

WELLNESS COUNCIL WEBINAR

December 2022



/WFHTN



@WorkingForAHealthierTN



@wfhtn

Encouraging and enabling state employees to lead healthier lives

Today's Agenda

Just for Fun

Quarterly Activity List

What's New?

Wellness Council Spotlights

Focus Group Feedback

Upcoming Schedule

Just for Fun!



HEALTHY
HOLIDAYS



SCAVENGER
HUNT



RULES

SCAVENGER HUNT



1

Find both of the items listed on the slide as fast as you can.

***Be sure to grab the items you find in order to be eligible to win a prize!*

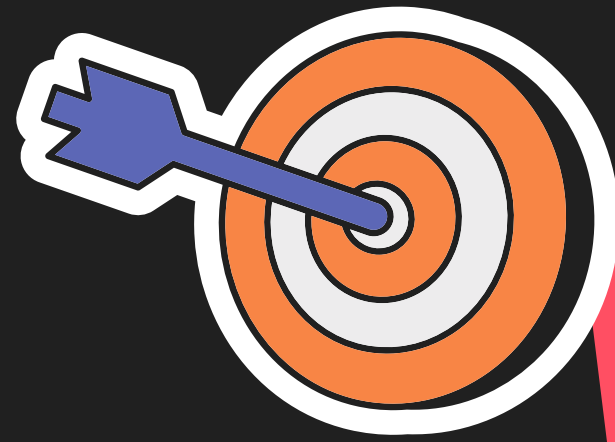
The person who finds the correct items the fastest, wins the round!

2

To win the round, please use THE CHAT to let us know you've found all your items.

You'll be asked to share your scavenger hunt finds via webcam to claim your prize!

00:30



PRACTICE



PEN

SMARTPHONE



ARE



YOU



READY?

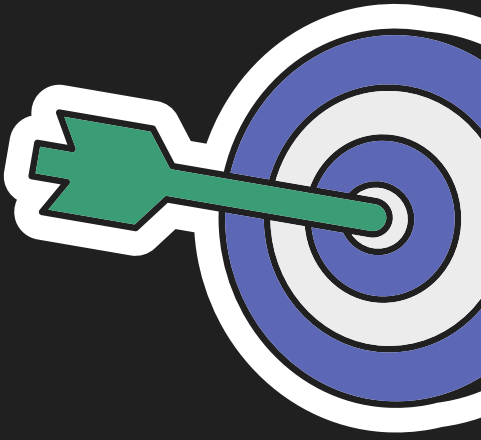


00:30



ROUND

one



SOMETHING IN HOLIDAY COLORS

SOMETHING WITH A POSITIVE MEMORY



00:30



ROUND

two

A HOLIDAY FAVORITE

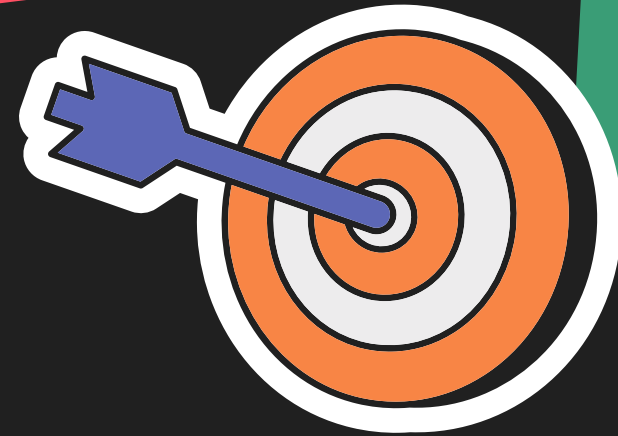
SOMETHING RELAXING

100

00:30

ROUND

three



SOMETHING THAT KEEPS YOU WARM
OUTSIDE

A WARM BEVERAGE OR DRINK
CONTAINER

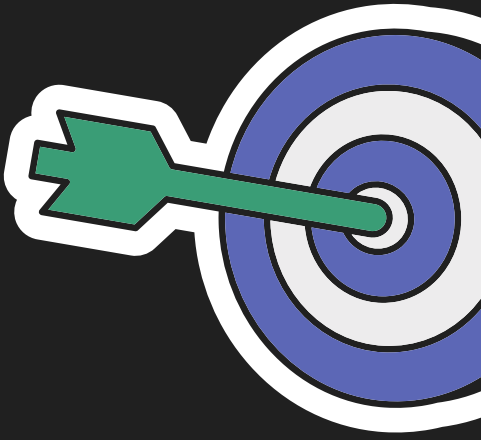


00:30



TIE

BREAKER

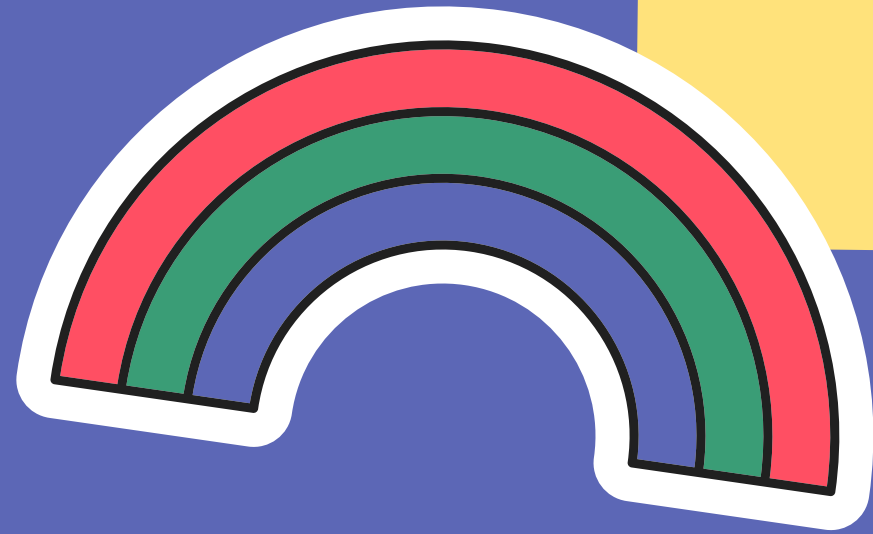


SOMETHING THAT MAKES
YOU SMILE

HOLIDAY SONG LYRICS



thank



you

for

playing



Quarterly Activity List

December Suggestions

Share information related to:

- [Health Benefits of Volunteering](#)
- Healthy Holiday Recipes



December Suggestions

Activities and webinars to promote:

- **Holiday Food Trivia!**
Thursday, Dec. 8 from 1-1:15 p.m. CT
- **Tips for a Healthy, Stress-Free Holiday**
(presented by ActiveHealth)
Friday, Dec. 16 from 10-10:30 a.m. CT

What's New?

December Wellness Calendar & Virtual Events

DO DECEMBER YOUR WAY



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 1-2	Please note: All times listed are in the Central time zone.			Join DCS for a Fitness Break from 11-11:15 a.m. (Calendar invite)	Create a pick-up game of basketball with family, friends or neighbors in honor of National Play Basketball Day!
December 5-9	Join Yoga for All (with Sophia) from 12-12:15 p.m. (Calendar invite)	Research shows volunteering has many health benefits . Find opportunities from Volunteer TN or TN Serves .	Try these brownies with a surprise ingredient: black beans!	Join Holiday Food Trivia from 1-1:15 p.m.! (Calendar invite) Can't join live? Take this quiz by Dec. 20.	Learn more about 15 unique holiday foods from around the world.
December 12-16	Eating mindfully can be helpful in several ways. Try this 10-minute Mindful Eating Meditation and share what you learned!	Cozy up with some Healthy Hot Chocolate!	Hosting a holiday party? Watch these tips to keep your party safe from food poisoning.	Join TDOE's Meditation Break from 11:15-11:30 a.m. (Calendar invite)	Learn "Tips for a Healthy, Stress-free Holiday" from 10-10:30 a.m. (Calendar invite)
December 19-23	Get tips for Healthier Holidays in 1-2-3 from the CDC.	This Baked Latkes recipe is a healthier way to make this traditionally fried dish.	Move more with this 30-minute at Home Workout without Equipment .	Make these Roasted Artichokes for a delicious appetizer or side at a holiday gathering!	Join Yoga: Core & More from 12:15-12:45 p.m. (Calendar invite)
December 26-30	HAPPY HOLIDAYS!	We regularly update the Video Library on our website. Check out our newest additions!	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	This New Year, consider uncovering ways to be physically active that are enjoyable to YOU, and check out our next challenge .	HAPPY NEW YEAR'S EVE!

UPCOMING EVENTS

DECEMBER 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](#). [Calendar invite](#).

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](#).



CHALLENGE

HOLIDAY FOOD TRIVIA
Thursday, Dec. 8 from 1-1:15 p.m.



Do you know your holiday foods? Join us to find out! Wellness Coordinator Morgan will lead trivia. The top three winners will be awarded a prize. An additional prize will be awarded to a participant chosen at random! We'll play using the platform Mentimeter. The link to play will be provided the day of trivia. [Calendar invite](#).

WEBINARS & ACTIVITIES

TIPS FOR A HEALTHY, STRESS-FREE HOLIDAY
Friday, Dec. 16 from 10-10:30 a.m.
[Link to join](#). [Calendar invite](#).

TDOE MEDITATION BREAK
Thursdays from 11:15-11:30 a.m.
[Link to join](#). [Calendar invite](#).



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

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



****NEW** TDOE Meditation Breaks**



Every Thursday from 11:15-11:30 a.m. CT

Find Your Fitness Challenge

Sneak peek!

FIND YOUR FITNESS CHALLENGE

» » » »

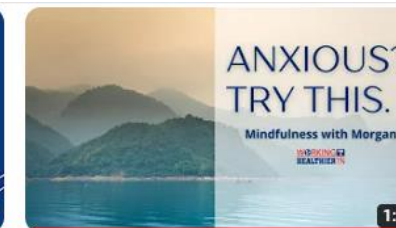
**CHALLENGE DATES:
MONDAY, JAN. 9 - SUNDAY, FEB. 5**

SIGN UP

WFHTN YouTube Videos



Exercises to Build Arm & Wrist Strength
49 views • 2 weeks ago



5-4-3-2-1 Grounding Technique for Anxiety
150 views • 1 month ago



Tips for Reading Ingredient Lists
159 views • 2 months ago



60-second Microwave Egg Recipe
126 views • 2 months ago



Working for a Healthier Tennessee Wellness Council Overview
8 views • 4 months ago



Working for a Healthier Tennessee Overview
44 views • 4 months ago



How to Get Rewards for Going Outdoors
72 views • 4 months ago



Subscribe to our YouTube channel: www.youtube.com/@wfhtn

Wellness Council Spotlights

Planksgiving

214 participants from 22 agencies



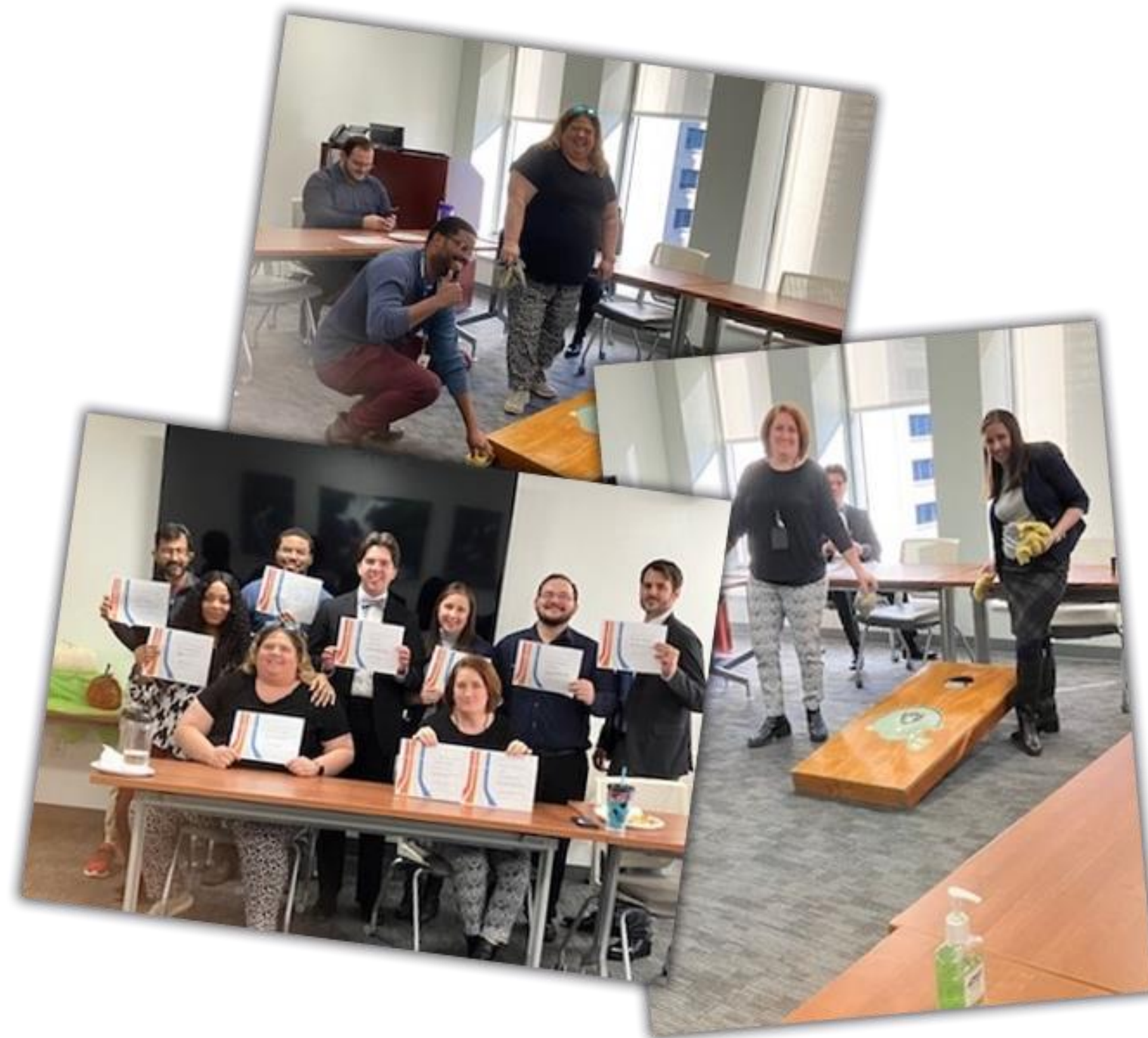
Fall Festival

Department of Intellectual and Developmental Disabilities



Potluck & Cornhole Challenge

Tennessee Commission on Aging & Disability



Focus Group Feedback

Share your insight!

Would focus groups be an effective way to gather more input on wellness topics, programming, engagement, etc.?

Share your insight in the chat!

I'm willing to send a focus group survey to at least five employees in my agency who are NOT currently engaged with WFHTN.

Share your insight in the chat!

**Would a prize entice
employees who don't normally
engage with WFHTN activities
to take a focus group survey?**

Share your insight in the chat!

What are best ways to reach employees who have more restricted schedules?

Share your insight in the chat!

**Would *tailored* focus groups be
feasible for your agency?**

Share your insight in the chat!



Upcoming Schedule

January Wellness Council Webinar

Thursday, Jan. 5 from 9-9:45 a.m. CT

Quarter 2 Activities

We encourage you to contact your Wellness Coordinator for assistance with planning and tracking.

For our full virtual event list, please visit

<https://www.tn.gov/wfhtn/challenges/wellness-events.html>

Your Updates!



WHAT'S
GOING
ON?

Questions





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