Meeting Your Fluid Needs

All liquids, whether in beverages or watery foods, count toward your fluid needs each day. However, some are better choices than others. Sugary drinks such as sodas, lemonade, fruit punch, sports drinks, and flavored milk have extra calories with little nutrition. Caffeinated beverages can count toward your fluid needs, although caffeine can cause your body to lose some water, too. Water is a great, calorie-free beverage choice. Even during exercise, water is usually the best choice to rehydrate for periods of exercise that last for less than 60 minutes.

Try these simple tips to meet your water needs:

- Drink a full glass of water in the morning, just after waking up.
- Enjoy a glass of water with each meal
- Keep a water bottle with you so you can sip throughout the day
- Be prepared with extra water during hot weather, when you are active, or when you are sick
- Eat water-rich fruits, vegetables, and broth-based soups
- Float lemon, lime, cucumber, or watermelon slices in your water to add more flavor
- Add a small splash of 100% fruit juice to a glass of water
- Order water instead of a sugary beverage when dining out.

No matter how you meet your water needs, keeping track of how much you drink throughout the day can be helpful. Start by setting a small goal for yourself and tracking your progress.
# Group Exercise Class Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12:00 - 12:45 p.m. Total Body Conditioning</strong>&lt;br&gt;(hybrid)</td>
<td><strong>12:00 - 12:45 p.m. Body Weight Burn</strong>&lt;br&gt;(hybrid)</td>
<td><strong>12:00 - 12:45 p.m. Butts &amp; Guts</strong>&lt;br&gt;(hybrid)</td>
<td><strong>12:00 - 12:45 p.m. Boot Camp</strong>&lt;br&gt;(hybrid)</td>
<td><strong>12:00 - 12:45 p.m. Tabata</strong>&lt;br&gt;(hybrid)</td>
</tr>
<tr>
<td>5:30 – 6:15 p.m. Stretch &amp; Flex&lt;br&gt;(June 4 –July 9)</td>
<td>5:30 – 6:15 p.m. Boot Camp Sculpt</td>
<td>5:30 – 6:15 p.m. Cycle</td>
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**Summer Specialty Class**

**Stretch & Flex** – Stretch & Flex is a dynamic class designed to unlock your body’s potential and enhance your overall mobility and vitality. You’ll learn a variety of stretches to improve flexibility and mobility and release tension to improve your joint’s ranges of motion safely and effectively. **Note: This 6-week offering will be held Tuesdays at 5:30 p.m. (June 4, 11, 18 & 25 and July 2 & 9).**

Class descriptions can be found [here](#).

**Did you know?** Blomeyer has **hybrid** group exercise classes allowing you to attend in person or online at your convenience. Enjoy live 45-minute daily workouts that can be done at home or in your office with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. Classes are live streamed via Zoom.

**To join any of our hybrid classes, click this [LINK](#) at 12:00 p.m. Mon–Fri. No registration required!**

*Note: To hear our amazing instructors, you will need to join the audio and ensure your speakers are turned up to an appropriate volume (you can mute yourself after you join the audio). Double check that you have sufficient space, clear of any tripping hazards for a safe workout. Don’t forget your water bottle!*

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For more information
Call (404) 727-4600, email blomeyer@emory.edu or visit [https://www.hr.emory.edu/blomeyer](https://www.hr.emory.edu/blomeyer)
Sleep—It’s not a Luxury, it’s a Necessity!

Getting sufficient and quality sleep is equally important for good health, just like exercising, eating a well-balanced diet, managing stress, and keeping up with preventive healthcare and screenings. You might not have considered how sleep affects your overall health, and you may have even reduced your sleep time to meet your daily demands. However, is sleep really just an unproductive waste of time when your brain shuts down and you relax?

What is Sleep?

Sleep is a dynamic and active state where many vital processes for health, performance, and well-being occur. Getting a good night’s sleep has numerous benefits, including feeling rejuvenated and refreshed.

- Memory is integrated and organized.
- Hormones that regulate growth, energy, and metabolism are released.
- Body tissue and nerve cells are repaired and renewed.
- Your immune system is replenished and restored.

What Drives Sleep?

Sleep is regulated by two internal processes: sleep-wake homeostasis and circadian rhythm (internal body clock).

- Sleep-wake homeostasis helps to keep you from becoming dangerously sleep-deprived by creating a drive to balance sleep and wakefulness. If you do lack sleep, this is what makes you sleepier throughout your waking hours, regardless of whether it’s night or day.
- Circadian rhythm, on the other hand, regulates the timing of sleep and wakefulness by working in tandem with light and darkness, body temperature and hormones. Your rhythm dips and rises at different times of the night and day, which explains why you may feel sleepy in the mid-afternoon.

Lose Sleep? You May Also Lose This...

- **Performance.** Poor sleep affects alertness and may slow your reaction time. It can also lead to poor concentration, judgment, and decision-making.
- **Mood.** If you are not getting the sleep you need, you may notice increased moodiness, erratic behaviors, or trouble with your relationships. In general, you could find yourself feeling more stressed, anxious, sad, or “out of sorts.”
- **Health.** Studies show that consistently not getting enough sleep or getting poor quality sleep might increase the risk of heart disease, type 2 diabetes, high blood pressure, stroke, and inflammation. There is also some evidence that weight gain is associated with poor sleep.
- **Drowsy driving.** Fatigue while driving is a public health concern. Driving drowsy slows your reaction time just like alcohol and drugs. Make sure you are well-rested before hitting the road.

Getting Enough Sleep

The amount and quality of your sleep affects how you feel and perform the next day and can greatly impact your overall quality of life. How much sleep do you need to feel well rested the next day? Sleep needs vary from person to person and by age group. The general range recommended for adults is seven to nine hours per night.

The bottom line is, sleeping well is not a luxury. It is critical for good health!

What can you do to focus on your sleep to enhance your physical and mental health? Join the Sleep Better, Feel Better Challenge Campaign in Healthy Emory Connect starting June 17. Here, you will track your sleep to learn how much you are getting and learn various ways to enhance your sleep. See pg. 4 for details.

Sources: National Institutes of Health; Sleep Foundation
Pride Month

Connecting well-being with Pride Month involves recognizing the importance of acceptance, inclusivity, and support for LGBTQ+ individuals in promoting mental, emotional, and social well-being. Pride Month celebrates diverse identities, fostering crucial feelings of belonging and acceptance. Promoting LGBTQ+-inclusive environments enhances mental health by offering safety and support. Access to tailored resources like mental health support significantly improves LGBTQ+ well-being. Pride Month activities foster community-building, essential for mental and emotional well-being. Encouraging self-acceptance and empowerment during Pride Month positively impacts mental and emotional well-being. Supporting Pride Month signifies a commitment to LGBTQ+ well-being and creating an inclusive society. Happy Pride Month! Let’s continue to honor and uplift the LGBTQ+ community and foster a culture of respect, acceptance, and love.

The Emory Pride Employee Network (EPEN) is an Employee Resource Group (ERG) that facilitates connection and career development for all Emory LGBTQ+ employees and allies through education, awareness, advocacy, and social opportunities.

Explore Emory Resources:

- Emory Office of LGBT Life
- Emory Office of Diversity, Equity, and Inclusion
- Emory University Rose Library: The Rose Library’s LGBTQ political collections
- Diversity & Inclusion, Education & Outreach Department (DIEO)
- Faculty Staff Assistance Program (University)
- BHS (Healthcare), Organization ID = EHC
- Ombuds Office
- Healthy Emory Connect (Sharecare) Search LGBTQ

Healthy Emory 101

Discover Healthy Emory 101, where we focus on your health and well-being. Learn more about the medical plan incentives, rewards, and ways to improve employee health and well-being in financial, emotional & mental, physical, social & community, and learning & career.

Date: June 11
Time: 3:30 pm – 4:00 pm
Register Here: Click here to register

Sleep Better, Feel Better

Join the Sleep Better, Feel Better campaign starting on June 17. Did you know that 1 in 7 Americans don’t get the recommended 7–9 consecutive hours of sleep daily? Inadequate sleep can decrease your memory and increase your anxiety. During Sleep Better, Feel Better, you’ll focus on your sleep to enhance your mental and physical well-being. Record your progress using Healthy Emory Connect (Sharecare), and earn a medical plan well-being incentive or reward!

Emory employees can earn a $75 medical plan well-being incentive for those enrolled in an Emory medical plan. Benefits-eligible employees who have waived participation in an Emory medical plan will be entered in a raffle to win one of the following:

- Swedish/Therapeutic massages (30-minutes)
- Personal training session (30-minutes)
- $25 gift card
- One-month membership to participating Emory fitness facility

To earn the incentive or reward:

1. Complete the Get Enough Sleep Challenge (June 24 – Aug 4):
   Log 7–9 consecutive hours of sleep for at least 21 days during the challenge in your Sleep Tracker. Enable your automatic sleep tracker to track or enter your sleep hours manually. Ensure to open the app every few days to sync your tracker if the auto-sync option is enabled.

2. Read these four articles about enhancing your quality of sleep (June 24 – Aug 4):
   - Need a Quick Nap? Make Sure You’re Doing it Right
   - Another Benefit of a Good Night’s Sleep: Improved Cognitive Function
   - Proven Ways to Break the Anxiety-Insomnia Cycle
   - 6 Ways You Can Turn Your Bedroom Into a Sleep Sanctuary

Click here to learn how to get started with Healthy Emory Connect.

*Benefits-eligible employees are those employees working greater than 20 hours per week
Sun Safety: Health Education Webinar Series

Most people know the dangers of spending too much time in the sun. In this webinar, you will learn about ultraviolet rays and what you can do to prevent sun damage. You will also be able to identify the signs of heat-related illness and ways to cool down. Lastly, you will be invited to create a realistic action plan that will help you take positive steps toward avoiding heat-related illness. **All Emory employees are welcome to attend!**

**June Topic: Sun Safety**
**Date:** June 5  
**Time:** 2:00 PM  
**Register Here:** [Click here to register](#)

Aetna Well-being 101

We are delighted to announce a collaborative initiative between Healthy Emory and Aetna that brings an exclusive series of informational webinars to provide insights into your overall well-being. With a focus on well-being offerings and discounts, these webinars aim to support your health journey, encompassing chronic conditions and overall well-being.

**Date:** June 18  
**Time:** 3:00 pm – 4:00 pm  
**Register Here:** [Click here to register](#)

Health Emory Services Requests

Emory offers various programs, resources, and services to support and promote your health-living efforts. The Healthy Emory initiative was established to improve employee health and well-being regarding physical activity and fitness, balanced nutrition, culture, community, and stress management.

[Click here](#) to request service.

Please see the list below to view some of Healthy Emory’s offerings.

- Well-being Education
- Active Break (Stretching, Yoga, guided breathing, etc.)
- Cooking Demonstrations
- Ergonomics Assessment and/or Presentation
- Stress Management Presentation
- Healthy Emory 101 Presentation
- (Comprehensive overview of all well-being services)
- Well-being Champion Overview
- Medical Plan Incentives/Rewards Overview
- Chair Massage Outreach for the Department (additional cost associated)

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Timeline</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emory Hillandale Hospital</td>
<td>6/5/2024</td>
<td>7 am - 1 pm</td>
<td>2801 DeKalb Medical Pkwy, Lithonia, GA 30058 Board Room</td>
</tr>
<tr>
<td>Emory Saint Joseph’s hospital</td>
<td>6/26/2024</td>
<td>11 am - 6 pm</td>
<td>5665 Peachtree Dunwoody Rd, Atlanta, GA 30342 Classrooms 1 - 3</td>
</tr>
</tbody>
</table>

Sleep Better, Feel better Information Session

Healthy Emory and Sharecare will bring an overview of the Sleep Better, Feel Better campaign. Join us to learn how to participate and earn medical plan well-being incentives or Healthy Emory Rewards!

**Date:** June 25  
**Time:** 1:00 pm – 2:00 pm  
**Register Here:** [Click here to register](#)

Upcoming Important Dates

To view all Healthy Emory Events for 2024, visit our Healthy Emory Calendar.