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WORKING FOR A HEALTHIER TENNESSEE

November Wellness Council Webinar



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In collaboration with the ParTNers for Health Wellness Program

Today's Agenda

- **Fun Fact Challenge**
- **Point Tracker Spotlight**
- **WFHTN Updates**
- **Upcoming Monthly Handout Topics**
- **November Health Observances**
- **Upcoming Schedule**
- **Roll Call & New Department Ideas/Events**

November Fun Fact Challenge



November Fun Fact Question #1:

- The World Cancer Research Fund estimates that about ___% of all cancers diagnosed in the U.S. are related to body fat, physical inactivity, excess alcohol consumption and/or poor nutrition.

A) 20%

B) 30%

C) 40%

November Fun Fact Question #2:

- **Grocery shopping, including carrying your groceries, for 60 minutes burns ___ calories. (based on a 150 lb., 5'5" tall, woman)**
 - A) 50**
 - B) 150**
 - C) 250**

November Fun Fact Question #3:

- _____ is the hidden burden of mental illness. It can be as hard to deal with as the condition itself. It affects people's well-being, prevents them from seeking treatment & damages self-esteem. The effects can last long after someone has engaged in recovery.

A) Fear

B) Laziness

C) Stigma

November Fun Fact Tie Breaker:

- A typical holiday dinner alone can carry a load of _____ calories.
 - A) 3,000
 - B) 4,000
 - C) 5,000



POINT TRACKER SPOTLIGHT: Q2

Lunch 'n Learns

- Host a Lunch 'n Learn (in-person or webinar) for your department.
- Visit the WFHTN website or search the Here4TN training catalog for topics and scheduling.
 - tn.gov/wfhtn/resources/lunch-n-learn.html
- Point Value: 15 points each!



PRESENTED BY THE F&A WELLNESS COUNCIL

HEALTH TRENDS WEBINAR

Learn about the latest fitness trends and how to stay away from fad diets!

Wednesday, October 16th
11:30 a.m. - 12:00 p.m.

Please RSVP at:

<https://forms.gle/Mh3ePK5u1zqD1AMSA>

Questions? Contact AG.Wellness.Council@tn.gov

Physical Activity Lunch 'n Learns

- From Here4TN
 - **Boosting Energy Naturally:** Here's an opportunity to look at strategies to increase energy and perk up life, naturally.
 - **Making Time for Fitness:** Learn practical ways for even the busiest person to weave 30 minutes of physical activity into their day.
- From WFHTN
 - **Exercise 101:** Learn the what, when and how of starting and maintaining a safe exercise routine
 - ****NEW** Walking Your First 5k:** Get tips for putting together a plan to follow that includes proper hydration, clothing, activity basics and sample programs.

Healthy Eating Lunch 'n Learns

- From Here4TN
 - **Eating Healthier On-the-Go:** with a bit of planning and awareness, you can create your own “fast foods” that are good for you and taste great.
 - **Losing Weight Healthfully:** This program offers a nutrition self-assessment checklist, a hunger fullness continuum, information about carbohydrates and protein, tips for eating out and a checklist to help determine when professional weight-loss help is needed.
- From WFHTN
 - **Healthy Eating During the Holidays:** Learn how to develop a healthy holiday eating action plan at home, at work and while traveling.

Tobacco Cessation Lunch 'n Learns

- From Here4TN
 - **Quitting Smoking:** This program presents participants with helpful ways to stop smoking, inviting attendees to choose a personalized approach that best suits their personality and lifestyle.



WFHTN UPDATES

Top 6 Tournament

- Remember, the top two departments (after Q3) from *each division* will be placed in this year's **Top 6 Tournament** for the Overall Award.
- More details to come next month!



2019 Overall Award Winner

Our 2019 overall award winner was
the Department of Intellectual &
Developmental Disabilities!



2020 All-Department Physical Activity Challenge: Movin' Thru Tennessee

- During Spring 2020, all departments can compete.
- This challenge will begin on March 23 and end on April 19
- More information about this challenge coming soon!



Upcoming Monthly Handout Topics

- **November:** Great American Smokeout
- **December:** Healthy Holidays

Find these on our WFHT website at:

tn.gov/wfhtn/resources/monthly-handout.html



November Health Observances

- American Diabetes Month
- Lung Cancer Awareness Month
- Great American Smokeout (Nov. 21)

Upcoming Schedule

- **December Wellness Council Webinar**
 - Thursday, December 5th at 9 a.m.
Central
- **Q2 (Oct-Dec) Point Tracker**
 - Due December 30th

You can access all WFHTN Monthly Webinar Archives at:

tn.gov/wfhtn/archives.html



Roll Call & New Program Ideas



Questions?



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