

SUMMER SESSIONS

Blomeyer
Buzz



June
2022

Blomeyer Summer Sessions

Let us help you start your summer off with a bang with Blomeyer Summer Sessions!

To take the weight off your shoulders, Blomeyer Health Fitness Center is offering a 4-week workout program to anyone who signs up for a gym membership during our Summer Sessions promotion. You won't need to endlessly scroll through social media for workouts before you go to the gym, we got you covered!

All benefits eligible Emory University and Emory Healthcare employees are eligible for this promotion. Affiliates and Spouses are also eligible to enroll.

Rates

Please call our front desk for pricing details at 404-727-4600.

- \$27 per month for Emory employees includes a hybrid model of services/ programs available to Emory employees to keep them engaged regardless of where they sit (onsite + virtual). Members will have access to classes, personal training, and programs in the fitness center and remotely.
- \$52 per month for spouses and Emory Affiliates: CHOA, Wesley Woods Inc., and CDC.

How to take advantage of this promotion

Stop by the Blomeyer Fitness Center [front desk](#) June 20 – August 19, 2022 during normal business hours 6am – 7pm Monday - Friday to complete your membership registration.

Our accountability coaches will help you complete your workout program to boost the start of your healthy journey at Blomeyer!

hr.emory.edu/Blomeyer

New Yoga Series



Yoga classes are now offered at Blomeyer
Mondays 6:30-7:15 AM, and Wednesdays 5:00-5:45 PM. (see page 6)

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.



Operation: Eat Right

Are you stuck in a rut? Complete three out of four Healthy Emory Connect activities in **Operation: Eat Right** (May 15 – July 29) to improve your well-being and **earn your \$87.50 medical plan incentive!***



Complete three **Operation: Eat Right** activities to boost your health and earn your reward:

- 1 Complete the **Spring Green Day Challenge (May 16 – June 30)**: Track and earn at least 21 green days to measure your progress
- 2 Watch the “Know the Difference Between Portion Size and Serving Size” Nutrition Video
- 3 Complete the **Healthy Plate Challenge (June 20 – July 17)**: Eat two balanced meals per day and track your progress in the diet tracker for at least 21 days to complete the goal
- 4 Read the “Fast Facts About Nutrition Labels” Article

Get started today at: www.healthy.emory.edu/connect



Have questions? Call **855-428-1708** to learn more or visit www.healthy.emory.edu/connect

**To be eligible to earn the Operation: Eat Right \$87.50 Emory medical incentive, you will need to complete 3 out of the 4 activities. Operation: Eat Right activities are open to all benefits-eligible employees, spouses on an Emory medical plan and pre-65 retirees on an Emory medical plan.*

Sharecare, Inc. administers the Emory University and Emory Healthcare Healthy Emory wellness program. Before you download Sharecare, you must register from a Web browser on your computer or mobile device at www.healthy.emory.edu/connect. Then, create your user ID and password to use when you sign in to Sharecare to unlock the benefits available to all eligible employees. ©2022 Sharecare, Inc. All rights reserved.



Spring Green Day Challenge

(May 16 - June 30, 2022)



The colors are blooming, temperatures are heating up, and it's the perfect time to reset your body, mind and spirit before summer arrives. Aim to track 21 green days this spring and get rewarded too!

The goal

Update your trackers daily. When 8 trackers are in the green, you score a green day! Earn 21 green days between May 16, 2022 and June 30, 2022 to meet the challenge goal.

How the challenge works

1. Log in to your Healthy Emory Connect account, powered by Sharecare, or register at www.healthy.emory.edu/connect
2. Find the **Challenges** under the **Achieve** icon.
3. Look for **Spring Green Day Challenge** and click **Join**.
4. Start living in the green – track 21 green days by June 30, 2022.

How do I track my activity?

There are two ways to update your trackers:

1. **Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input. You can currently track and sync glucose, sleep, steps, and blood pressure.
2. **Manual Tracking:** Each day, log in to Healthy Emory Connect to manually update your trackers.

Tell me more about the rewards

If you achieve 21 green days by June 30, 2022, you will earn towards the Emory Operation: Eat Right \$87.50 medical plan incentive.

Have Questions? Call **855-428-1708** to learn more or visit www.healthy.emory.edu/connect

This challenge is open to all benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan. If you require a reasonable alternative to participating in promotions and challenges due to medical necessity or other reasons, please contact customer service at 855-428-1708.

Sharecare, Inc. administers the Emory University and Emory Healthcare Healthy Emory wellness program. Before you download Sharecare, you must register from a Web browser on your computer or mobile device at www.healthy.emory.edu/connect. Then, create your user ID and password to use when you sign in to Sharecare to unlock the benefits available to all eligible employees. © 2022 Sharecare, Inc. All rights reserved.



Healthy Eating: RECIPE OF THE MONTH

Pan-Seared Salmon with Kale & Apple Salad

Ingredients:

Four 5-ounce center-cut salmon fillets
 3 tablespoons fresh lemon juice
 3 tablespoons olive oil
 Kosher salt
 1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups)
 ¼ cup dates
 1 Honeycrisp apple
 ¼ cup grated pecorino
 3 tablespoons toasted slivered almonds
 Freshly ground black pepper
 4 whole wheat dinner rolls

Directions:

1. Bring the salmon to room temperature 10 minutes before cooking. Heat the olive oil over medium heat in a large sauté pan. Add the onion and sauté for 5 minutes, until the onion is soft. Stir in the bell pepper and sauté for 2 more minutes.
2. Meanwhile whisk together the lemon juice, 2 tablespoons of the olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
3. While the kale stands, cut the dates into thin slivers and the apple into matchsticks. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
4. Sprinkle the salmon all over with 1/2 teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more.
5. Divide the salmon, salad and rolls evenly among four plates.

foodnetwork.com



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!





VIRTUAL



IN-PERSON



GROUP FITNESS

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/j/7971885034> **From the Zoom app use ID:** 797 188 5034

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM – 7:15 AM	Yoga In-Person				
12:00 PM – 12:30 PM	Kickbox Virtual	Power 30 Virtual	Butts & Guts Virtual	Boot Camp Virtual	Tabata Virtual
12:45 PM – 1:15 PM	Boot Camp In-Person	Butts & Guts In-Person	Power 30 In-Person	Body Sculpt In-Person	
5:00 PM – 5:45 PM			Yoga In-Person		

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