

WELLNESS COUNCIL WEBINAR

July 2022



[/WFHTN](#)



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[@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

Get Active Outdoors this Summer

Get Active Outdoors!

TWRA Mobile App – On the Go

Healthy Parks Healthy Person – healthyparkstn.com

TN State Parks – tnstateparks.com

A hand holding a smartphone displaying a nature scene. The phone is held in the foreground, and the background shows a path through a wooded area with autumn foliage. A blue text box is overlaid on the left side of the image.

**Healthy Parks
Healthy Person**
app is LIVE!

Available
FOR FREE
for iOS and
Android

Healthy
Parks
**HEALTHY
PERSON**

Get Active Outdoors!

A promotional poster for the 'Mother Nature Calls Challenge'. The background is a scenic view of rolling green hills under a blue sky. The title 'Mother Nature Calls Challenge' is at the top in bold black text. A dark brown rectangular box contains the main text. A white circular graphic on the right says 'You're Invited!' in blue cursive. At the bottom center is the 'WORKING FOR A HEALTHIER TN' logo.

Mother Nature Calls Challenge

Looking for fun ways to engage with Mother Nature, explore our gorgeous state and improve your health? This two-week challenge is for you!

Earn points as you enjoy the great outdoors. The more activities you complete, the more points you'll earn!

Challenge dates: July 18-29

To learn more, go to
www.tn.gov/wfhtn/challenges/wellness-events.html
(click on the challenges tab)

WORKING FOR A HEALTHIER TN

Guest Speaker

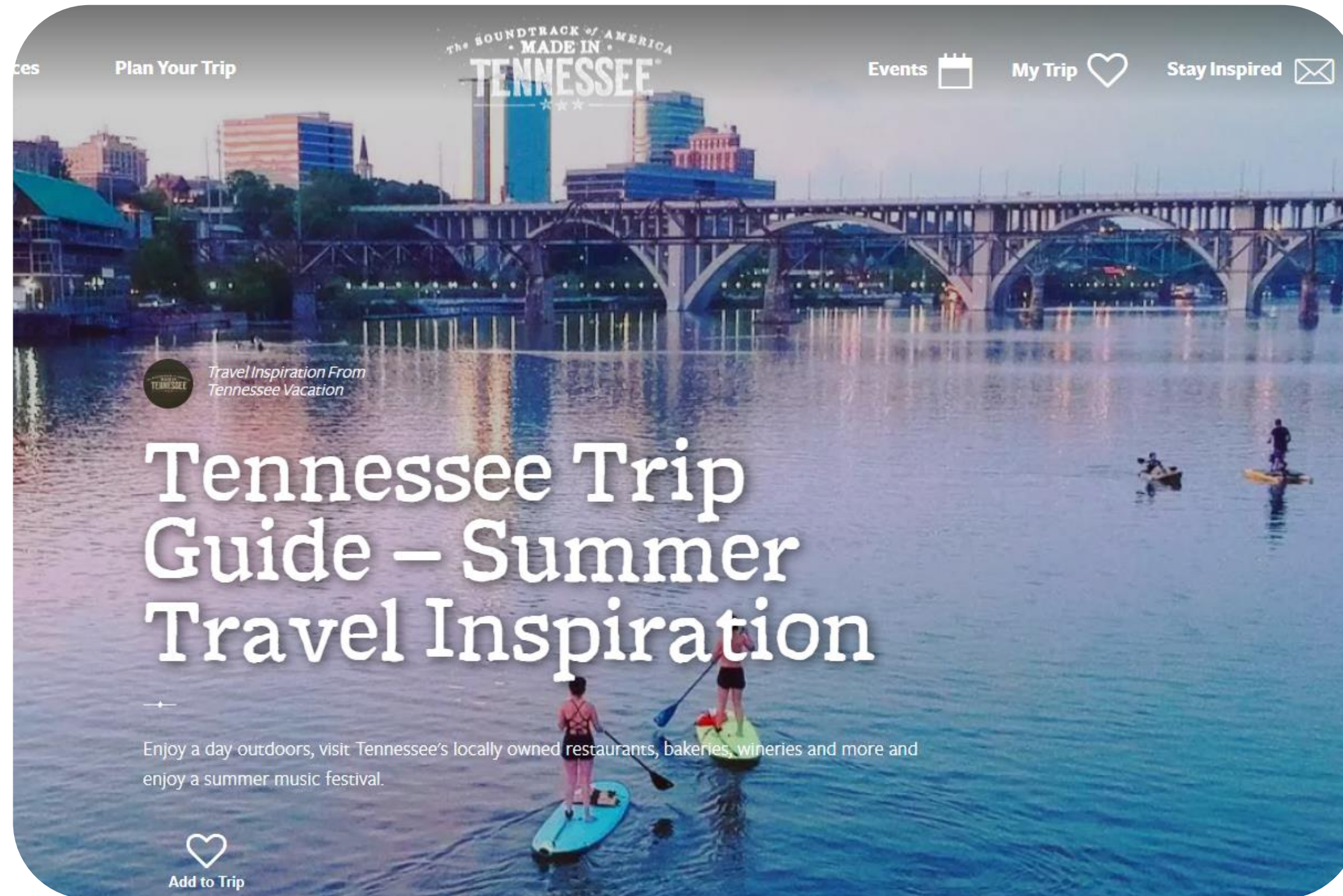


JILL KILGORE

Public Relations Media Manager
Department of Tourist Development

Visit our Website!

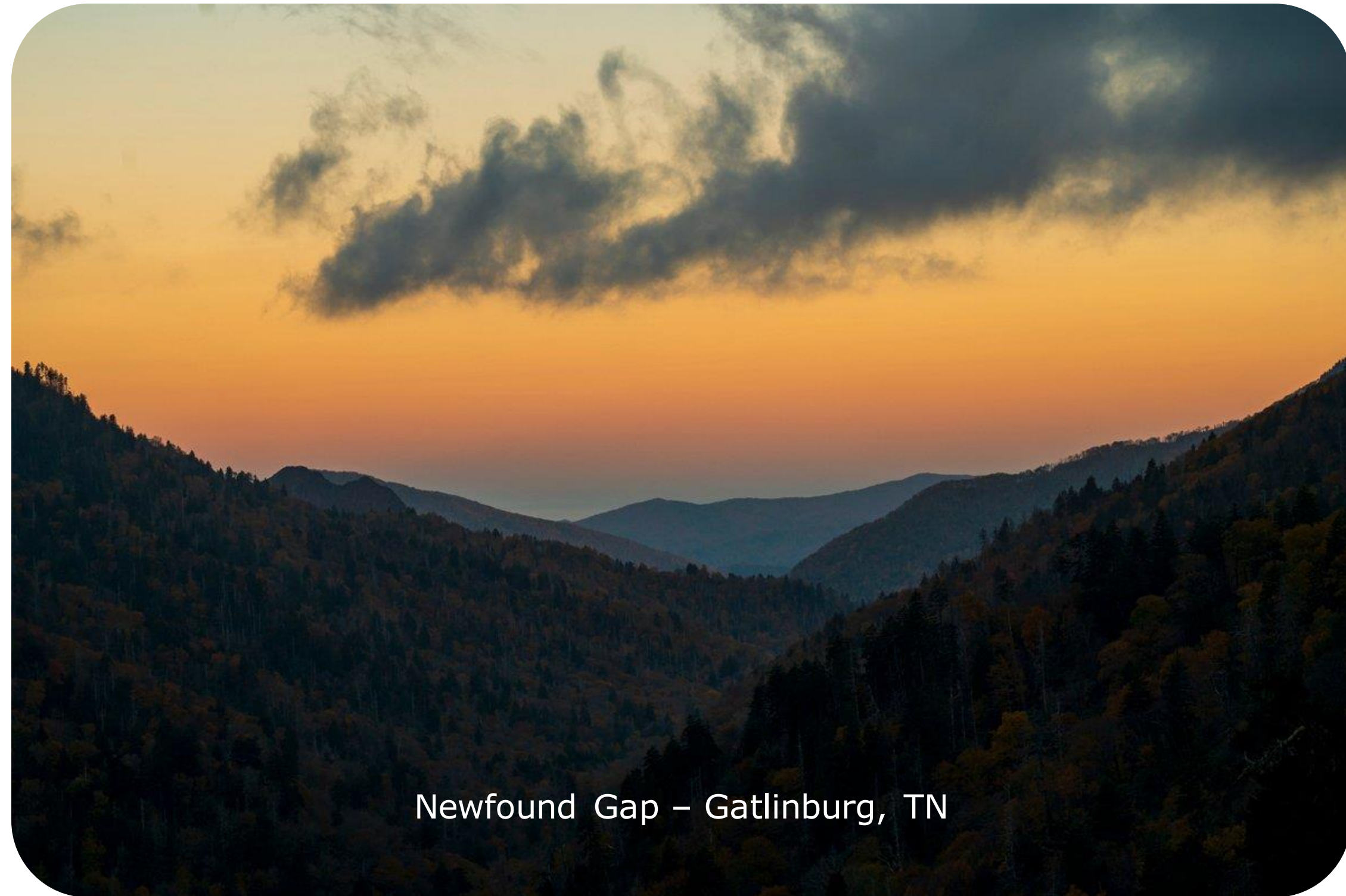
tnvacation.com



Plan Your Trip

The screenshot shows the 'Plan Your Trip' section of the Tennessee tourism website. At the top, there is a navigation bar with 'Cities & Regions', 'Experiences', and 'Plan Your Trip' (the active page). To the right, there are links for 'Events', 'My Trip', 'Stay Inspired', and a search icon. A 'COVID-19 Travel Info: LEARN MORE' link is also present. The main heading is 'PLAN YOUR TRIP' with a subtext: 'Find and save things and places to eat, sleep, sip, savor, dance, discover and explore during your Tennessee travels. If something sparks your interest, click the heart button. We'll keep it all organized for you.' Below this is a search filter section with three dropdown menus: 'I'M GOING TO ...' (set to 'Find a City/Region'), 'I'M LOOKING FOR ...' (set to 'Things to Do'), and 'SHOW ME ...' (set to 'Fishing'). There are 'X CLEAR' buttons for the last two filters. To the right of the filters are checkboxes for 'FAMILY-FRIENDLY' and 'LIVE MUSIC'. A 'VIEW YOUR TRIP' button with a heart icon is also visible. The bottom of the page features a row of four featured travel cards: 'CAMPGROUNDS & RV PARKS' (with a heart icon), 'NORRIS LAKE' (with an 'Add to Trip' button and heart icon), 'OUTDOOR ACTIVITIES' (with a heart icon), and another 'OUTDOOR ACTIVITIES' card (with a heart icon).

Discover the Smoky Mountains



Newfound Gap – Gatlinburg, TN

Pitch a Tent, Build a Campfire or Go Stargazing!



Harrison Bay State Park
Harrison, TN



Milky Way over Center Hill Lake
Edgar Evins State Park
Silver Point, TN



Falls Creek Falls State Park
Spencer, TN



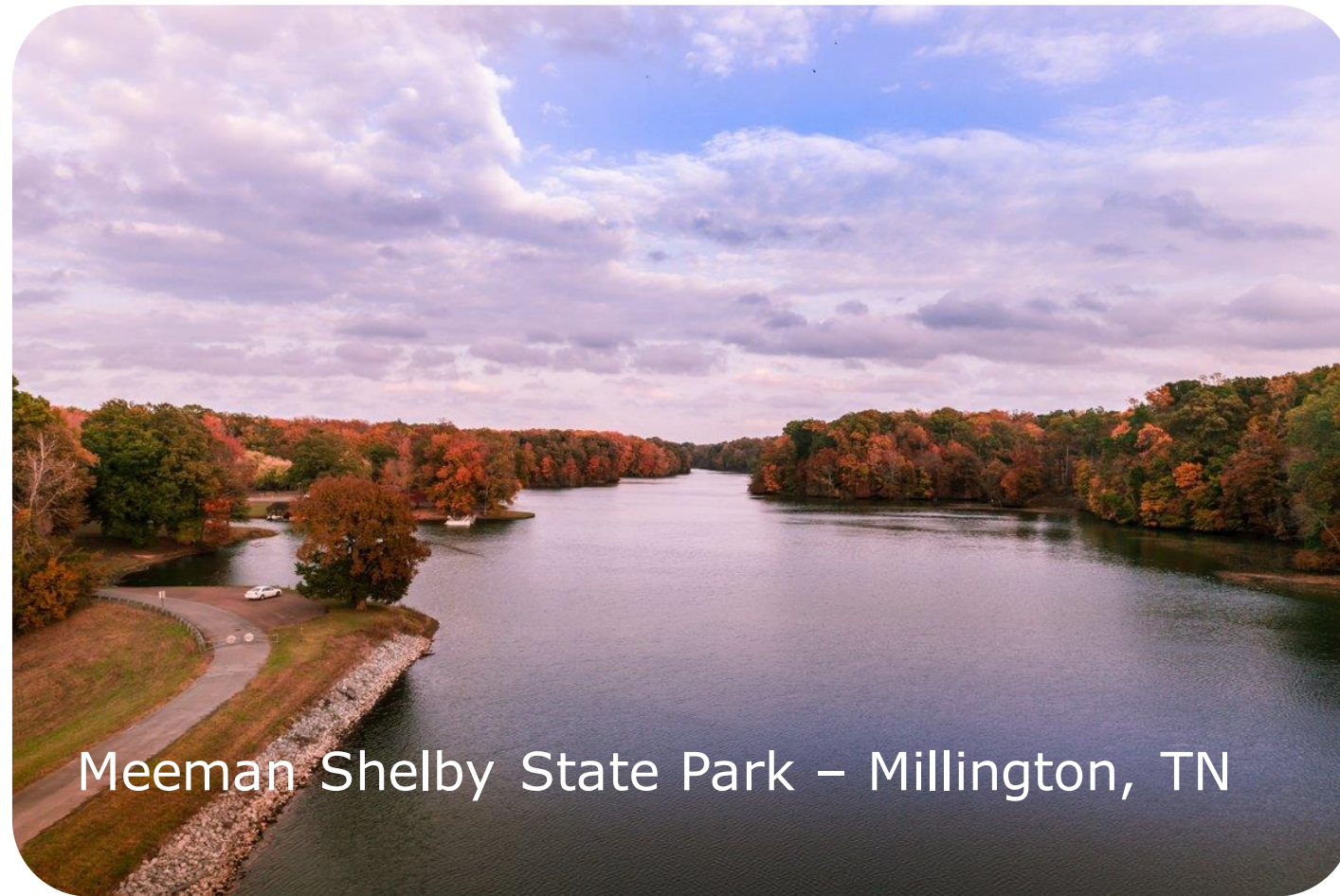
Milky Way over the Rec Lodge
Pickett CCC Memorial State Park
Jamestown, TN

Enjoy a Farm Fresh Meal

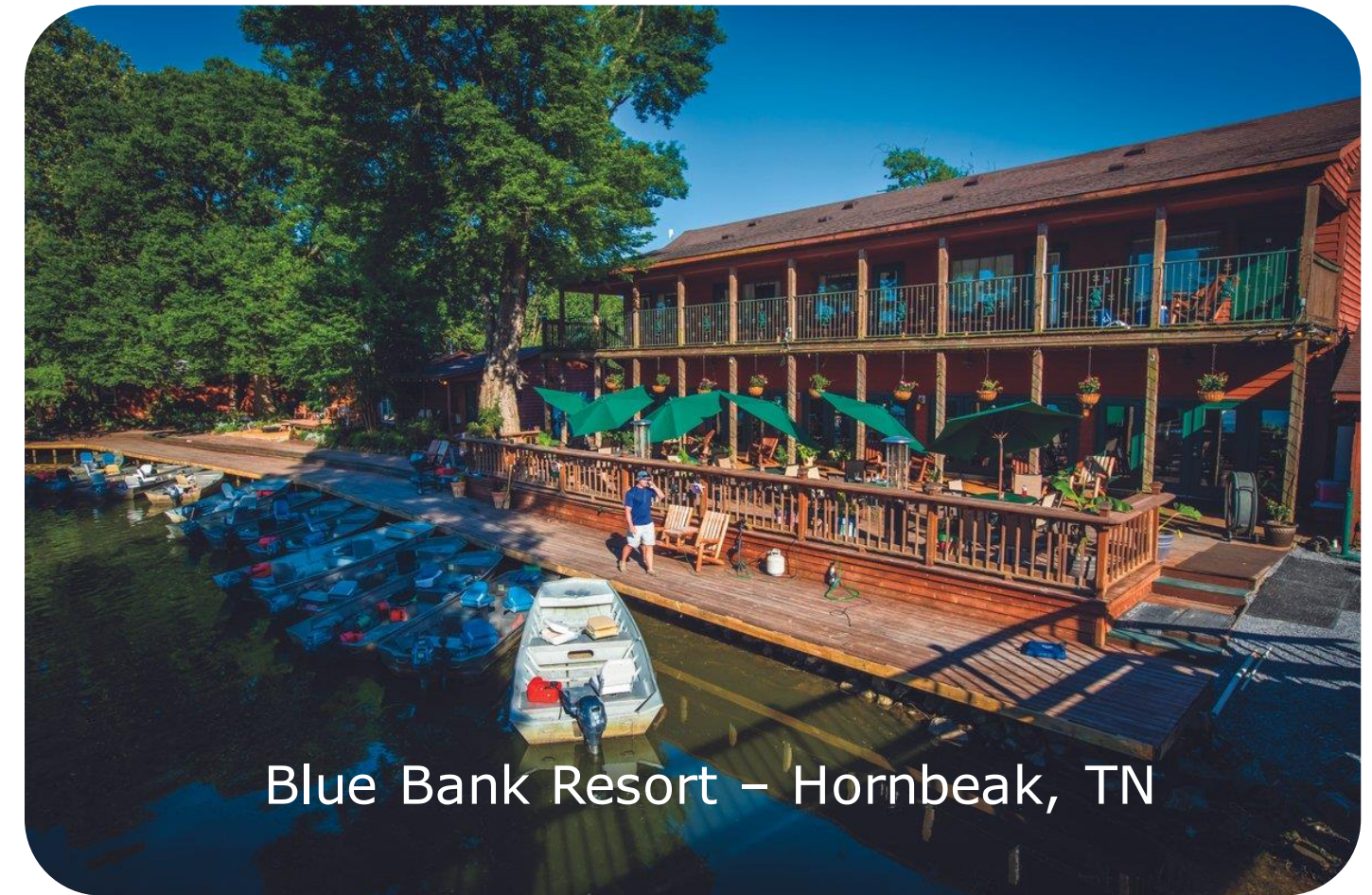
Stillwater Farm – Henderson, TN



Visit a Lake Around the Volunteer State



Meeman Shelby State Park – Millington, TN



Blue Bank Resort – Hornbeak, TN

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

Quarterly Activity List

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)

Here4TN Scavenger Hunt

July 11-22

50 employees chosen at random will win a prize!



What's New?

Wellness Events Page

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

The screenshot shows the website's header with the logo, a search bar, and a navigation menu. A red banner for COVID-19 information is present. The main content area features a sidebar with a menu and a main section titled 'Wellness Events' with a list of links.

Working for a Healthier Tennessee

Go to TN.gov

Search Working for a Healthier Tennessee

Home About Us Success Stories Activities & Challenges Resources Wellness Council Dashboard Forms Achievement Levels Newsroom

COVID-19 INFORMATION

Working for a Healthier Tennessee

- About Us
- Events
- Success Stories
- Activities & Challenges
- Resources
- Wellness Council Dashboard
- Forms
- Annual Celebration

Wellness Events

- > WELLNESS CALENDAR
- > ACTIVITIES
- > WEBINARS
- > WORKOUTS
- > WEBEX TIPS

July Wellness Calendar & Virtual Events

WORKING FOR A HEALTHIER TN  **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 @Work 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



WORKOUTS

YOGA FOR ALL (WITH SOPHIA)
Mondays 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](#).

DHS FITNESS BREAK
Wednesdays from 11-11:10 a.m.
[Link to join](#).

YOGA: CORE & MORE
Fridays from 12:15-12:45 p.m.
[Link to join](#). [Calendar invite](#).

YOGA FOR ALL
Wednesdays from 12-12:15 p.m.
[Link to join](#). [Calendar invite](#).



LIVE STREAM 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.

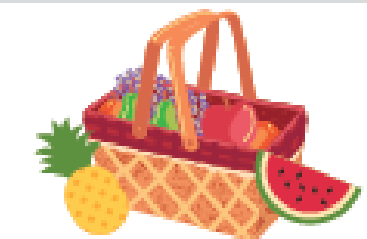


MOTHER NATURE CALLS
July 18-29
Go to our [Wellness Events webpage](#) and click [Challenges](#).



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](#).

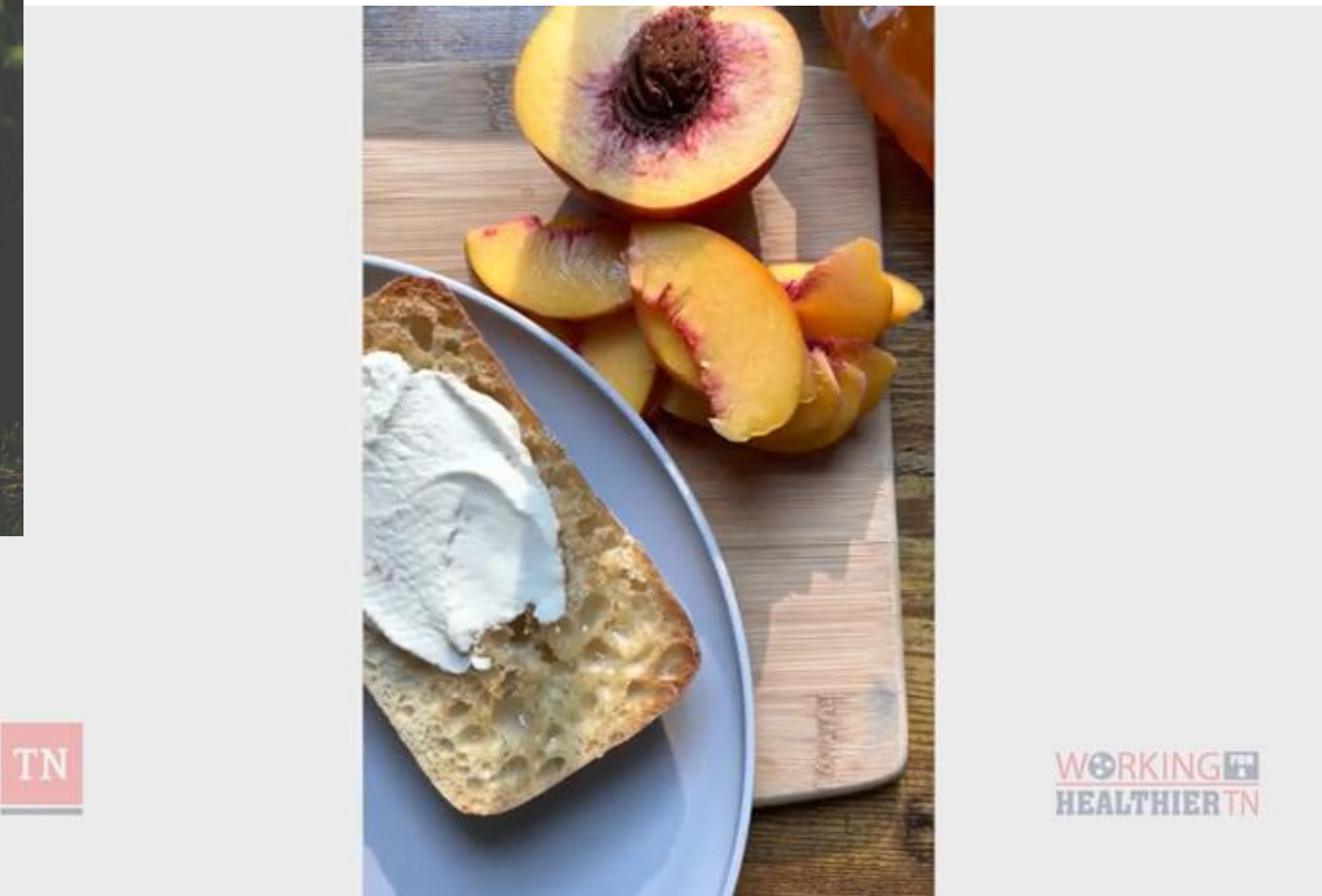
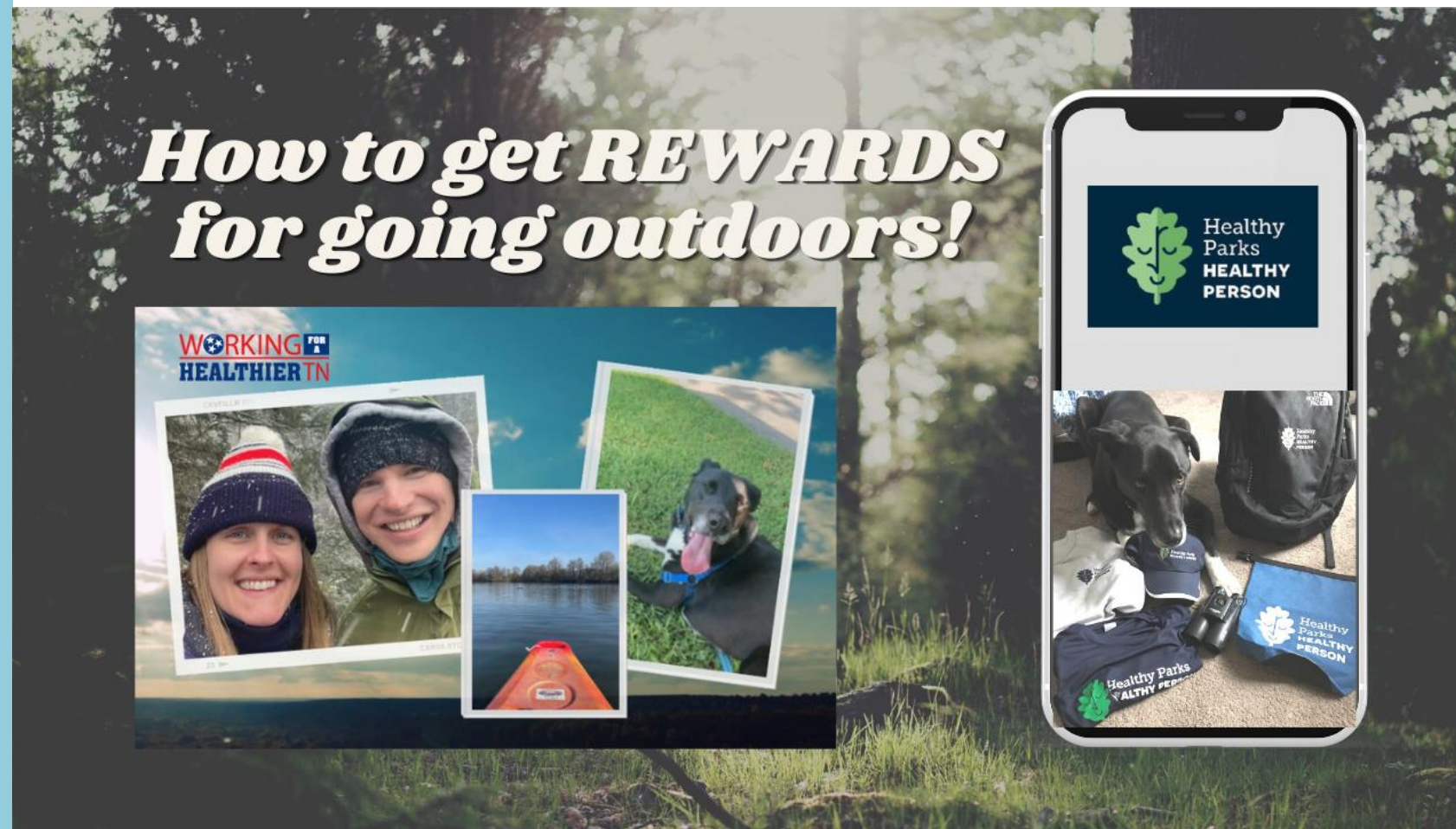


For more information about these events, visit <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

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



WFHTN YouTube Videos



Subscribe to our YouTube channel: [YouTube.com/TNSiteChampions](https://www.youtube.com/TNSiteChampions)

Wellness Council Spotlight

Wellness Week

All-Agency Challenge

WAY TO GO
2022 WELLNESS WEEK
CHAMPIONS!



Foraging Webinar

Departments of Human Services and Environment & Conservation

Foraging: the Basics

Presented by
Denise Galben with the
Department of Human Services
&
Sophia DeMarse with the
Department of Environment and
Conservation



Bracken fiddleheads



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



2022 Annual Awards Celebration

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

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



Your Updates!



WHAT'S
GOING
ON?

Questions





Follow Us on Social Media!



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