

How to participate in eWellness

eWellness is a component of the *Tennessee Shapes Up* program in the UT Extension Family and Consumer Sciences Department. The goal is to encourage Tennesseans to adopt a few positive behaviors that are the foundation for good health.

So that people will not give up, the program includes the elements of forgiveness, support, recognition and accountability. These elements have been shown to result in success.

- Step 1: Call your county Extension agent. Tell her/him that you want to participate. Give the name of the group and when you want to start and end the program. (Most people carry-out the program in eight-week phases. After a phase ends, you can start a new phase when you wish.) Your Extension agent will contact the state eWellness Coordinator who will enroll the group in the UT Extension Family and Consumer Sciences Wellness database. Your group may be your church, club, civic organization, place of employment, etc. You can have as many teams in your group as you wish.
- Step 2: Form teams in your group. Each team should choose a team name and leader. Your county Extension Agent will enter the team leaders into the UT Extension Family and Consumer Sciences Wellness database. Team leaders will enroll the team members.
- Step 3: The following information is needed to enroll a team leader:
- First name
 - Last name
 - Telephone number
 - E-mail address
 - User name (may choose any user name they wish but should be something they will remember. Many people use first initial and last name.)
 - Password (it should be easy to remember).
- Step 4: The team leader will register the rest of the team. Each team member will need to give the team leader: 1) first name, 2) last name, 3) telephone number, 4) e-mail, 5) username and 6) password. Each person will choose their username and password.
- Step 5: Decide how you will recognize participants/winners (see suggestions for challenges below). It is not necessary to use all the different types of challenges given below. They are included for your consideration.

Step 6: Each team member will enter their own diet and physical activity data into the data base. Go to <http://tnshapesup.tennessee.edu> Click on eWellness → login → enter username and password. The page will open to the individual's diet and physical activity page. Follow guidelines on page.

Each team member should receive copies of the *Food and Activity Diary* in order they can keep track of diet and physical activity until it is convenient to enter the information into the web database.

Step 7: At end of the challenge, the computer will sort winners and list the winners of the challenges. Your group should recognize the winners.

How to Count Points

- Each 1/2 cup portion of fruits or vegetables counts ONE point (see factsheet, *How to Estimate Half-Cup Portions*.)
 - Fruit: 3/day for 5 days/week = 15 points/week x 8 weeks = 120 points
 - Vegetables: 4/day for 5 day/week = 20 points/week x 8 weeks = 160 points
- Each cup of water or unsweetened beverage counts as ONE point
 - 6/day for 5 days/week = 30 points/week x 8 weeks = 240 points
- Each minute of physical activity (in 10-minute bouts) counts a ONE point
 - 30-minutes per day for 5 days/week = 150/week x 8 weeks = 1200 points

The minimum requirements for fruit and vegetable intake are based on MyPyramid recommendation for a 1600 calorie level diet (see Tennessee Shapes Up: MyPyramid SP654). The minimum requirements for physical activity of at least 30 minutes on most days of the week are based on the *Dietary Guidelines for Americans*.

Suggestions for Challenges

Many people like to compete, either with each other or compete trying to meet a goal. The UT Extension Wellness program is designed to encourage people both ways. There are team challenges as well as individual challenges. To win either challenge, you need to make healthy eating and physical activity choices.

It is not necessary to include all of these challenges. Your group can decide which ones to include.

1. Team Healthy Lifestyle Award. *Every team can receive this award!* To receive this award **every member of the team** must accumulate 1200 minutes of physical activity over the 8-week cycle. They **all** must also accumulate at least 120 points for fruit, 160 points for vegetables and 240 points for water or unsweetened beverage over the 8-week cycle. (Teams with more than five members are not eligible for this award.)

2. Individual Healthy Lifestyle Award. *Everyone can receive this award!* To receive this award the individual must accumulate 1200 minutes of physical activity over the 8-week cycle. They must also accumulate at least 120 points for fruit, 160 points for vegetables and 240 points for water over the 8-week cycle. You will be recognized as an

individual even if your team members did not meet the recommendations.

3. Striving for Good Health - *If you strive for the Healthy Lifestyle Award and do not quite make it, you can be recognized for trying to achieve good health!* The individual must accumulate 80 points for fruit, 120 points for vegetables and 240 points for water over the 8-week cycle. They must also accumulate 800 minutes of physical activity over the 8-week cycle. This participant must not drop-out of the challenge. They must enter data for each week in the challenge, even though they did not meet the minimum requirements.

4. Individual Physical Activity Award—this award will go to the top three individuals with the highest number of minutes of physical activity. But, healthy eating is also important. The individuals winning this award must accumulate at least 120 points for fruit, 160 points for vegetables and 240 points for water over the 8-week cycle.

5. Team Physical Activity Award—this award will go to the team who accumulated the highest number of minutes of physical activity. But, healthy eating is also important. **All team members** must accumulate at least 120 points for fruit, 160 points for vegetables and 240 points for water over the 8-week cycle to win this award. (Teams with more than five members are not eligible for this award.)

For more information, contact your local county Extension Agent or Dr. Betty Greer, Professor and State eWellness Coordinator; UT Extension, Family and Consumer Sciences bgreer@utk.edu (865/974-7402).