

Wellness Council Webinar Notes June 6, 2019

Welcome

- Good morning, everyone! Thank you for joining the June Wellness Council webinar.
- Today's agenda includes:
 - Monthly Fun Fact Challenge
 - Great Outdoors Month
 - Challenge Updates
 - New Challenges
 - Point Tracker Update
 - June Health Observances
 - Upcoming Dates
 - Roll Call

Monthly Fun Fact Challenge

- Congratulations to the Wellness Council Webinar Fun Fact Champion: June – Denise Galben from the Department of Human Services

Great Outdoors Month

Summer is the time to escape the indoors and connect with nature. This June during Great Outdoors Month®, see all the different outdoor activities that you can enjoy with your family and friends, and get ready for your next fishing, boating, camping, hiking and biking adventures!

- Fishing – Escape the indoors and invite a friend to go fishing with you during National Fishing and Boating Week, a national celebration to enjoy recreational boating and fishing during June 1-9, 2019.
- Boating – Enjoy a day out on the water and go boating with your family and friends during National Fishing and Boating Week June 1-9 and National Marina Days starting on June 8, 2019.
- Camping – Let your compass guide you during the Great American Campout on June 22, 2019. A great opportunity to spend more time outdoors with your family and friends while learning how to protect wildlife.
- Hiking – Explore America's backyard and go out hiking, biking, horseback riding, paddling, birdwatching and more outdoor adventures during Great Outdoors Month on any number of America's outstanding trails.
- Biking – Explore parks, enjoy nature and discover more adventures during Bike Travel Weekend May 31-June 2, 2019. We realize these and some of the other observance dates mentioned earlier have already passed, but as always, we want to remind you that it's okay to observe health observances on any dates you'd like.
- Family Fun – Explore parks, enjoy nature and discover more adventures during Kids to Parks Day on May 18, 2019. Again, celebrate this any day! Go biking and join one of the hundreds of events across the U.S. during National Get Outdoors Day on June 8, 2019.
- Check out the State employee discount page at <https://www.teamtn.gov/hr/employees/discounts.html> for discounts on Wilderness Survival Gear.
- Regional outdoor activity resources:
 - East TN
 - Outdoor Knoxville: <http://www.outdoorknoxville.com/calendar/weekly>

- Knoxville Track Club: <https://www.ktc.org/Events.html>
 - Middle TN
 - <https://www.nashville.gov/Parks-and-Recreation/Outdoor-Recreation.aspx>
 - <https://www.tnvacation.com/trails/middle/nashville/old-tennessee-trail>
 - West TN
 - Get Outside – Fitness Programs at Shelby Farms Park: <http://www.shelbyfarmspark.org/get-outside-fitness-programs>
 - Events at Shelby Farms: <http://www.shelbyfarmspark.org/calendar>
 - Jackson, TN Recreation and Parks: <http://www.jacksonrecandparks.com/leagues/homeJRP.cfm?clientid=3046&leagueid=0>
 - This not an all-inclusive listing. If you know of others, please share with your regional Wellness Council members.
- For upcoming events:
 - www.greatoutdoorsmonth.org/activites-and-events
 - www.tnstateparks.com/events

Challenge Updates

- Top 8 Tournament
 - Tournament ends tomorrow, June 7.
 - Teams still competing include:
 - Agriculture, DIDD, F&A, Financial Institutions, Human Services
- All-Department Physical Activity Challenge
 - Challenge ends tomorrow, June 7.
- Results as of week 3:
 - By week 2, all teams had reached The Great Smoky Mountains (the walking route began at Graceland in Memphis, TN).
 - LWFD leads with 32.1 average miles per participant for week 3.
 - Collectively, the 10 competing departments have completed 34,991 miles.

New Challenges

- **28-Day Core Challenge**
 - Why You Should Strengthen Your Core Muscles? *Here are six reasons you should add core exercises to your regular workouts.*
 - They are an important part of a well-rounded fitness program.
 - They improve your balance and stability.
 - They don't require specialized equipment or a gym membership.
 - They can help tone your abs.
 - Strong core muscles make it easier to do most physical activities.
 - They can help you reach your fitness goals.
- **Get Fit, Bit By Bit Challenge**
 - If you're mindful of the little things you can do to turn your daily tasks into a "mini-workout," you'll be surprised at how much better you'll feel!
 - Give yourself one point per activity each day you do any of the activities listed on the handouts provided. Aim to complete at least five activities each day.

- **Mind-Body Challenge**
 - **Objective:** Challenge employees to increase both mental and physical health when striving to live overall healthier lives.
 - **Duration:** Four weeks
 - The first two weeks of the challenge will focus on the “mind” aspect of mind-body wellness and the last two weeks will focus on the “body” aspect.
 - Mind-body wellness is about the connection between our mental thoughts and how we feel physically. Our thoughts have a lot to do with how we feel. A stressed mind can lead to an unhealthy body; therefore, a relaxed/positive mindset can aid in having a healthier body. Some stress is normal but chronic stress can lead to high blood pressure, headaches, digestive issues and more.
- All of these challenges are now available on the Challenges page of our website.

Point Tracker Update

- There’s no Point Tracker for July.
- Any wellness-related activities your department does in July can be applied to the August – September Point Tracker.
- Please be sure to let your Regional Wellness Coordinator know about all activities.
- The August – September Point Tracker will be sent on July 18.

Upcoming Health Observances

- National Trails Day, June 1
- Family Health and Fitness Day, June 8
- Men’s Health Week, June 10-16
- Great Outdoors Month, June
- Men’s Health Month, June
- National Fresh Fruit & Vegetable Month, June

Upcoming Dates

- No July Wellness Council Webinar
- Annual Awards Celebration
 - Wednesday, July 24 from 9-10:30 a.m., Tennessee Tower in Tennessee Room 1. More details will be coming about registration, so stay tuned!
- Q4 (April-June) Point Tracker
 - Ends Friday, June 28th
- All-Department Physical Activity Challenge and Top 8 Tournament both end tomorrow, June 7

Roll Call

- Let us know you are representing your Wellness Council by giving us a shout out in the chat box! (You’ll have an opportunity to share your Wellness Council successes and ask questions once roll call is complete.)
 1. Agriculture
 2. Children’s Services
 3. Commerce and Insurance
 4. Commission on Aging and Disability
 5. Correction
 6. Economic and Community Development

7. Education
8. Environment and Conservation
9. Finance and Administration
10. Financial Institutions
11. General Services
12. Health
13. Human Resources
14. Human Services
15. Intellectual and Developmental Disabilities
16. Labor and Workforce
17. Mental Health and Substance Abuse Services
18. Military
19. Revenue
20. Safety and Homeland Security
21. TBI
22. TennCare
23. Tourist Development
24. Transportation
25. Tricor
26. TWRA
27. Veterans Services

Thank you all for attending today's webinar. Please reach out to your Regional Wellness Coordinator if you have any questions or would like to share ideas.