

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*)**

2021 Wellness Warriors Awards Tournament

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!!!

Tournament for the Wellness Warriors Awards

MOTIVATION MONDAY

KEEPING MY AIC NUMBERS
AT A HEALTHY LEVEL.

KNOWING THAT OTHERS WILL BE INSPIRED
BY MY EFFORTS TO STAY HEALTHY!

WAKING UP FEELING
ENERGIZED FOR THE DAY!

MY KIDS

THE FEELING OF ACCOMPLISHMENT AND
CONFIDENCE GAINED FROM BEING HEALTHY
AND STAYING ACTIVE!!

I WAS DIAGNOSED WITH
DIABETES PLUS MY
GRANDMOTHER LIVED TO BE 100
AND I WANT TO DO THE SAME.

I WANT TO BE AROUND TO SEE MY KIDS
ACCOMPLISH ALL THEIR GOALS.

THE DISCOVERY OF A
HEART CONDITION AT THE
AGE OF 28 HAS LED ME TO
MAKE BIG CHANGES IN MY
LIFE. I WANT TO BE AROUND
FOR MANY YEARS TO LOVE
AND SUPPORT MY FAMILY
AND JUST ENJOY LIFE.

BEING THE BEST FOR MY FAMILY

TRAVEL AND ADVENTURE

THE SIZE OF THE SEATS ON
LEVEL 3 IN BRIDGESTONE ARENA

ENSURE ABILITY TO
ENJOY LIFE IN
RETIREMENT

STAYING ACTIVE IS A KEY TO LIVING A
FULFILLED LIFE! I DO NOT WANT TO MISS OUT
ON SOMETHING DUE TO MY HEALTH!

A SENSE OF ADVENTURE. I WANT TO TRAVEL AND
TRY NEW EXPERIENCES ALL OVER THE WORLD.

OUTDOOR ACTIVITIES. I WANT TO
BE ABLE TO ENJOY
OUTDOOR ACTIVITIES WITHOUT
HAVING TO STRUGGLE PHYSICALLY.

MY MOTIVATION COMES FROM HAVING
GRANDCHILDREN TO KEEP UP WITH!

FOR ME, IT'S SIMPLE. I DON'T WANT TO SPEND
MONEY ON MEDICATIONS FOR CONDITIONS
THAT I CAN CONTROL BY EXERCISING AND
MAKING RIGHT FOOD CHOICES.

Tournament for the Wellness Warriors Awards

Take a Walk Tuesday

Went to the gym at 4:30 a.m. worked out and walked 10,000 steps

Did a run!
Taebo for 30 minutes

I did kickboxing with my training group!

Walked my dog - she loved it!

Stationary bike

Walked the downtown area during lunch

Family walk after dinner

Took a walk with the kids!

Dance workout

Practiced my fencing line drills

HITT workouts!

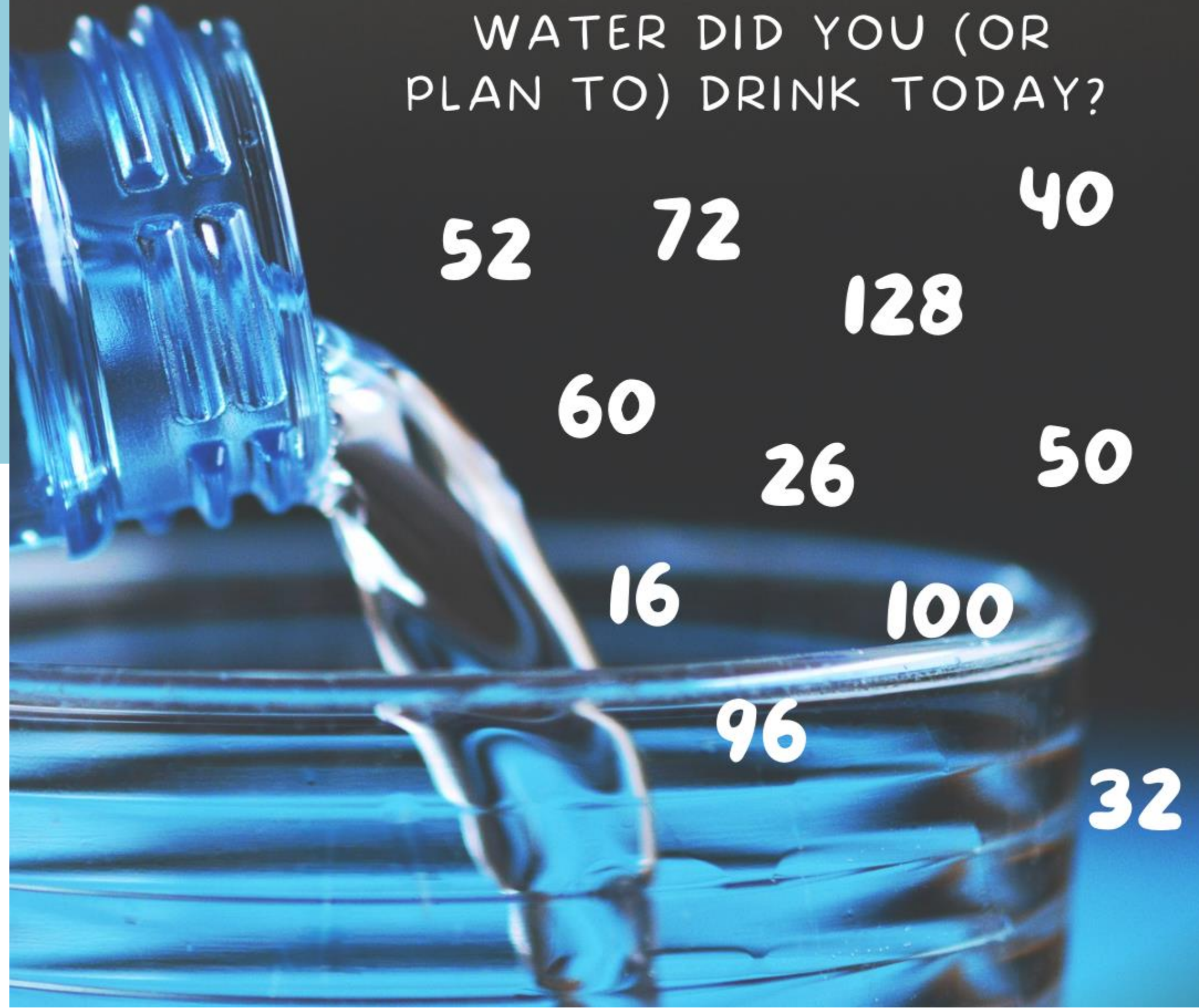
Push-mowed my yard during lunch break.



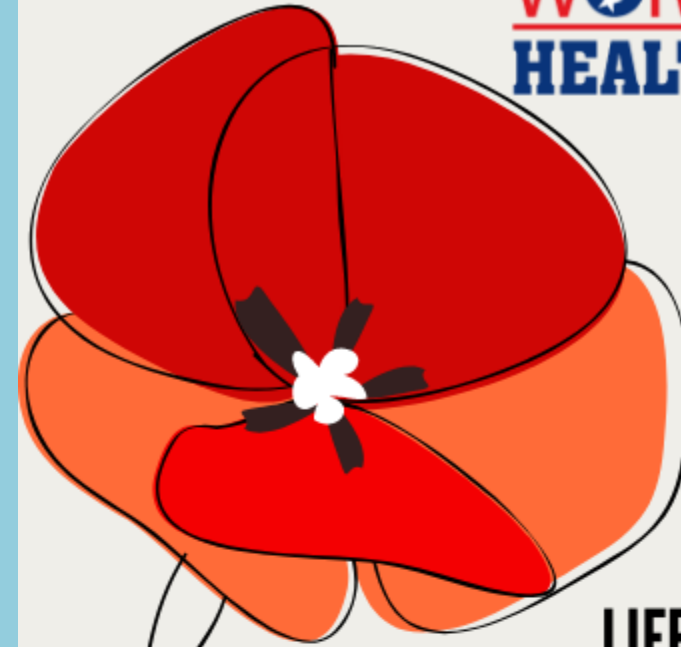
Tournament for the Wellness Warriors Awards

WATER WEDNESDAY

HOW MANY OUNCES OF WATER DID YOU (OR PLAN TO) DRINK TODAY?



Tournament for the Wellness Warriors Awards



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!

Tournament for the Wellness Warriors Awards

FOODIE FRIDAY

TOMATO, BLACK BEAN, CUCUMBER SALAD
WITH A HINT OF RANCH DRESSING

BAKED HONEY CILANTRO LIME SALMON

MANGOS!

WHITE BEANS AND KALE! ADD SOME
CAYENNE PEPPER FOR A LITTLE KICK!

STEAMED BROCCOLI WITH A
SPRINKLE OF PARMESAN CHEESE

ALMONDS

TURKEY MEATLOAF!

STUFFED BELL PEPPERS

APPLES & PEANUT BUTTER ♥

GRILLED CHICKEN FAJITAS!!

Achievement Levels Fiscal Year 2022

(July 1, 2021 – June 30, 2022)

Achievement Levels



Fun Fact Challenge

Congratulations to our May Fun Fact Challenge winner:

**Anna Andersen,
Department of
Military**



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.

Fun Fact Challenge!



Fun Fact Challenge!

Question #1

How many achievement levels are there?

Fun Fact Challenge!

Question #2

When does the new achievement levels system begin?

Fun Fact Challenge!

Question #3

How many focus areas are on the Quarterly Activity List?

Fun Fact Challenge!

Tie Breaker

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

June Activity Planner

Men's Health Week/Month

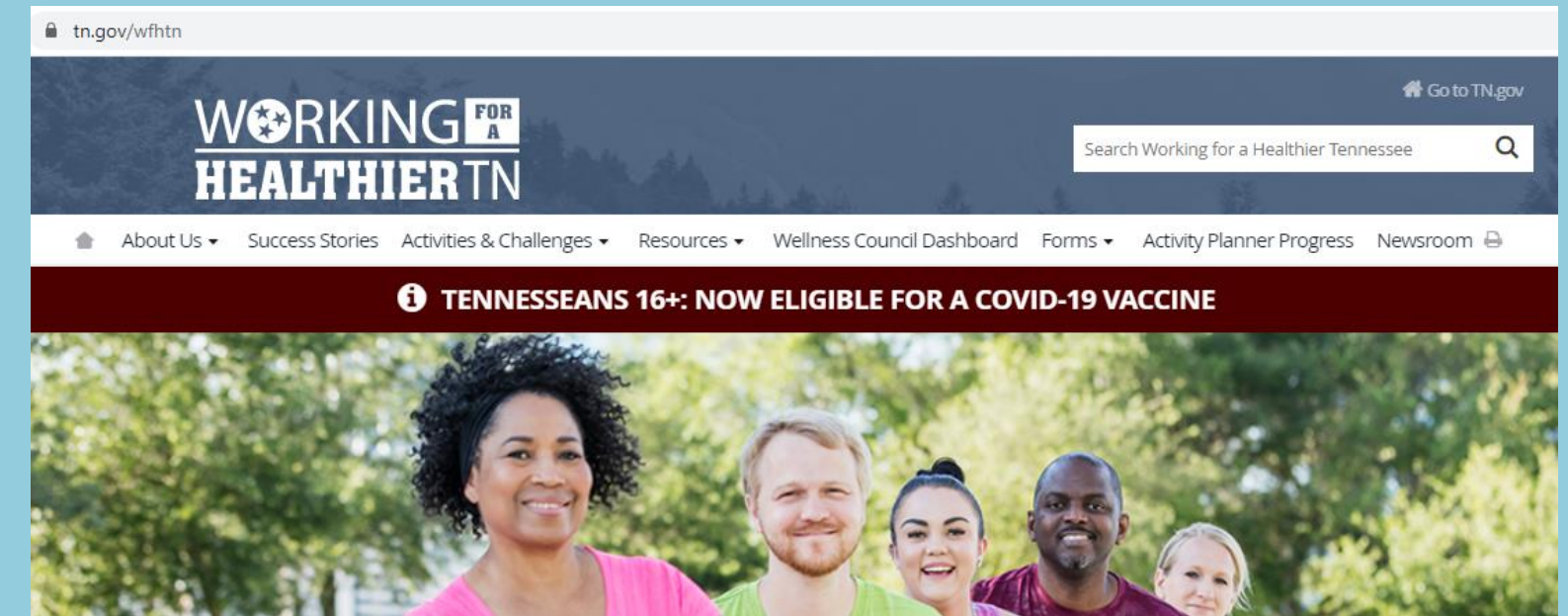
- Help the men in your life lead longer, healthier lives in honor of National Men's Health Week and [National Men's Health Month](#) by encouraging your employees to learn about their [family health history](#).
- Wear **BLUE** on Friday, June 18th for [Men's Health Month](#).

JUNE is
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 <i>can</i> 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?

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)

Wellness Council Spotlight



National Pet Month

WE LOVE OUR PETS!



Sadie



Ozzy Avocado



Barry, Conner & Lexi



Callie



Sparrow



Trixie



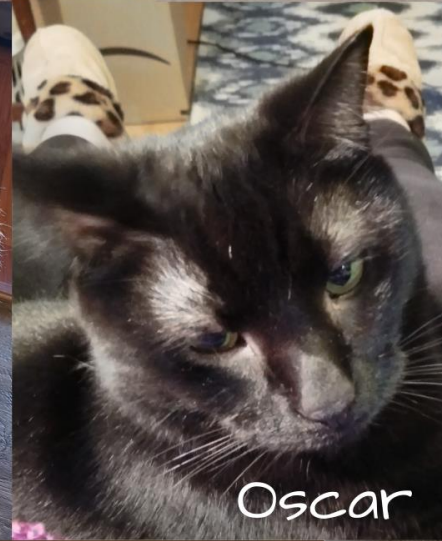
Gobi



KC



Annie



Oscar



Buttons



Bubs



McKenna



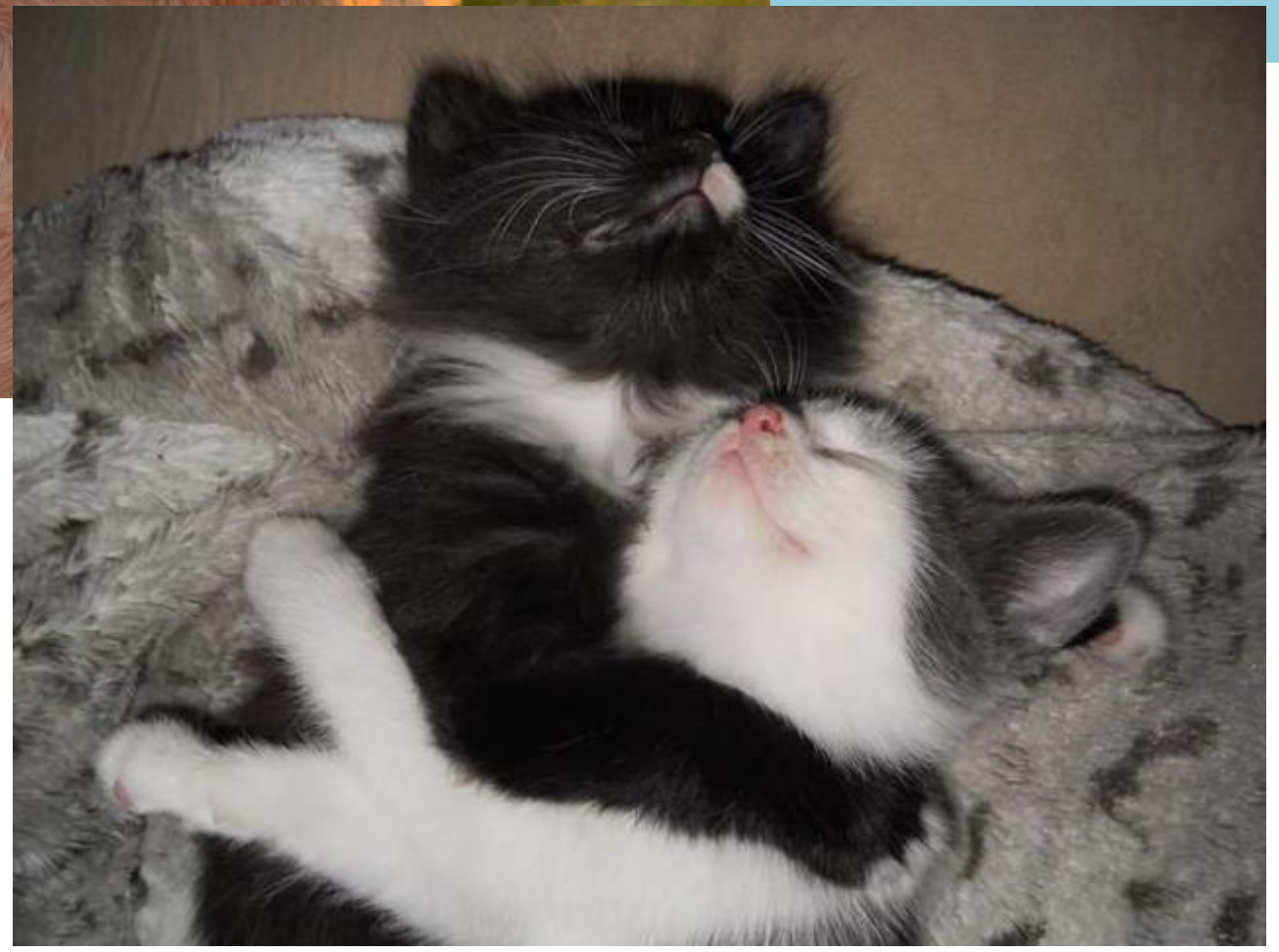
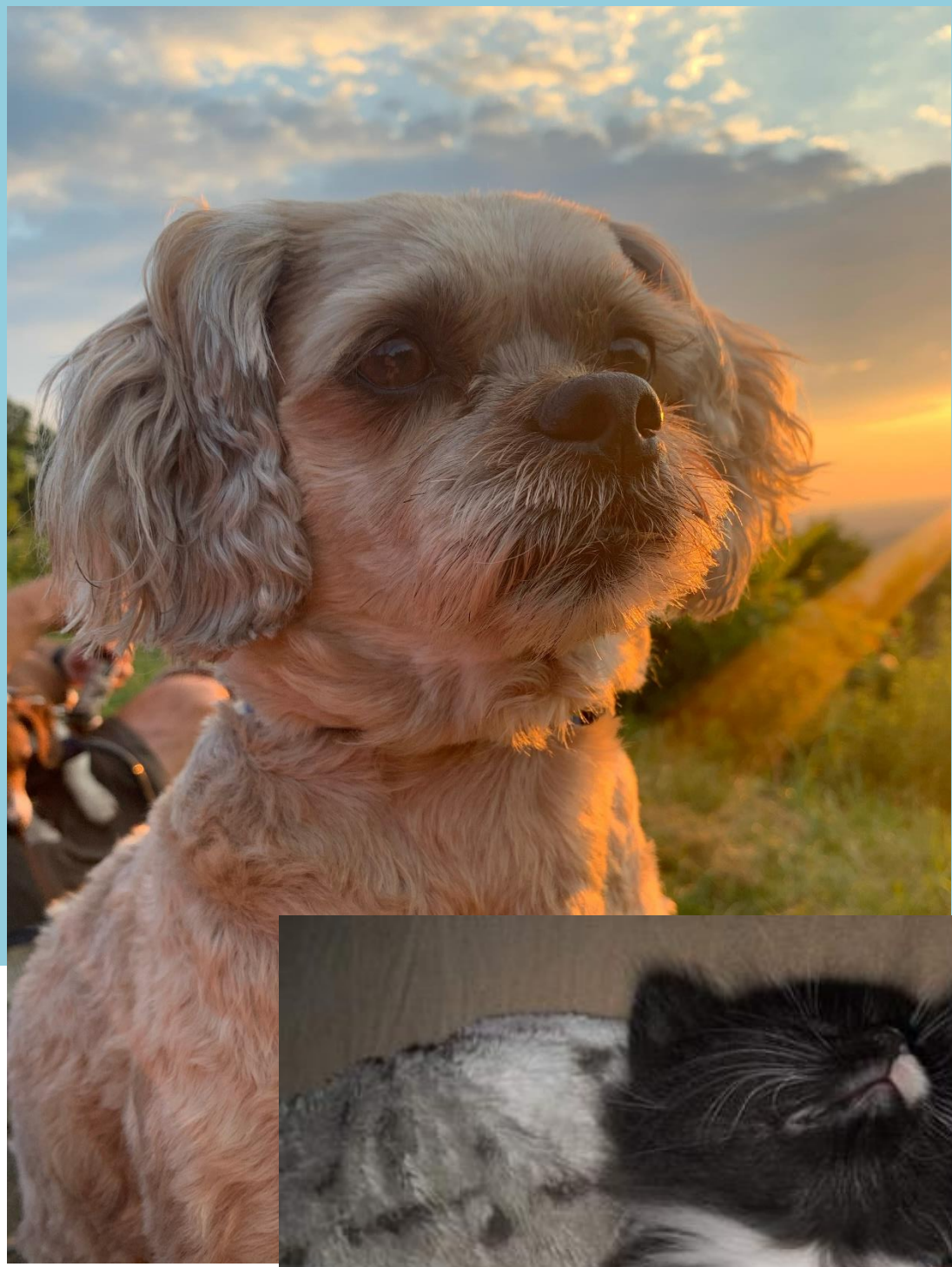
Turnip & Essie



Sam

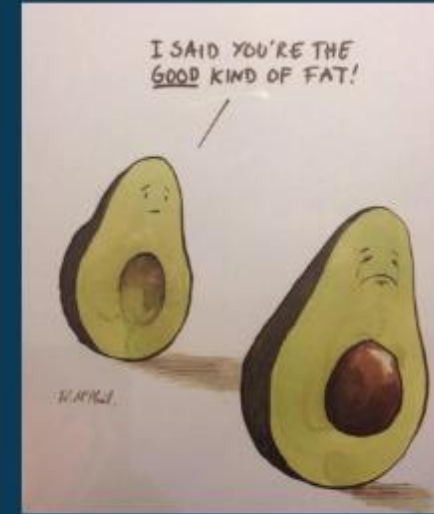
Children's Services

Pet Photo Contest



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!





OEP Earth Day Video

Environment & Conservation





Economic & Community Development

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*



*F&A
Commissioner
Butch Eley's
Favorite Broccoli
Recipe*



GARLIC ROASTED BROCCOLI

- 1 16-OUNCE PACKAGE FRESH BROCCOLI FLORETS**
- 1 1/2 TABLESPOONS OLIVE OIL**
- 1/2 TABLESPOON SALT**
- 1/2 TABLESPOON GARLIC SALT**
- 1/2 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)

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



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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