



Be Well
Small Starts.
Big Change.



THE UNIVERSITY OF
TENNESSEE
KNOXVILLE



Small Starts. Big Change.



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The Backstory

UT Knoxville

- Vol-Well Taskforce - 2012

State of TN

- 2013 – Governor Bill Haslam created Working for a Healthier Tennessee
 - Goal – encourage and enable state employees to lead healthier lives
 - 3 Focus Areas of Working for a Healthier Tennessee
 - Physical Activity
 - Healthy Eating
 - Smoking Cessation

What is Be Well?



Mission

- Partnering with **Healthier Tennessee**, the Be Well initiative encourages community wellness through environmental and social support.

Vision

- To improve the overall wellness of UT Knoxville employees through health education and wellness activities that support positive lifestyle choices.

Goals

- Increase employee access to health and wellness related information.
- Increase employee opportunity for individual and group wellness activities.
- Increase support and networks for positive lifestyle change.

Be Well



Through a partnership with human resources and the Governor's Foundation for Health and Wellness (**Healthier Tennessee**) Be Well offers:

- Resources
- Information
- Encouragement
- Social Support

to employees who are looking to make Small Starts to Big Change on the path to health and wellness.

Be Well Focus Areas



Physical Activity

- Encourage increased physical activity for employees



Nutrition

- Encourage healthier nutrition decision making



Tobacco Cessation

- Decrease tobacco use & encourage a tobacco free initiative

Be Well Programming



Move More Mondays

- Each Monday, Thompson-Boling Arena, noon
- 1 mile walks while discussing health & wellness topics

Wellness Wednesday

- Every other Wednesday, Student Health Center, noon
- Bring your lunch and learn about health behaviors, increase your wellness knowledge, and meet like minded people

Be Well Community Events

- Join the Be Well team at events in the Knoxville community
- See calendar for event details

Be Well Online Tools

Be Well Website

- bewell.utk.edu

Streak for Small Starts App

- <http://streaks.healthiertn.com/join/bewell>

Healthier TN

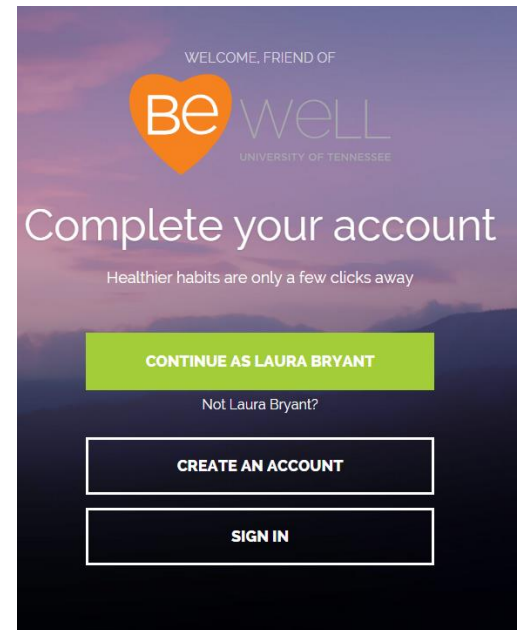
- healthiertn.com

Be Well Twitter

- twitter.com/BeWellUTK

Be Well Facebook

- facebook.com/BeWell



Be Well Involvement



How can you get Involved in Be Well?

1. Apply to become a Wellness Champion
2. Sign Up for the Small Starts app
3. Attend Be Well Events
 1. Move More Mondays
 2. Wellness Wednesdays
 3. Community Events
4. Tell your friends and colleagues about Be Well



Thank you for your time!
Questions?