Blomeyer Health Fitness Center

BLOMEYER FACILITY UPDATES

The Blomeyer team is excited to welcome you back and wanted to share a few facility updates. Please note that the health and safety of our members and staff is our top priority. We are happy to announce that previous COVID precautions have now been lifted. This makes for an easier yet safe experience for all members.

- Masks are no longer required!
- Facility Reservations are no longer needed to visit Blomeyer
- All Showers are now available for use
- The Sauna is now open for use
- All equipment is now available for use
- Most locker room amenities are now available

August Blomeyer Staff Spotlight - Jordy Snyder

Please help us welcome our newest staff member, Jordy Snyder, Health Fitness Professional to Blomeyer.

Jordy is a native of Guyana, South America. His background is in Exercise Science and Personal Training. Jordy’s love for fitness came from his time spent in law enforcement. He looks forward to meeting you all and supporting your wellness journey.
August Health Bite

Each hour you log in front of the television leads to 144 FEWER steps taken per day. Make exercise your new prime time.

Blomeyer can help you get started. We offer free fitness assessment and one on one Personal Training services are available to give you that added advantage.

Ask a staff member today and let us help you on your wellness journey to make you the star!

Eat Smart, Move More, Weigh Less Program- Registration Opens August 15th!

Back by popular demand! Emory is excited to announce a second series of Eat Smart, Move More, Weigh Less (ESMMWL) that will be offered at no charge for employees. This 15-week online weight management program is delivered in real-time by a Registered Dietitian Nutritionist (RDN). Each lesson informs, empowers, and motivates participants to live mindfully as they make choices about eating and physical activity. Classes will run from September 5, 2022 - December 12, 2022. Registration is open from August 15, 2022 - September 2, 2022.

**All benefits- eligible employees will be able to join FREE, starting August 15, with the use of a special voucher code.**

REFRESH FROM STRESS IS LIVE!

Refresh From Stress is an annual program that offers you the opportunity to engage in simple activities to improve your resiliency and enhance your overall emotional well-being. Your Healthy Emory Team has designed four activities (three, self-guided challenges and one video) to help you with quick and easy strategies for increasing your capacity to respond to and manage your stress.

Earn a $87.50 Emory medical plan incentive when you complete three out of four activities in the Healthy Emory Connect app, powered by ShareCare. This campaign runs from August 1st - September 30th!

Visit the Healthy Emory Refresh From Stress website for more details!
Confetti Corn

Ingredients:
2 tbsp good olive oil
½ cup chopped red onion
1 small orange bell pepper, ½ inch diced
1 tbsp unsalted butter
Kernels cut from 5 ears yellow or white corn (4 cups)
1 ½ tsp kosher salt
1 tsp freshly ground black pepper
2 tbsp julienned fresh basil, minced fresh chives, and/or minced fresh parsley leaves

Directions:

1. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in the bell pepper and sauté for 2 more minutes.

2. Add the butter to the pan and allow it to melt. Over medium heat, add the corn, salt, and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the corn just loses its starchiness. Season to taste, gently stir in the basil or other green herbs, and serve hot.

GROUP FITNESS CLASS OPTIONS

Blomeyer is VIRTUAL and IN-PERSON! Check out the options we’ve created for you to keep your mind energized and your body moving!

VIRTUAL GROUP FITNESS: Enjoy LIVE 30-minute daily workouts that can be done at home with little to no equipment. These workouts are modeled after your favorite class formats, taught by Blomeyer staff. The classes will be live streamed via Zoom.

Class Logon: https://zoom.us/s/7971885034 From the Zoom app use ID: 797 188 5034

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>12:00 PM - 12:30 PM</td>
<td>HIIT Virtual</td>
<td>Power 30 Virtual</td>
<td>Butts &amp; Guts Virtual</td>
<td>Boot Camp Virtual</td>
<td>Tabata Virtual</td>
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<td>12:45 PM - 1:15 PM</td>
<td>Boot Camp In-Person</td>
<td>Butts &amp; Guts In-Person</td>
<td>Power 30 In-Person</td>
<td>Body Sculpt In-Person</td>
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IN-PERSON GROUP FITNESS: 30-minute daily workouts in the group fitness room and on the track taught by Blomeyer staff. Class participation will be limited to ensure safe social distancing.

For more information, contact Blomeyer@emory.edu