BLOMEYER FACILITY UPDATES

Please Help Yourself...to a fresh towel from the linen closet as you enter the fitness center. Yes, towel service is back! Saunas are open again, and we have locker room amenities and toiletries for our members:

- Sauna(s)-Dry heat
- Hair dryers
- Body lotion
- Shampoo/Conditioner/Bodywash
- Razors/Shaving cream
- Spray deodorant
- Hairspray
- Cotton swabs/Cotton balls
- Hand sanitizer
Check out Blomeyer’s updated group fitness schedule and class descriptions!! We now offer a Total Body Conditioning virtual class on Mondays 12:00-12:30pm. And Spin and DanceFit (i.e. Zumba-like class) are back! Evening classes will be returning in December!!

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 PM - 12:30 PM</td>
<td>Total Body Conditioning 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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<tr>
<td>12:45 PM - 1:15 PM</td>
<td>Boot Camp In-Person</td>
<td>Spin+ In-Person</td>
<td>DanceFit 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
NOVEMBER IS NATIONAL DIABETES MONTH
 Did you know?

- 37.3 million Americans—or about 11.3% of the U.S. population—have diabetes
- About 1 in 5 Americans living with diabetes, or 8.5 million people, are unaware that they have the disease
- Approximately 96 million people ages 18 or older have prediabetes, a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes
- More than 8 in 10 adults living with prediabetes don’t know they have it
- About half of women with gestational diabetes go on to develop type 2 diabetes; gestational diabetes is a type of diabetes that women develop when they are pregnant

This year's focus is on prediabetes and preventing diabetes. And there are small healthy lifestyle changes that could help.

- Lose extra weight. Losing weight reduces the risk of diabetes.
- Be more physically active. There are many benefits to regular physical activity.
- Eat healthy plant foods. Plants provide vitamins, minerals and carbohydrates in your diet.
- Eat healthy fats.
- Skip fad diets and make healthier choices.
**Lemon Chicken Pasta**

*Diabetic-friendly healthy dish*

**Ingredients:**

**Ingredient Checklist:**

- [ ] 2 teaspoons extra-virgin olive oil
- [ ] 1 cup spiralized zucchini (see Tip)
- [ ] 1 cup baby spinach
- [ ] ½ cup shredded skinless rotisserie chicken breast
- [ ] ½ teaspoon salt
- [ ] ½ teaspoon ground pepper
- [ ] ½ cup cooked whole-wheat spaghetti
- [ ] 2 tablespoons grated Parmesan cheese
- [ ] 1 teaspoon grated lemon zest
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 tablespoon panko breadcrumbs, toasted

**Directions**

Heat oil in a large nonstick skillet over medium heat. Add zucchini; cook for 1 minute. Add spinach and chicken; cook for 1 more minute. Season with salt and pepper; remove from heat. Add cooked spaghetti, Parmesan, lemon zest, and lemon juice; toss to combine. Sprinkle with toasted panko and serve.
TEAMWORK MAKES THE DREAM WORK

October Blomeyer stats show that Mr. Chuanen Wang and his wife attended the gym most often in the month of October. Congrats to the both of you for being committed to yourselves and your health goals. Kudos!!

Get a workout buddy to keep you engaged, committed and accountable to the “Healthy Life Cause”. Sign up to be a buddy partner by sending an email to Blomeyer@emory.edu with the subject line “Buddy Up”. And we’ll match you with another Blomeyer member that wants a buddy to help move them to their next level of fitness along with a certified Blomeyer training coach. Your buddy will have similar health goals and similar availability. Buddies are fun! And buddy rates are economical! #MakeANewFriend

Buddy Rates:

- Buddy 30 min -1 session $28 (single session price)
- Buddy 30 min - 5 sessions $133 (package price) (per session price $ 26.60)
- Buddy 30 min - 10 sessions $252.70 (package price) (per session price $25.27)

- Buddy 60 min - 1 session $48 (single session price)
- Buddy 60 min - 5 sessions $228 (package price) (per session price $45.60)
- Buddy 60 min - 10 sessions $433.20 (package price) (per session price $43.32)