

THE BLOMEYER BUZZ

Member of the Month

Congratulations to Deborah Richardson for being our member of the month! Deborah, who is originally from Tennessee, works for Emory University Hospital. She works in the clinical microbiology department as a Medical Technologist. Deborah has worked for Emory for 10 1/2 years. Deborah says that she loves the friendliness of our staff and the expertise of both the personal trainers and the aerobics instructors, also the educational information she receives while working-out. What motivates Deborah to exercise regularly is to gain overall good health. Her main motivation/focus to exercise is the realization that when she is physically fit she can handle other aspects of life. Deborah's goals are to make exercise a habit and to improve her overall fitness capabilities including cardiovascular, strength, and flexibility.

CONGRATULATIONS,



CHAN!

Be sure to congratulate Chan on his completion of the Adventure Race on Sunday, June 27. The race took about 5 1/2 hours to complete and included trail running, mountain biking, carrying a teammate on a pole between two teammates, climbing a tire wall, swimming, etc. It was truly an ADVENTURE! But Chan persevered, met the challenge and went on to victory! Congratulations!



Free Weight Training

Ladies are you intimidated by "free weights"? If so, this class is for you. On July 29, from 12 noon to 1pm, Chan will teach you everything you ever wanted to know about free weights. Come and check it out!

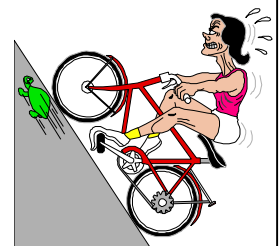
New! Health Bar Cards

For your convenience and value we will offer Health Bar cards which you can purchase for \$15 each. These punch cards can be used to purchase any of our health bar items - drinks, muffins, fruitful bars, balance bars.

As an added value for your pre-paid card, you will get one health bar item free! So, 11 health bar items will cost you only \$15.

B.R.A.G.

Congratulations to all B.R.A.G. participants. Also, congratulations goes out to our B.R.A.G. finishers. The finishers consisted of Carolyn Brown, Amanda Zuehlke, Carol Froman, Shirley Magabo, Mary Reichert, and Lenora Bier-Lewis. BOTH Carol Froman and Lenora Bier-Lewis won a gift certificate of \$50 to Lenox Square Mall, all other finishers received a T-shirt. All participants received a water bottle. Congratulations and thanks for your participation!!!



Did You Run The Peachtree?

Did you run the Peachtree Road Race? If you did please let us know so that we can recognize you in our next newsletter.

Welcome New Members

Joseph Pauline, Belinda Wilson, Deborah Thurman, Janet Horowitz, Angela Wright, Deanna Bose, Bonnie Shore, Kyle W. Petersen, Ellen Wright, Donald P. Verene, Gordon Wilson, Amanda Sanders, Anil Menon, Lorraine Faulcon, Dragana Filipovic, Barbara Castle, Alicia Starkman, Brenda Hascall, Roslyn Johnson, Sallie Jean Platt, Marilyn Pahr, Teresa Loftin, Barbara Reynolds, Randal Shaw, De Anna Sperlin, John W. Manning, Deborah Backus, Courtney A. Christofoli, Rebecca Stone-Miller, Lois Zitzow, Francina Holt-Berlin, Anne Fauver, Clayton Daspit, Marie Foegh, Laura Coffee, Sene Sorrow, Peter Ramwell, Lena Ross, Bruce Westbrook, Terry Parr

US 10K Classic

Labor Day is right around the corner, so now is the time to train and to register to run, walk or in-line skate "America's Greatest 10K." Not only will you receive a great-looking t-shirt and free entry into White Water Park, but you will also receive a nice US10K hat. If you're wondering what the t-shirts and hats look like, our attendants will be wearing shirts and hats from last year's event.

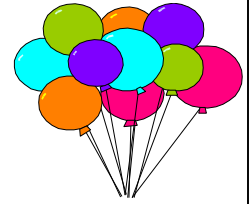
For your convenience, we will be collecting applications at our front desk. And if you register through The Blomeyer Health Fitness Center, you will receive the group discount!



All proceeds benefit children's charities and ultimately The World Children's Center for orphaned children from around the world.

SMOKING CESSATION

New smoking cessation classes will begin in The BHFC on July 13. Call The Well House for info.



Happy Birthday!

Susan Peebles, Tracee Treadwell, Shelly Immell, Carolyn M. Bass, Joseph Pauline, Lynn Cole David L. Roberts, David J. Moore, Mary Reichert, Ross Marcum, Kathleen Kiernan, Patricia Bentos, Erin Forestner, C. Michael Cawley, Sue Stoll, Jennifer Vaughan, Freida Sanders, Shari West, Jennifer Waggoner, Jeff Mitchell, Deborah Sexton, Mike McCord, Joan Brown, David Propp, Patricia Stultz, Tom Noga, Judith Cantwell, Ronnie Jowers, Kathryn Graves, Charles Sewell, Beverly Noe, Beth Grubb, Jan Hawes, Norman Butler, Kimberly Rott, Ann Starks, Julie Schweitzer, Kathleen Jarboe, John D. Ward, Phillip Hutto, Ellen R. Graves, Nicolas Chronos, Michael Brown, Shoha Sharma, Alicia Edwards, Harriet Moore, Luther Felder Deborah Blesener, Maureen Powers, Denise Civils, mark Feinberg, Pamela Hyde, Arthur Kellermann, Brad Bufkin, Ellen Spotts, James Doherty, William Thompson, Chinajoe Jones, Randall Cumbaa, Chris Turner, John Fields, Melinda Allen, Paula Dickson, Devona Stalnaker, Scott Turnbull, Alderman Lee, Dabney Evans, Amanda J. Smith-Hixson, Alicia E. Sierra, Todd Foster, David Jones, James Winslow, Andy Tyber, Fred Smith, Kechia Williams, P. Barry Ryan, Pamela Deemer, James Todd Rousey, Ashley Marks, Deanna Fleenor, Samira Vossough, Dan Zivony, Sonia Sharma, Carter Rhodes, Rebecca Stone-Miller, Carolyn Bregman, Francina Holt-Berlin, Brenda Mciver, William Bridges, Carolyn Childs, Donna Holladay

COMING NEXT MONTH:

- BACK TO SCHOOL FIT STOP
- EXERCISE FOR RELAXATION
- PARTNERS IN FITNESS
- FOOT MONTH

GLO AND BLOOD DRIVE SCHEDULES

Check out the GLO schedule and Blood Drive Schedules posted in the Center.

