

WELLNESS COUNCIL WEBINAR

December 2021



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[@WorkingForAHealthierTN](#)



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Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Wellness Whiz Quiz - Holiday Edition!
WFHTN Quarterly Activity List
Now Available
Wellness Council Spotlight
December Health Observances
Upcoming WFHTN Schedule
Wellness Council Panel
Sharing

Wellness Whiz Quiz

Congratulations to our November 2021 Wellness Whiz:

Abby Sparks

Department of
Human Services



WFHTN Wellness Whiz Quiz

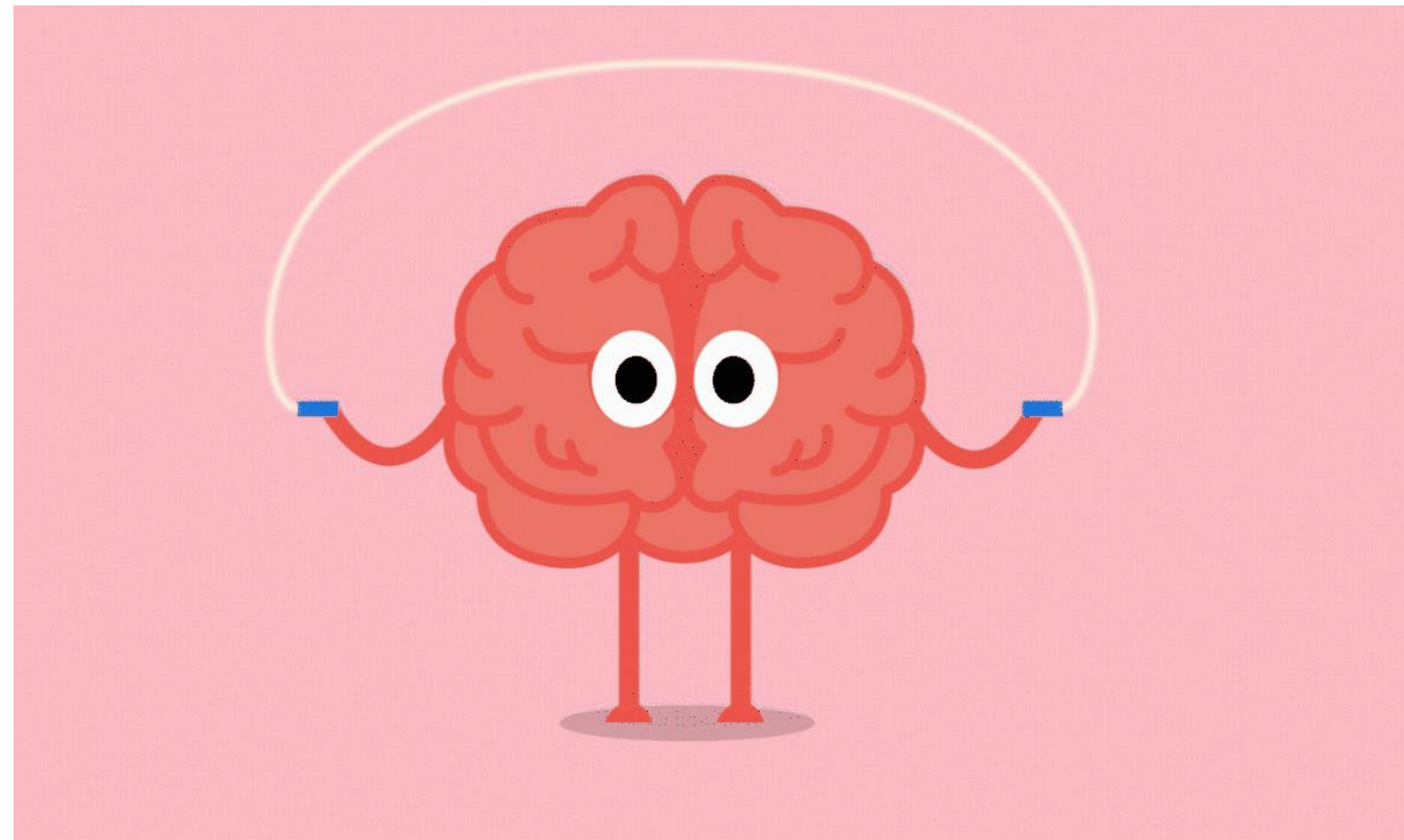
The Rules

The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's "WFHTN Wellness Whiz."

In the event of a tie, a fourth question will be used as a tie breaker.

Please type out the complete answer.

WFHTN Wellness Whiz Quiz



Wellness Whiz Quiz

Question #1

Name this song. 

Wellness Whiz Quiz

Question #2

Name this song. 

Wellness Whiz Quiz

Question #3

Name this song. 

Wellness Whiz Quiz

Tie Breaker

Name this song. 

WFHTN Quarterly Activity List

December 2021 Suggestions

- **O'Fitness Tree Challenge** (*Physical Activity, Inspire Change*)
 - Move for 7 days straight by completing each daily workout video.
- **Healthier Holiday Recipe Swap** (*Healthy Eating, Inspire Change*)
 - Have employees submit recipes. You can even make a digital recipe book.
- **Encourage employees to get into the giving spirit in honor of the Month of Giving.** (*Well-being, Engage*)
 - For inspiration, check out [Tennessee Serves](#).

NOW AVAILABLE!

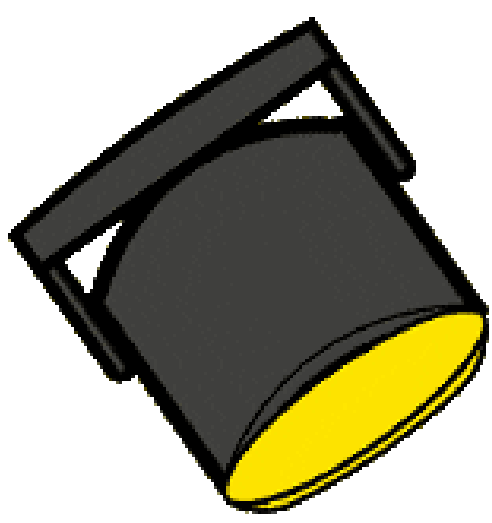


Now Available from WFHTN

- **Be Kind to Your Mind Wellness Week** - Self-care is not selfish. While it's important to show others kindness, you should also be mindful that your needs are critical. You'll complete at least one daily activity during this wellness week.

December Health Observances

- [National Handwashing Awareness Week](#) (Dec. 1-7)
- [National Influenza Vaccination Week](#) (Dec. 5-11)
- New Year's Hikes at [TN State Parks](#)



Wellness Council Spotlight

Mile-Per-Day Challenge

Department of Intellectual & Developmental Disabilities

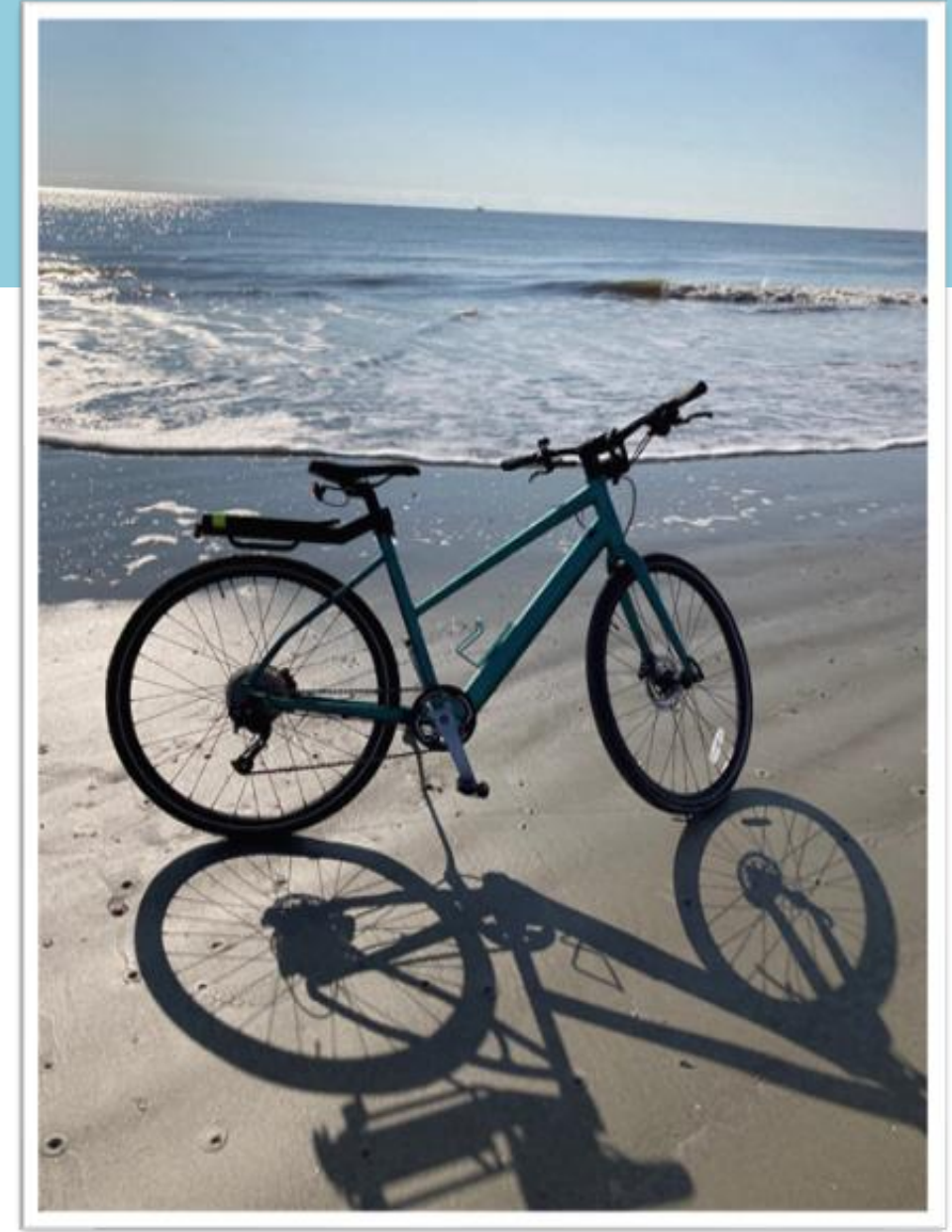
DIRECTIONS:

Aim to complete at least one mile per day.

After completing one mile, you'll earn a point for:

- Each additional mile over 1
- Encouraging a coworker to walk
- Walking *with* a coworker or family member
- Walking in a different location (neighborhood, park, greenway, etc.)
- Stretching *after* your activity

October Bike Ride



Department of Labor & Workforce Development

Pet Photo Contest

**Department of
Economic &
Community
Development**





BEST IN SHOW



BEST DRESSED



BEST PACK



BEST ACTION SHOT

Planksgiving

**Children's Services,
F&A, Health, Human
Services, Revenue**



F&A WELLNESS COUNCIL

PLANKSGIVING CHALLENGE

Do planks and give thanks!

NOVEMBER 1 - 30

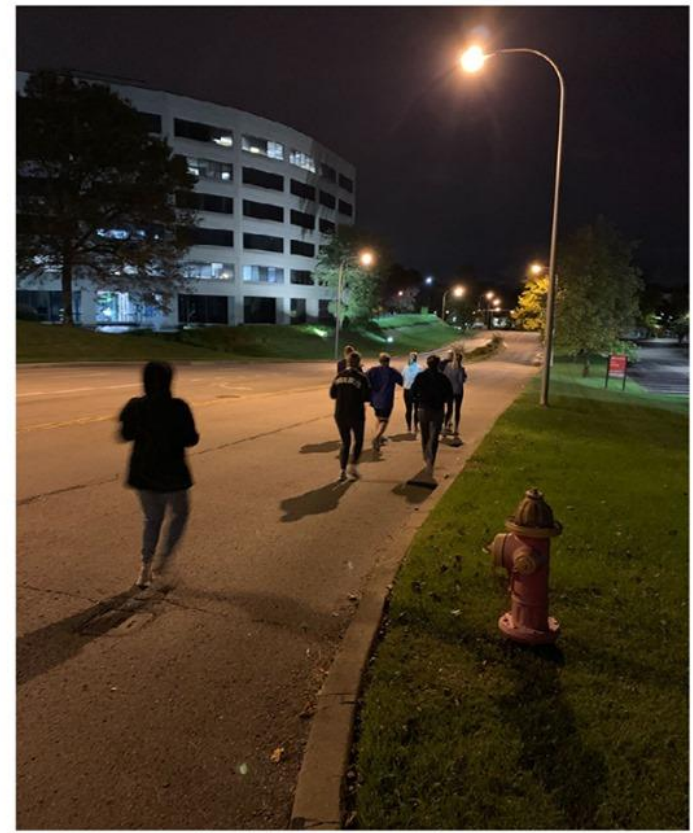
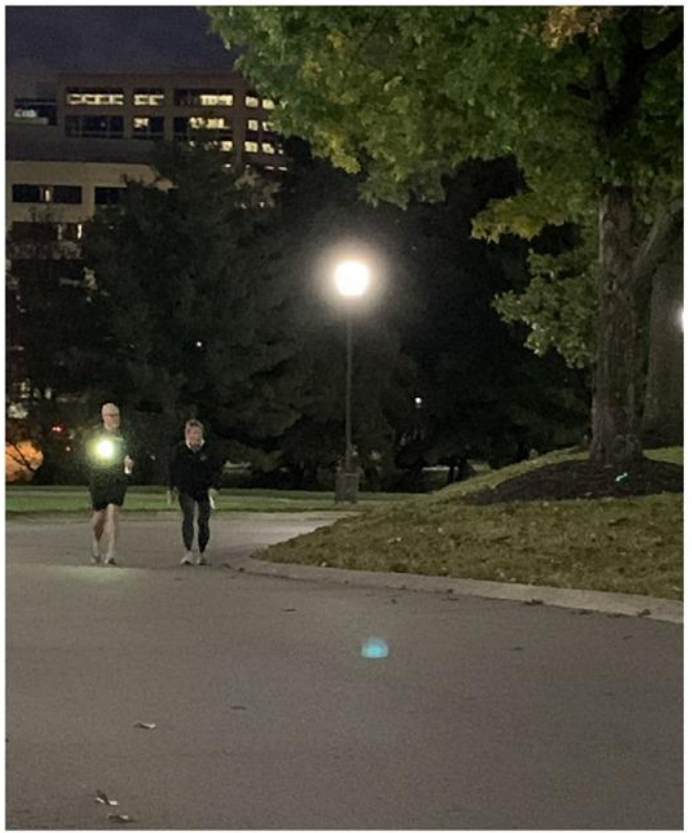
All fitness levels are invited to complete a plank with us each day in November.

(Don't worry if your plank isn't perfect - just do the best you can!)

Wellness prizes are up for grabs! If you'd like to receive emails with challenge tips & reminders, please sign-up [HERE](#). (Note: You do not have to sign-up to participate in this challenge.)

Join us by downloading your Planksgiving calendar [HERE!](#)

Revenue United



Revenue

Upcoming WFHTN Schedule

January Wellness Council Webinar

Thursday, Jan. 6 from 9-9:30 a.m. Central
WFHTN Team Talk! from 9:30-9:45 a.m. Central

Quarter 2 Activity List

Due Friday, Jan. 7



WELLNESS COUNCIL PANEL

MEET THE PANELISTS!



Abby Sparks

Human Services

Assistant Commissioner,
People Operations



Julie Hannah

General Services

Chief Strategy Officer



Kelly Cortesi

Revenue

Communications Director

Wellness Council Panel

Question #1

Tell us about the structure of your Wellness Council. Do you have members across divisions/regions?

Wellness Council Panel

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Tell us about the structure of your Wellness Council. Do you have members across divisions/regions?

DGS CARES

MIND



BODY



LIFE

Wellness Council Panel

Question #1

Tell us about the structure of your Wellness Council. Do you have members across divisions/regions?

Wellness Council Panel

Question #2

**How do you plan for each month or quarter?
Do you hold regular Wellness Council
meetings?**

Wellness Council Panel

Question #2

How do you plan for each month or quarter?
Do you hold regular Wellness Council meetings?

Cooking with Elisabeth

Huevos Rancheros

PREP TIME: 5 mins	COOK TIME: 10 mins	TOTAL TIME: 15 mins
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COURSE: Breakfast, Brunch, Dinner
CUISINE: Mexican

Huevos rancheros (or rancher's eggs) are a typical breakfast served at Mexican farms, featuring corn tortillas topped

Ingredients

- 1 tsp oil
- 1 small or
- 2 medium
- 1/4 cup ci
- olive oil sq
- kosher sa
- 1/8 teasp
- 4 6 inch c
- 4 large eg
- 1/2 cup sl
- 4 tbsp cro
- 2 tbsp ch

Instructions

1. Heat oil in taste and
2. In another tortillas ge
3. Reduce heat to medium-low and lightly spray with more oil, add eggs, salt and cumin. Cover and cook until the whites set for sun-



YIELD: 2 servings
★★★★★
5 from 3 votes

...cumin, salt and black pepper to
...medium-high heat until the
...set aside.

Wellness Council Panel

Question #2

**How do you plan for each month or quarter?
Do you hold regular Wellness Council
meetings?**

Wellness Council Panel

Question #3

What were a couple of your most successful activities or challenges over the past year?

Wellness Council Panel

Question #3

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Wellness Council Panel

Question #3

What were a couple of your most successful activities or challenges over the past year?

Wellness Council Panel

Question #4

How do you communicate to your department to get participation?

Wellness Council Panel

Question #5

How do you get buy-in from executive leadership?

Your Updates!





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