

2024

BLOMEYER BUZZ

January 2024

MARK YOUR CALENDARS!

★ ★ ★
Martin Luther King Jr. Day
Monday, January 15, 2024

In honor of Martin Luther King Jr. Day, the fitness center will be closed Monday, January 15, 2024.

Walk Your Pet Month

Begin the year with better health for both you and your furry friend!

Challenge yourself to take your furry friend(s) on a walk (even a short one) every day this month.

MIND YOUR HEALTH

**A few small steps can help you live a healthier life!
(See more on pg. 3)**



New Year at Blomeyer!

As we step into the new year, embrace the fitness opportunities here at Blomeyer Fitness Center! Engage in invigorating group fitness classes tailored for all levels, explore a diverse range of cardiovascular and resistance equipment, and enjoy the dynamic energy of our indoor track. Dive into ultimate relaxation with our massage therapy services and take advantage of our locker room amenities offering showers, towel service, and even a sauna to unwind after your workout.

Our nationally certified personal trainers are ready to elevate your fitness journey with personalized fitness assessments. These assessments, exclusively available to our members, empower you to refine your fitness journey precisely to your goals and progress. We're committed to your well-being, ensuring every visit leaves you feeling rejuvenated and motivated to conquer your fitness goals.

If you have yet to complete a fitness assessment, or it's been a while since your last, consider scheduling yours today. Stop by the front desk or contact the Blomeyer team via email or phone for assistance. We look forward to seeing you at Blomeyer in 2024!

Encourage your coworkers to kickstart their journey at Blomeyer and save more in 2024!

\$0 enrollment



Certified health and fitness professionals, including personal trainers



Group fitness classes
(Butts N' Gutts, Body Weight Burn, Boot Camp Sculpt, Yoga and more)



Cardiovascular/
resistance equipment
and an indoor track



Massage therapy services



Locker room amenities including
showers, towel service, sauna and TV

For more information

Call (404)727-4600, email blomeyer@emory.edu or
visit <https://www.hr.emory.edu/blomeyer>



Group Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
12:00 – 12:45 p.m. Total Body Conditioning (hybrid class)	12:00 – 12:45 p.m. Body Weight Burn (hybrid class)	12:00 – 12:45 p.m. Butts & Guts (hybrid class)	12:00 – 12:45 p.m. Boot Camp (hybrid class)	12:00 – 12:45 p.m. Tabata (hybrid class)
	5:30 – 6:15 p.m. Boot Camp Sculpt		5:30 – 6:15 p.m. Yoga	

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 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!

YOUR HEALTH ACTION PLAN

“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.” – Confucius

When you are ready to make a change and feel excited and motivated to get started, creating a plan might seem unnecessary. In fact, this might be the best time to create your plan! A health action plan can serve as your road map for change. It can help you stay on the right path, not only as you begin, but also as you progress.

SMALL STEPS TO BIG CHANGES

Think about your overall well-being. Are there any areas that you could improve or strengthen? Keep in mind that by taking action in one area often has a positive impact on other areas! What are you already motivated to do and what are your aspirations? Small steps can help you get started now, build confidence, and see the positives. Building confidence and enjoying your success is likely to lead to more success! There are three key steps to follow when identifying the changes you want to make:

1. **IDENTIFY:** What do you want to do?
2. **SIMPLIFY:** How can you get started right now?
3. **SPECIFY:** When, how much, and for how long?

We’ve highlighted the profound impact small changes can make, and here, Blomeyer stands as the perfect starting point. With a supportive environment, highly qualified staff, diverse fitness classes, and top-notch amenities including massage therapy and group fitness classes. Every small step within these walls paves the way for substantial progress. Whether it's an extra minute on the treadmill or committing to a new fitness regimen, our gym offers the ideal platform to turn these small steps into monumental changes, propelling you toward your well-being aspirations in 2024.

Healthy Emory Connect 2024

Healthy Emory Connect is back! Don't forget to register for Healthy Emory Connect and participate in this year's campaigns to earn up to \$425 in medical plan incentives or rewards.

The first campaign of the year is Operation Eat Right, from 2/5 – 3/31. You can join this campaign beginning 1/29/24. During Operation Eat Right, focus on eating a well-balanced meal, including mostly whole foods. Limit foods and beverages high in added sugars, saturated fat, and sodium. Join the campaign and earn your \$75 medical plan well-being incentive for those enrolled in an Emory medical plan.

If you're not enrolled in a medical plan, you'll be entered in a raffle to win 1 of the following:

- 30-min Swedish/Therapeutic massages
- 30-min personal training sessions
- \$25 gift card
- 1 month membership to a participating Emory fitness facility.

[Click here](#) to get started with Healthy Emory Connect.



Visit Healthy Emory Connect (Sharecare) to earn your incentive and rewards.

Healthy Emory 101

This year, the Health and Well-being team will host monthly presentations to review well-being resources with Emory employees. These presentations will review all Healthy Emory offerings and resources available to employees.

This will be an excellent resource for new employees in your area or serve as a refresher for our seasoned employees.

Topics include Medical Plan Well-being Incentive overview, Healthy Emory Connect (Sharecare), FSAP & BHS resources, Work Life & Financial Well-being resources, Aetna & Kaiser Permanente Well-being resources, ERGs, Learning & Career Development opportunities, any additional tools to support employees on their well-being journey.

Healthy Emory 101

January 9

7:00 – 7:30 am

[Click here to register](#)

Healthy Emory 101

February 13

1:00 – 1:30 pm

[Click here to register](#)

Healthy Emory 101

March 12

3:30 – 4:00 pm

[Click here to register](#)

Well-being Expos

Get inspired to live healthier in the new year. These events focus on setting your personal well-being goals. Various activities centered around your well-being will be offered throughout the day. We look forward to seeing all of you there! Below, you can find the information for the upcoming January Well-being Expos.

Stop by to visit with Emory's Aetna Dedicated Nurse Advocate to support any of your condition needs, Emory's Credit Union to jump start your 2024 financial goals, or Emory's scheduling team with any of your healthcare needs such as your Annual Wellness Preventive Exam, Mammograms, and additional screenings. These are just a few of the vendors and partners that will be available.

Locations:

Emory University Hospital

1/16/2024

7 am – 3 pm

1364 E Clifton Rd NE,

Atlanta, GA 30322

Asbury Café

Rollins School of Public Health

1/18/2024

10 am – 2 pm

1518 Clifton Rd NE,

Atlanta, GA 30322

Margaret H Rollins Room

Healthy Emory Connect 2024 Overview

Emory has partnered with Sharecare to power Healthy Emory Connect, the health and well-being platform explicitly designed for Emory employees.

The program is from **January 1 – November 15, 2024** and is free to benefits-eligible* Emory University and Emory Healthcare employees, spouses, and pre-65 retirees on an Emory medical plan.

The Health and Well-being team has crafted a variety of opportunities to earn rewards for medically enrolled and non-medically enrolled (new!) employees in 2024. See below for the 2024 Healthy Emory Connect campaign lineup:

Operation Eat Right

Join Date: 1/29/24

Campaign Dates: 2/5/24 through 3/31/24

Move More

Join Date: 4/3/24

Campaign Dates: 4/15/24 through 5/26/24

Sleep Better, Feel Better

Join Date: 6/17/24

Campaign Dates: 6/24/24 through 8/4/24

Step It Up Emory

Join Date: 9/3/24

Campaign Dates: 9/9/24 through 10/6/24

Stress Less, Live More

Join Date: 9/30/24

Campaign Dates: 10/7/24 through 11/8/24

**Benefits-eligible employees are those employees working greater than 20 hours per week*