

## WFHTN Wellness Council Webinar Notes July 1, 2021

### Welcome

- Hello everyone! Thank you for joining our July 2021 Wellness Council Webinar.
  - Please go ahead and type your department or agency in the chat box to let us know who you are representing!
- Today's webinar agenda includes:
  - Fun Fact Challenge (+ An Update!)
  - WFHTN Quarterly Activity List
  - Now Available
  - Wellness Council Spotlight
  - July Health Observances
  - Upcoming WFHTN Schedule
  - Sharing
  - (Optional) WFHTN "Team Talk"

### Fun Fact Challenge

- Congratulations to our July Wellness Whiz, Ben Yarnell from Department of Health!
  - NEW for Fiscal Year 2022!
    - The "Fun Fact Challenge" is now the Wellness Whiz Quiz and our winners will be known as WFHTN Wellness Whizzes (formerly known as "Fun Fact Champs")!
  - The rules of the game are still the same. Here's a refresher on how the Wellness Whiz Quiz works:
    - The first Wellness Council representative to get two out of the three answers correct using the chat feature will be crowned this month's Wellness Whiz.
    - In the event of a tie, a fourth question will be used as a tie breaker.
    - Please type out the complete answer.
    - Today is International Joke Day, so I have some jokes for you!
    - Using the chat feature, let me know who's ready to play our July Wellness Whiz Quiz!
- 1. What do you call a pig that does karate?**
    - A PORK CHOP
  - 2. What kind of shoes do robbers wear?**
    - SNEAKERS
  - 3. What vegetable is kind to everyone?**
    - A SWEET POTATO
  - 4. TIE BREAKER: What kind of tea is hard to swallow?**
    - REALITY

### WFHTN Quarterly Activity List

- First, some friendly reminders about the changes in fiscal year 2022, which starts today, July 1 and runs through June 30, 2022.
  - "Monthly Activity Planners" are now "Quarterly Activity Lists." These are still suggestions from the WFHTN team. They are just delivered in three-month chunks instead of month-to-month.

- You will no longer see “Tobacco Cessation” called out as a Focus Area. Instead, you will see Physical Activity, Healthy Eating, Well-Being and Wellness Council. We will still have Tobacco Cessation activities and challenges under Well-Being.
- Remember that our previous Focus Area Awards are gone. For example, we’ll no longer have a Healthy Eating Award for Division C. We’ve moved to WFHTN Achievement Levels.
- **July 2021 Suggestions**
  - Here’s what I’m going to do today. I’m going to take you through some suggested workplace wellness activities for July using ideas from our Quarterly Activity List.
  - These suggestions would start you on the path to achieve GOLD Level status!
    - Which requires you to complete four total COMMUNICATE activities, four total ENGAGE activities and four total INSPIRE activities in all of our Focus Areas. (Basically, one activity from each column, in each row, each quarter.)
  - Let’s start with the WELLNESS COUNCIL Focus Area row: Remember, I’m showing you an example of how you might check off requirements to try to achieve GOLD Level Status in fiscal year 2022. You can see that...
    - Sharing the Q1 Quarterly Activity List with your Wellness Council members can help you complete a COMMUNICATE activity. (Be sure to cc/bcc your WFHTN Regional Wellness Coordinator.)
    - Participating in a WFHTN Monthly Wellness Council Webinar can count toward an ENGAGE activity.
    - And attending WFHTN’s 2021 Annual Awards Celebration can help you complete an INSPIRE activity. Look at that! Your requirements for the WELLNESS COUNCIL Focus Area are technically complete to achieve GOLD Level Status. As always, feel free to complete more as able.
    - Speaking of WFHTN’s 2021 Annual Awards Celebration, here are our event details.
      - We’ll be gathering virtually on Thursday, July 22 from 9-10 a.m. Central. We want to see you and your Wellness Council members! Any leadership you’d like to share your accomplishments with are welcome to attend as well.
  - Moving on to the PHYSICAL ACTIVITY Focus Area:
    - I’m highlighting the [Park and Recreation Month](#) (July) activity, which involves encouraging your employees to get active outdoors. This is a great one for collecting photos and selfies.
    - I’m also highlighting the [Office Olympics Challenge](#) in honor of the 2021 Summer Olympics.
    - **Celebrate the 2020 Summer Olympics**
    - ...which is kicking off at the end of this month! The Olympics run from Friday, July 23 through Sunday, August 8.
    - To get into the Olympic spirit you might:
      - Like to do something simple like share our [“Eat Like an Olympian Handout”](#)
      - Or host a bigger event like our [“Office Olympics Challenge”](#)
        - This challenge involves fun Olympic-inspired activities employees can play whether they’re in the office or AWS.
        - We’re talking games such as “Rubber Band Archery”.
    - If you have other ideas to help highlight the 2020 Olympics, let us help you!

- Okay we're making our way through some suggested workplace wellness activities for July using ideas from our Quarterly Activity List... and look at that! I just called out the "Eat Like an Olympian Handout," which can help count toward a COMMUNICATE activity in the Healthy Eating Focus Area.
- That just leaves the WELL-BEING Focus Area to tackle in order to aim for GOLD Level Status.
- You see that there's an opportunity to share info about the July Here4TN Scavenger Hunt.
- **Here4TN Scavenger Hunt**
  - This Here4TN Scavenger Hunt will be live July 12-23.
  - Your Regional Wellness Coordinator will provide the live link closer to July 12.
  - A random 50 employees who complete the July Here4TN Scavenger Hunt will score a Here4TN phone wallet!
- **ActiveHealth Index Meeting**
  - As we wrap up this part of our agenda, we wanted to give you a quick update on this activity on the Quarterly Activity List: "Schedule an ActiveHealth Index meeting with your WFHTN Regional Wellness Coordinator."
  - We'll plan for this in September, so there's no need to take immediate action.

#### **Now Available from WFHTN**

- **Screen-Free Challenge** - The goal of this challenge is to reduce your screen time and increase your screen-free activities over the course of two weeks. Each day, you'll list two screen-free activities you completed and your total screen time.
- **Taking Time Away from Technology** - Along with the Screen-Free Challenge, there is a new webinar about technology addiction and how to break the habit!

#### **July Holidays & Health Observances**

- [Park and Recreation Month](#)
- [UV Safety Month](#)
- Independence Day – Sunday, July 4
- You can always access our National Health Observances Calendar on our website at: <https://www.tn.gov/wfhtn/activity-planner-progress.html>

#### **Wellness Council Spotlight**

- We would like to highlight some of the activities and challenges from different Wellness Councils during the past month.
- Department of Human Services: CHOPPED
  - During last month's webinar, DHS mentioned they hosted a Chopped event. They recruited four members of their Executive Team (three Assistant Commissioners and their Senior Policy Advisor) as contestants for DHS Chopped. Their instructions were to prepare a dish that incorporated two healthy ingredients: a leafy green vegetable and a whole grain. They prepared their dish and photographed it before the live WebEx event. During the WebEx, they had an employee emcee the event, and then had a panel of judges determine the winner. The WebEx was open to employees and more than 60 attended!) The contestants each described their dish and showcased the photograph, and the judges asked the contestants questions. The judges then conferred in a WebEx

breakout room and came back to announce the winner. All the attendees voted on their favorite dish in different categories as well. They had lots of fun putting this together and had great feedback from it!

- National Herbs & Spices Day
  - Pictured:
    - Cindy Vaughn (Department of Revenue) – holding up coriander (also known as cilantro seeds).
    - Lovage – from Elena Ciortan (Department of Revenue) – “Itt can be used in its entirety from roots to leave and stems, to seeds. Also known as “love herb”, it has a smell and flavor which can be defined as a mix of parsley and celery, but with a higher intensity of both of those flavors.”
    - Kim Reznicek (Department of Education) – Sumac - “I use it as seasoning on roasted vegetables like zucchini, onions and tomatoes. I’m certainly no chef; I learned this from Hello Fresh. But now it’s one of my go-to moves.”
- Tennessee Bureau of Investigations (TBI)
  - Let’s Get a Mile In Challenge
    - During the month of May, more than 40 TBI employees tried to get at least one mile of activity in every day. Activities ranged from running and rowing to walking on vacation and even moving into a new house!
    - Participants logged more than 3,100 miles! For reference, it’s about a 1,500-mile drive from Nashville to central Mexico. So TBI employees could get there and back.
    - They had two prizes up for grabs, one for an employee who logged at least one mile every day and another for an employee who logged at least one mile plus logged the most miles. The winner logged 237.4 miles for the month of May!
- Keep up the great work and please continue to share all your successes and photos with us – including tagging us on your department’s social media!

### **Upcoming WFHTN Schedule**

- **2021 Annual Awards Celebration**
  - Thursday, July 22 from 9-10 a.m. Central
- **August Wellness Council Webinar**
  - Thursday, August 5 from 9-9:30 a.m. Central
  - *WFHTN Team Talk!* from 9:30-9:45 a.m. Central
- **Quarter 1 Activity List**
  - Due Monday, October 4

### **Your Updates**

- If you haven’t already, please let us know in the chat box which department you’re representing.
- Let’s take some time to share what’s going on in your department. What wellness activities, challenges or programs would you like to share?
  - Agriculture
  - Children’s Services
  - Commerce and Insurance
  - Commission on Aging and Disability
  - Correction
  - Economic and Community Development

- Education
- Environment and Conservation
- Finance and Administration
- Financial Institutions
- General Services
- Health
- Human Resources
- Human Services
- Intellectual and Developmental Disabilities
- Labor and Workforce
- Mental Health and Substance Abuse Services
- Military
- Revenue
- Safety and Homeland Security
- TBI
- TennCare
- TN Courts
- Tourist Development
- Transportation
- Tricor
- TWRA
- Veterans Services

### **Questions**

If you have any questions, we'd be happy to answer those now.

*Remember, stick around for our "Team Talk" if you'd like! If you need to leave this meeting, thank you for attending today's webinar!*

### **Team Talk**

- Welcome to our Working for a Healthier TN Team Talk!
- Again, this opportunity is optional, but can be a different way to connect with fellow Wellness Council members across agencies and brainstorm with one another.
- As you can see, we already have some topics thanks to your outreach to us. I will help facilitate the discussion and the WFHTN Team will chime in, of course. However, if you have other topics you'd like to bring up, please do! This is an open forum and we are here to help.
- Let's start with...
- **MARKETING/PROMOTION**
  - What are other departments' "elevator pitches" for joining the council? – Kyle (Labor & Workforce Development)
- It takes less than three seconds to make a first impression! [\[Source\]](#)
- By definition, an "elevator pitch" is a "succinct and persuasive sales pitch." It gets its name from only having the time it takes to ride an elevator from one floor to another and that's the succinct part. Now the elevator pitch is short because it's not necessarily there to sell yourself, your idea or the business. [\[Source\]](#)
  - Elevator pitches are not just for salespeople! If you had to say, what are we "selling"?

- Elevator pitches can be really powerful because people buy into people. And it might be helpful to remember that we have conversations with people, not just “pitches” back and forth.
- Let’s watch this short video on [Five steps to an effective elevator pitch](#) from LinkedIn Learning.
  - Okay, so now that we’ve learned the five steps to creating an effective elevator pitch, anyone want to practice?

Thank you for sticking around for our WFHTN Team Talk! We hope this was a good opportunity to bounce ideas off one another. As always, please reach out to your WFHTN Regional Wellness Coordinator if you have any follow-up questions or suggested discussion items. Have a great rest of your day!