February is Heart Month, set your focus on loving your heart!

The leading cause of death in the United States is heart disease, with one person dying every 34 seconds from a cardiovascular-related event. The most common type of heart disease that can lead to a heart attack is coronary artery disease. Lifestyle changes can help you reduce your risk.

Prioritize your heart health this month with actions to help reduce your risks:

- Eat a heart-healthy diet
- Manage stress
- Increase physical activity
- Control blood pressure
- Keep cholesterol levels in check
- Avoid tobacco products

MARK YOUR CALENDARS!

Blomeyer Health Fitness Center will be closed on Monday, February 20th in observance of the President’s Day holiday.

Healthy Emory Expo Dates:
Emory University Hospital
Midtown
Date: 2/8/2023 (Wednesday)
Event Time: 8 AM – 3 PM

Emory St. Joseph’s Hospital
Date: 2/21/2023 (Tuesday)
Event Time: 11 AM – 6 PM

BLOMEYER UPDATES

Group Class Updates
Blomeyer will be moving to a hybrid group fitness schedule this month. This will allow you to attend classes when it's convenient for you. We have also added two evening classes per week! Check out the schedule to learn more!

Onsite Massage
Blomeyer is excited to offer onsite massage services beginning in February 2023!

hr.emory.edu/eu/wellness/blomeyer
Email: Blomeyer@emory.edu
Phone: 404-727-4600
Heart Smart Tip: Eight Habits for a Healthy Blood Pressure

A healthy lifestyle supports a healthy blood pressure. If you have high blood pressure and want to lower it, there are things you can do to help. Here are eight habits that can affect your blood pressure:

1. **Achieve or Maintain a Healthy Weight.** If weight loss is a goal for you, taking steps to lose weight can help lower your blood pressure. Here’s the good news—it doesn’t take much. In fact, losing even just five to 10 percent of your starting weight can make a difference. For a person who weighs 200 pounds, that is about 10-20 pounds. Things like tracking your food choices, moving more and eating out less may help.

2. **Follow the DASH eating pattern.** DASH stands for “Dietary Approaches to Stop Hypertension” and it’s an eating pattern shown to lower blood pressure. In general, it’s a healthy way for most anyone to eat. DASH is high in fruits, vegetables, whole grains, low-fat dairy foods, lean proteins, and healthy fats. Many of these foods (especially fruits and vegetables) are rich in potassium, a nutrient many of us lack that is linked to lower blood pressure. DASH is low in unhealthy saturated fat, trans fat, and added sugars. To learn more about DASH (and find sample meal plans and recipes), visit [www.nhlbi.nih.gov/education/dash-eating-plan](http://www.nhlbi.nih.gov/education/dash-eating-plan).

3. **Eat less sodium (salt).** While limiting your use of the salt shaker is a good start, did you know it’s not the main sodium source for most of us? About 75 percent of the sodium we eat comes from processed and restaurant foods. Eating more meals at home and reading food labels for sodium are good ways to start cutting back. Limit foods such as soups, processed lunch meats, frozen dinners, boxed mixes, salty chips and snacks, and salty condiments (e.g., soy sauce, catsup, etc.). Instead of using salt to season foods, try other herbs and spices, and read the labels carefully. Some spice blends still contain salt.

4. **Get your body moving.** Being physically active can help to lower blood pressure and reduce many health risks. The activity options are endless—walking, biking, swimming, or fitness classes are just a few examples. Choose activities that you enjoy and look forward to doing. If you have high blood pressure, any other medical conditions, bone or joint problems, are currently pregnant, or if it’s been a while since you’ve been active, talk with your doctor before you get started. Blomeyer has certified Personal Trainers who can help you get moving safely. Ask our staff for more information to determine if Personal Training might be a good fit for you!

5. **Manage stress.** Everyone has at least some stress in their life. When it’s constant—with no relief—stress can be a problem. Stress may raise blood pressure temporarily and might contribute to chronic high blood pressure. Being physically active, asking others for help, and using relaxation techniques (such as deep breathing) are all examples of ways you can cope with stress.
6. **Limit alcohol.** Drinking too much alcohol can increase your blood pressure. If you drink alcohol, do so in moderation. That means no more than one drink per day for women, and no more than two drinks per day for men (one drink is equal to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor). If you do not drink, don’t start. Some people should avoid alcohol completely, such as women who are pregnant (or planning to become pregnant), those with a history of alcohol abuse, those under the legal drinking age, and anyone whose doctor recommends against it.

7. **Avoid tobacco and secondhand smoke.** On top of all of the other dangers, smoking is risky because nicotine can raise blood pressure. Smoking also injures the blood vessel walls which can increase the risk of a heart attack or stroke. If you use tobacco, consider taking steps to quit. To help you get started, talk with your doctor, check with your employer about quitting programs, visit [Healthy Emory](https://www.healthyemory.com) for available resources. In addition, avoid secondhand smoke. Inhaling tobacco smoke puts you at risk for health problems such as high blood pressure and heart disease.

8. **Follow the doctor’s orders.** If your doctor has recommended medications to help with your blood pressure, other lifestyle changes, or home blood pressure monitoring, be sure to follow that plan. It’s best to work with your doctor who can help create a plan that is right for you. A healthy blood pressure is within reach! As you take steps to lower blood pressure or keep it at a healthy level, have it checked regularly. This can help you see the difference your plan is making so you can adjust as needed.

Sources: National Heart, Lung and Blood Institute; American Heart Association

---

**JOIN US FOR BLOMEYER'S HEART HEALTH MONTH CHALLENGES**

For the entire month of February, Blomeyer will issue weekly mini Heart Health Challenges. Every time you complete a challenge, your name will go into a raffle. You could win a free personal training session, Blomeyer swag or ear buds!

Challenges could include free blood pressure checks, heart healthy themed group fitness classes and more! Chat with the Blomeyer staff to learn more!
Move More Challenge is BACK and registration is open NOW!

Travel around the globe... without a passport, suitcase, or plane. In Move More Challenge, you'll record physical activity, be able to taste test hundreds of delicious recipes, and build well-being behaviors that last.

Here are some fun facts about this year’s challenge:

- Destination challenge is back! You will travel all over the world as you move every day.
- Team and solo challenges are here to stay. Healthy Emory heard you loud and clear. We partnered with our vendor to bring back team-based challenges as well as solo for those who wanted to participate as a team of one.
- The program will kick off Monday, February 6th and run through Monday, March 20th.
- Points are back! You will be earning points while you are moving across the world. Review the Healthy Emory website.
- Healthy Emory will do weekly raffles for items like Fitbits, gift cards, and other swag items.

You won’t want to miss out on this challenge!

Scan the QR Code to get registered!
Blomeyer Health Fitness Center Group Fitness Class Schedule
February 2023

Blomeyer will be transitioning to hybrid group fitness classes beginning in February. The previous virtual classes will now be offered online and in person for your convenience. Check out the options we’ve created for you to keep your mind energized and your body moving!

JOINING VIRTUALLY? 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/j/8309873986?pwd=Qk9Xck02QU1NSEVM4MVVSSXlhUkY4dz09

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 – 12:30</td>
<td>12:00 – 12:30</td>
<td>12:00 – 12:30</td>
<td>12:00 – 12:30</td>
<td>12:00 – 12:30</td>
</tr>
<tr>
<td>Total Body</td>
<td>Power 30</td>
<td>Butts &amp; Guts</td>
<td>Boot Camp</td>
<td>Tabata</td>
</tr>
<tr>
<td>Conditioning Hybrid</td>
<td>Hybrid</td>
<td>Hybrid</td>
<td>Hybrid</td>
<td>Hybrid</td>
</tr>
<tr>
<td>BOOT CAMP</td>
<td>SPIN</td>
<td>POWER 30</td>
<td>BODY SCULPT</td>
<td></td>
</tr>
<tr>
<td>5:30 – 6:15</td>
<td></td>
<td>5:30 – 6:15</td>
<td>5:30 – 6:15</td>
<td></td>
</tr>
<tr>
<td>BOOT CAMP</td>
<td></td>
<td>YOGA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>