Staff Fest 2022

Team Emory Together Again

A time-honored tradition, Staff Fest is an annual celebration of Emory University’s dedicated and hardworking staff.

The 44th Annual Staff Fest is back on the Quad Friday, May 13 from 11:30 am – 2:00 pm.

We are looking forward to gathering as a community once again!

- Free food – full lunch catered by Jim ‘N Nick’s Bar-B-Q (including a vegan option).
- Games, DJ, Fun Run/Fun Walk, Volleyball Tournament, Caricatures, “Chalk the Walk” Sidewalk Art Contest (new), and much more!

RSVP

Let us know you’re coming. Completing the RSVP form will also add Staff Fest to your Outlook calendar so you don’t miss the fun! RSVP to Staff Fest.

Staff Fest 2022 T-shirts

T-shirts are on sale now. Three colors to choose from (charcoal, gold, and navy), in all adult sizes. We are excited to offer a new online shop for purchasing your shirt this year. Go to the t-shirt store.

- Shop is open now through April 15, 2022
- Pay with a credit or debit card
- Ship to your home address or pick up on campus
- Campus pick-up locations will be announced at a later date
- Shirts will be shipped the first week of May

Become a volunteer!

Would you like to volunteer for Staff Fest 2022? Contact the Blomeyer Health Fitness Center at cybritt@emory.edu.

The Blomeyer Health Fitness Center will be closed May 13, 2022 to assist with Staff Fest.
Move Up to Blomeyer

MOVE MORE with Blomeyer Health Fitness Center
- This activity is open to **ALL** Benefits Eligible Emory Employees!
- Climb the outdoor stairs of the 1525 building to Blomeyer Health Fitness Center, check in at the front desk, and be entered into a giveaway for a $20 Gift Card
- Only one check-in per day during the week
- There will be a winner every week for 4 weeks in which you have the chance to **win a $20 gift card**

Let Blomeyer Health Fitness Center help you Move More!

March 28 - April 22, 2022

- Climb the outside stairs of 1525
- Check in at Blomeyer front desk
- Enter to win a Gift Card

Helps control weight & build muscle tone

Burns more calories per minute than jogging
New Yoga Series

Beginning April 18, 2022, Yoga classes will be offered at Blomeyer Mondays 6:30-7:15 AM, and Wednesdays 5:00-5:45 PM.

Taught by our new instructor Kimberly Hamilton, this new Yoga series is included in the Blomeyer membership at no additional cost! See Kimberly’s bio below.

Kimberly Hamilton
A Kaiser Permanente yoga, tai chi, qi gong instructor and holistic health coach.
Growing up as a severe asthmatic and being frequently hospitalized throughout childhood gave Kimberly a deep appreciation for pranayama and how yoga is centered around the breath.

At the age of 3 she began dancing where she learned early on the importance of cultivating a mind/body connection and remaining physically fit through exercise and proper nutrition. One central aspect of yoga and meditation that has always appealed to her is how the mind and body come together to create mindful action on and off the mat in daily life.

Kimberly completed her 200hr yoga teacher training certification at Peachtree Yoga where she learned the history of pranayama, practical & subtle anatomy, and yoga philosophy. She received her nutrition specialist certification through ACE Education. She completed my Tai Chi/Qi Gong teacher certification through the Institute of Integral Qigong and Tai Chi. Kimberly uses these tools, along with her BFA in Theatre and Performance Studies to create thoughtful yoga sequences and calming breath work practices to a variety of different students.

Kimberly has devoted her energy to these credentials because of her lifelong passion for helping people live their healthiest lives. In each class she teaches, she seeks to evoke a positive, peaceful feeling that motivates people to take charge of their health and become the very best version of themselves mentally, physically, and emotionally. Kimberly is delighted to be offering yoga at Emory.
Annual Preventive Exams

The purpose of an annual preventive exam is to identify potential health issues that you and your doctor may need to monitor, and to help detect medical problems in the early stages when they may be easier and less costly to treat. An annual preventive exam is also a great time to discuss your health concerns with your doctor and ask questions about healthy habits, e.g. quitting tobacco use, eating better, getting more physical activity.

If you don’t have a doctor and you are on an Emory medical plan, you can search for primary care providers who participate in the Aetna health plans at www.aetna.com/docfind/custom/emory or you may call Aetna at 800-847-9026. Kaiser Permanente members may search for facilities and primary care providers at www.kp.org/doctors or you may call 404-365-0966.

For those employees on an Emory medical plan, there is no out-of-pocket cost for an annual preventive exam.

For more information about annual preventive exams: https://www.hr.emory.edu/eu/wellness/general-health/preventive-exam/index.html
Healthy Eating:

**Recipe of the Month**

**Roasted Gnocchi & Brussels Sprouts With Meyer Lemon Vinaigrette**

**Ingredients:**
- 2 Meyer lemons
- 1 pound Brussels sprouts, trimmed and quartered
- 1 (16 ounce) package shelf-stable gnocchi
- 1 cup thickly sliced shallots
- 4 tablespoon extra-virgin olive oil, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt, divided
- ¼ cup slivered oil-packed sun-dried tomatoes

**Directions:**
1. Preheat oven to 450 degrees.
2. Slice and seed 1 lemon. Toss in a large bowl with Brussels sprouts, gnocchi, shallots, 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt. Transfer to a large-rimmed baking sheet.
3. Roast, stirring once or twice, until the gnocchi are plump and the Brussels sprouts are tender, 18 to 20 minutes.
4. Squeeze juice from the remaining lemon. Return the gnocchi mixture to the bowl and toss with sun-dried tomatoes, the lemon juice and the remaining 2 tablespoons oil, 1/4 teaspoon pepper and 1/8 teaspoon salt.

[Link to original recipe](eatingwell.com)

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**Gym Hours**

Blomeyer Health Fitness Center Spring hours:
- Monday-Friday, 6 a.m. - 7 p.m.
- Closed Saturday-Sunday

**Masks are now OPTIONAL in the Fitness Center!**
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.

- **Register in advance** to let us know you’re planning to attend.

Class Logon: [https://zoom.us/s/7971885034](https://zoom.us/s/7971885034)  **From the Zoom app use ID:** 797 188 5034

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<th>Time</th>
<th>Monday</th>
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<td>6:30 AM – 7:15 AM</td>
<td>Yoga In-Person</td>
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<td>12:00 PM – 12:30 PM</td>
<td>Kickbox 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>
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<td>Butts &amp; Guts In-Person</td>
<td>Power 30 In-Person</td>
<td>Body Sculpt In-Person</td>
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<td>5:00 PM – 5:45 PM</td>
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<td>Yoga 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