Physical Activity & Movement

Blomeyer Health Fitness Center
Fitness facility located at 1525 Clifton Road. Programs include group exercise, personal training and massage. www.emory.edu/blomeyer

Emory Recreation & Wellness/Woodruff PE Center
Programs include intramurals, group exercise, instructional classes, personal training, fitness assessments, wellness resources and events. Recreational space includes indoor pool, basketball courts, indoor/outdoor tennis courts and fitness center. www.play.emory.edu

Emory Recreation & Wellness/Student Activity & Academic Center (SAAC)
Programs include group exercise, fitness assessments, personal training, wellness resources and events. Fitness and recreation facility located on the Clairmont Campus; indoor/outdoor fitness and recreation, outdoor pool, tennis and basketball courts. www.saac.emory.edu

Fitness Facility Discounts
Several fitness centers offer discounts to Emory employees, including LA Fitness, YMCA, and more. www.fsap.emory.edu/emotional-physical-health/fitness/facilities-discounts/non-emory.html

Walking Groups
Emory offers many outdoor walking groups, walking challenges and special events. fsap.emory.edu/emotional-physical-health/fitness/walking/index.html

Walking Areas
There are Healthy Emory walking areas located at Emory Saint Joseph's Hospital and Emory Johns Creek Hospital, and in the tunnels connecting Emory University Hospital, Emory Clinic, Emory Rehabilitation Hospital and Egleston Children’s Hospital.

Bike Emory
Provides Emory cyclists with discounts on Fuji bicycles, bike service at the on-campus Repair Center, and a Bike Share program. www.bike.emory.edu

Stress Management & Mental Health

Faculty Staff Assistance Program (FSAP)
Offers assistance to help with a variety of concerns, such as problems in personal and/or work relationships, grief issues, alcohol and drug abuse. 404-727-WELL; www.fsap.emory.edu

Online Screening Tools
Available for confidential assessment of potential issues related to mental health and substance abuse. www.mentalhealthscreening.org/screening/EMORY

Stress Management Videos
Relieve stress in just five minutes with one of FSAP’s stress management videos: Progressive Muscle Relaxation, Mindful Breathing and Stretching. www.fsap.emory.edu/stress-mgt-take5

Success with Stress Series
Learn stress management strategies such as resilience, mindfulness, biofeedback, self-compassion and gratitude. www.fsap.emory.edu/stress-series

Meditation
Spiritual Health offers meditation space for Emory Healthcare staff on Wednesdays at noon.

Worklife

E4Health
E4Health offers employees a wealth of work/life resources including childcare, eldercare and school referrals, adoption assistance consultations, college planning and referrals to relocation services, wellness and fitness providers, travel information and home improvement resources. www.ourehc.org/departments/human-resources/benefits/index.html

Financial Wellness
Emory offers tobacco cessation programs free of charge. Participation in tobacco cessation programs is not associated with the tobacco use surcharge, and there is no penalty for participating in these programs. 404-712-3775; www.fsap.emory.edu/health