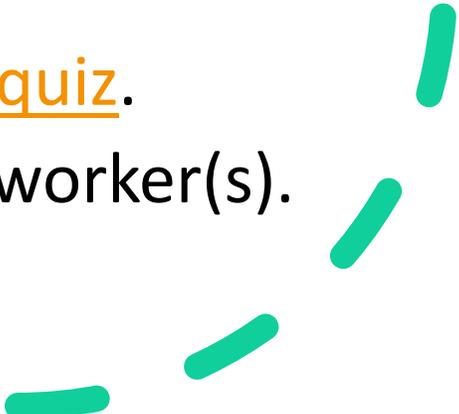


FUN IN THE SUN

TAG! YOU'RE IT!

Complete one of the following activities, then “tag” another co-worker.

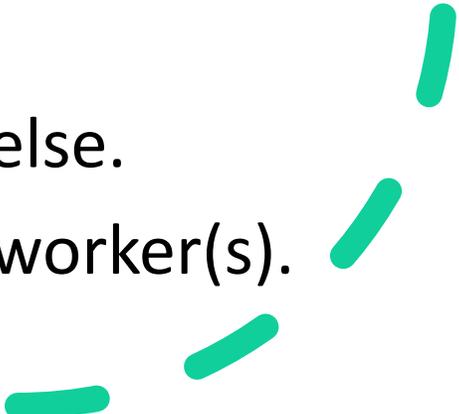
- Get some fresh air – take a moment to stretch or go on a quick walk.
 - Drink up! It’s important to stay hydrated when it’s warm out.
 - Go on a “picnic” – enjoy lunch or a snack outside.
 - Enjoy a snack that’s red, orange or yellow-colored.
 - Test your Sun Safety IQ with [this quiz](#).
 - Share a healthy recipe with a co-worker(s).
- 



**IT'S
FALL
Y'ALL!**

TAG! YOU'RE IT!

Complete one of the following activities, then tag another co-worker.

- “Catch” a co-worker(s) engaging in healthy habits. (Take and share a photo/selfie with permission to WFHT.TN@tn.gov.)
 - Give thanks for a co-worker!
 - Get some fresh air – take a moment to meditate or go on a quick walk.
 - Go on a “picnic” – enjoy lunch or a snack outside.
 - Do something nice for someone else.
 - Share a healthy recipe with a co-worker(s).
- 



Healthy
Halloween!

TAG! YOU'RE IT!

Complete one of the following activities, then tag another co-worker.

- “Catch” a co-worker(s) engaging in healthy habits. (Take and share a photo/selfie with permission to WFHT.TN@tn.gov.)
- Trick, no treat! Show off your best trick.
- Opt for a healthier sweet treat.
- This is Thriller! Turn up your favorite tunes for a quick dance party.
- Test your sugar smarts with [this quiz](#).
- Be better to your bones! Set-up your workspace [at home](#) &/or [in the office](#).



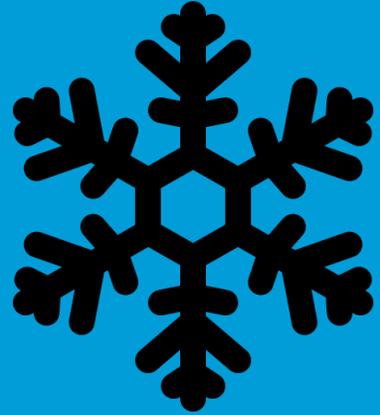
Hello
Spring!

TAG! YOU'RE IT!

Complete one of the following activities, then tag another co-worker.

- “Catch” a co-worker(s) engaging in healthy habits. (Take and share a photo/selfie with permission to WFHT.TN@tn.gov.)
- Get some fresh air – take a moment to stretch or go on a quick walk.
- Go on a “picnic” – enjoy lunch or a snack outside.
- Stand up and stretch!
- Set an alarm for sleep. (Make sure to allow for 7-9 hours of good shut eye.)





**Baby it's
cold
outside!**

TAG! YOU'RE IT!

Complete one of the following activities, then tag another co-worker.

- “Catch” a co-worker(s) engaging in healthy habits. (Take and share a photo/selfie with permission to WFHT.TN@tn.gov.)
- Take a moment to stretch with these [Desk Stretches!](#)
- Share an online workout or video with a co-worker(s).
- Do some deep breathing to de-stress.
- Set a small goal to achieve this week.

