTNpoll



Upcoming Schedule

- **February Wellness Council Webinar**
 - Thursday, February 6th at 9 a.m. Central
- **29 Days to a Healthy Heart Challenge**
 - February 1st-29th
- **All-Dept. Physical Activity Challenge**
 - March 23rd-April 19th (Registration: March 9th)
- **Q3 (Jan-Mar) Point Tracker**
 - Due March 31st



Roll Call & New Program Ideas



Questions



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