



Stretches for Walking

Thursday, July 27 from 12-12:15 p.m. CT

Walking is a great way to add physical activity into your healthy lifestyle. Another important part of your activity program is stretching. During this session, we'll practice stretches that can help you prevent injuries.

[Download calendar invite](#)

You can access all upcoming activities, webinars and workouts at <https://www.tn.gov/wfhtn/challenges/wellness-events.html>.

In case you missed it: Last week, Tennessee State Government employees gathered virtually to test their nature knowledge. If you couldn't join the fun, take this quiz by **Friday, Aug. 11** for a chance to win one of three prizes!

Get Outdoors Trivia:

https://stateoftennessee.formstack.com/forms/get_outdoors_trivia_submission_form

Success Story Spotlight



Brittany exceeded her goal to hike 600 miles in a year. Find out how she stayed motivated!

<https://youtu.be/G3AOIRzBiro> (1 minute, 46 seconds)

Recipe Spotlight



July 26 is National Bagelfest!

Celebrate with these **2-Ingredient Dough Bagels**. 🥯

The dough calls for flour and Greek yogurt. Greek yogurt is an excellent source of several nutrients and can even offer health benefits. Enjoy!

<https://www.tn.gov/wfhtn/resources/recipes/breakfast/2-ingredient-dough-bagels.html>



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