Welcome to 2022 and Strengthen Up 2.0!

Strengthen UP 2.0 will have new exercises and video demonstrations to take strength to the next level! Participants will complete a strength assessment at the beginning of the program. They will receive weekly strength-training programs and a tracking sheet so they can chart their progress. All fitness center members, Emory University and Emory Healthcare employees are eligible to participate.

**Purpose and Objectives**
- Provide strength training guidance and support to participants.
- Encourage participants to be accountable and consistent in their health and fitness whether they are working remotely or on-site.
- Foster community and enhance social connection among fitness center members.

**Participant Goal**
Complete the initial assessment, four weekly strength training programs and four weekly assessments, showing improvement each week. Participants will be asked to submit a brief Survey Monkey each week to report their progress.

**Program Length**
Strengthen UP 2.0 is a four-week program.

**Registration:** Tuesday, December 7 – Monday, January 10  
**Start date:** Monday, January 17  
**End date:** Friday, February 11

Start the New Year off with a bang and [register here](#)!
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 Cauliflower and Broccoli**

**Ingredients:**
- 1 small head cauliflower (2 pounds), cut into florets
- 2 large stalks broccoli (1 pound), cut into florets
- 1 head garlic, broken into cloves
- 2 tablespoons olive oil
- ½ teaspoon salt

**Directions:**

1. Preheat the oven to 375 degrees F.
2. Place cauliflower and broccoli into 9 by 13-inch baking dish, toss with olive oil, and sprinkle with salt. Cover dish and bake for ½ hour. Remove the cover, stir and cook for 30 to 40 minutes more, until vegetables are tender and nicely browned, stirring occasionally.

www.foodnetwork.com

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Healthy Emory has a new partner!

**Coming on February 1, 2022**

Emory is excited to announce a new Healthy Emory Connect technology in partnership with Sharecare to support your health and well-being.
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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<td>Butts &amp; Guts</td>
<td>Boot Camp</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](mailto:Blomeyer@emory.edu)

### Holiday Hours

The Blomeyer Healthy Fitness Center will be closed, and classes are cancelled:

January 17, 2022