

Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!



[/WFHTN](#)



[@WFHTN](#)



[/TNSiteChampions](#)



[@WorkingForA
HealthierTN](#)



WORKING FOR A
HEALTHIER **TN**

WORKING FOR A HEALTHIER TENNESSEE

February 2020 Wellness Council Webinar



WORKING FOR A
HEALTHIER **TN**

In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- **Fun Fact Challenge**
- **Q3 (Jan-Mar) Point Tracker**
- **4Mind4Body Lunch & Learn**
- **Wellness Council Spotlight**
- **February Health Observances & Holidays**
- **Upcoming Monthly Handout Topics**
- **Upcoming Schedule**
- **Roll Call & New Activity Ideas**

Fun Fact Challenge



Kayla Livesay

Fun Fact Question #1:

**Oils are healthier than butter
and margarine.**

–True

–False

Fun Fact Question #2:

Where do Americans get most of their saturated fat?

- Burgers
- Ice cream and milk
- Pizza and cheese

Fun Fact Question #3:

- **How long does olive oil last?**
 - **Several years**
 - **A few months**
 - **About a year**

Tie-Breaker Fun Fact Question:

How much fat you eat is more important than the kind of fat.

–True

–False



Q3 (JAN-MAR) POINT TRACKER

Nutrition Jeopardy

- Host a virtual “Nutrition Jeopardy” challenge with your coworkers in honor of [National Nutrition Month](#) in March.

Grains	Dairy	Vegetables	Proteins	Fruits	
100	100	100	100	100	
200	200	200	200	200	
300	300	300	300	300	
400	400	400	400	400	
500	500	500	500	500	
		Team 1	Team 2	Team 3	Team 4
		0	0	0	0
		+ -	+ -	+ -	+ -

All-Department Physical Activity Challenge

The department to reach the highest average physical activity miles will be the challenge winner.

Challenge Dates: March 23-April 19

- Weekly challenge newsletters and bonus activities will be sent each Monday.
- Challenge progress will be provided each Wednesday on the [WFHTN website](#).
- An activity conversion chart, tracking sheet and link to submit weekly miles will be provided.

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 departments determined after Q3.
- Competing departments announced on Monday, April 6
- Challenge dates: April 27-May 22



4MIND4BODY LUNCH & LEARN

- Tuesday, February 11th from 11:30 a.m. - 12:30 p.m.
- Aging Gracefully and Healthfully
 - Learn how to enhance the “aging process” by staying active and discover types of safe and effective exercises for both cardiovascular and muscular conditioning. Participants will also learn about positive thinking and its contribution to healthy aging.
- Presented by ActiveHealth and Optum
- Join in person or via Webex – no pre-registration
 - In person: Tennessee Tower, 3rd floor, rooms A&C
 - Webex: <https://tngov.webex.com/meet/JJoralemon>



WELLNESS COUNCIL SPOTLIGHT

TN Courts

TN Courts has established a Wellness Council!



DHS vs. TDOR Steps Challenge

- Four-week steps challenge from mid-November through mid-December
- Top two teams:
 - DHS Determined Healthier Sistahs: 3,954,394 steps
 - Revenue Rockstars: 3,646,890 steps



DCS Wear Blue Day

- Employees were invited to wear blue in support of the Tennessee Titans
- And enjoy a blueberry snack!



F&A Wellness Council

- **F&A's OIG Office held a "Soup & Stew Party"**
 - Hoosier Stew and Zuppa Toscano were named the winners!
- **F&A's Edison Team hosted "Nutrition Jeopardy" at their recent All-Staff Meeting**



29 Days to a Healthy Heart Challenge

- 1. Agriculture** (including Commissioner Hatcher)
- 2. Children's Services** (including Commissioner Nichols)
- 3. Commerce & Insurance**
- 4. Correction**
- 5. Environment & Conservation**
- 6. Finance & Administration** (including Asst. Commissioner Lea)
- 7. General Services**
- 8. Health** (including Commissioner Piercey, Deputy Commissioner McDonald, Chief of Staff)
- 9. Human Resources** (including Commissioner Williams)
- 10. Human Services**
- 11. Intellectual & Developmental Disabilities** (including Commissioner Turner)
- 12. Labor & Workforce**
- 13. Military**
- 14. Revenue** (including Deputy Commissioner Lapps)
- 15. Safety & Homeland Security**
- 16. TennCare**
- 17. TN Courts**
- 18. Tourist Development**

29 Days to a Healthy Heart Challenge



 **Commissioner Brad Turner** ✓
@BradTurnerDIDD

Challenge accepted, @WFHTN! 🍏🍌🥑 Day 1 of the 29 Days to a Healthy Heart Challenge is to eat 5 servings of fruit and vegetables and I'm kicking it off with the support of my sidekick and daughter, Kinsley. Let's do this and make it a healthier 2020, @DIDD_TN 💪



1:26 PM · Feb 1, 2020 from Tennessee, USA · Twitter for iPhone



29 Days to a Healthy Heart Challenge



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

To tag, use @WFHTN



twitter.com/WFHTN

To tag, use @WFHTN



instagram.com/workingforahealthiertn

To tag, use @workingforahealthiertn

February Health Observances

American Heart Month

Go Red for Women (February 7th)

American Heart Association®



Upcoming Monthly Handout Topics

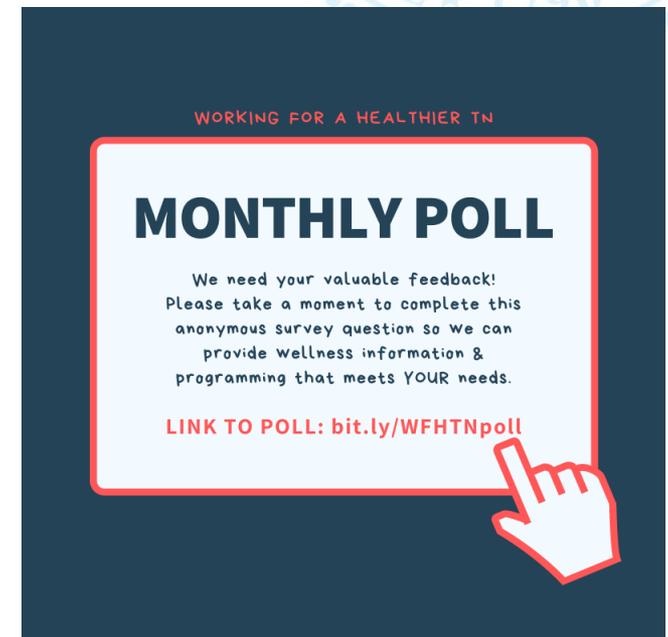
- American Heart Month
- National Nutrition Month



These can always be found at:
tn.gov/wfhtn/resources/monthly-handout.html

NEW Monthly WFHTN Poll!

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



Upcoming Schedule

- **March Wellness Council Webinar**
 - Thursday, March 5th at 9 a.m. Central
- **29 Days to a Healthy Heart Challenge**
 - February 1st-29th
- **All-Department Physical Activity Challenge**
 - March 23rd-April 19th (Registration: March 9th)
- **Q3 (Jan-Mar) Point Tracker**
 - Due March 31st



Roll Call & New Program Ideas



Questions



Follow us!

Join us on social media for health and wellness news, recipe ideas, motivation to reach your goals and more!



[/WFHTN](#)



[@WFHTN](#)



[/TNSiteChampions](#)



[@WorkingForA
HealthierTN](#)



WORKING FOR A
HEALTHIER **TN**

WORKING FOR A HEALTHIER TENNESSEE

February 2020 Wellness Council Webinar



WORKING FOR A
HEALTHIER **TN**

In collaboration with the ParTNers for Health Wellness Program