BLOMEYER FACILITY UPDATES

Many of you requested that Blomeyer reinstate towel service and we are excited to announce that towel service is back! In addition, we want to remind you that previous COVID precautions have now been lifted! This makes for an easier yet safe experience for all members. We are looking to update our group fitness schedule for the 4th quarter. Let us know what classes you’d love to see!

- Masks are no longer required!
- Facility Reservations are no longer needed to visit Blomeyer
- All Showers are now available for use
- The Sauna is now open for use
- All equipment is now available for use
- Most locker room amenities are now available

October Health Bite

Mental Illness Awareness Week is Oct. 3-9 and World Mental Health Day is Oct. 10. Stress can be a part of daily life, so it is important to find ways to cope, whether it be with exercise or other stress-relieving tactics. Check out a few strategies that can help you cope with and conquer stress and ultimately protect your mind and body.

Exercising with friends is a mental health one-two punch. It allows for the positive benefits of exercise and helps us connect with others. It also creates opportunities for social support, which is vital to good mental health.
Breathing exercises like **box breathing** (inhale 4 seconds, hold 4 seconds, exhale 4 seconds, hold 4 seconds) can help increase feelings of calm, reduce stress, and improve concentration. Performed regularly, deep breathing may also help reduce feelings of **anxiety and depression**.

**An attitude of gratitude** is proven to enhance mental well-being, and this extends to your exercise practice as well. When you finish a bout of physical activity, take a few minutes to reflect on and appreciate your body’s ability to move. Thank your body for the workout it carried you through and consider your good fortune in being able to express your humanity through movement.

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**October is National Breast Cancer Awareness Month**

Are you at risk? **1 in 8 women** in the U.S. will be diagnosed with breast cancer in her lifetime. **Every 2 minutes**, one case of breast cancer is diagnosed in the U.S. In 2020, more than **276,000 new cases of invasive breast cancer are expected to be diagnosed in women** and more than **2,600 cases in men** in the U.S.

Breast cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. This is why regular breast cancer screening is so important! To learn more, visit [www.cancer.org](http://www.cancer.org).

Let the Blomeyer staff team help you reduce your risk with an exercise program. **We are here to support you!**

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**Get Your Flu Vaccine & COVID-19 Booster this Fall!**

For 2022-2023, Emory University strongly encourages students, faculty, and staff follow public health guidance and stay up to date with flu vaccine & COVID-19 recommendations.

**Flu Vaccine**: The best way to protect yourself and your loved ones against influenza (flu) is to get an annual flu vaccine, ideally by the end of October. Flu is a contagious respiratory illness caused by influenza viruses that can cause mild to severe illness, and at times can lead to hospitalization, or even death. The [CDC recommends](https://www.cdc.gov/vaccines/index.html) everyone six months and older get an annual flu vaccine as the first and most important action to protect against flu and its potentially serious complications.

**COVID Booster**: As part of the continued effort to develop stronger tools against an evolving virus, a [new COVID-19 bivalent vaccine booster](https://www.cdc.gov/vaccines/), was approved and made available. The bivalent vaccine booster is designed to better protect against the omicron subvariants most prevalent in our community and is authorized for use as a single booster dose at least two months after primary or booster vaccination. To stay best protected, the [CDC recommends](https://www.cdc.gov/vaccines/), that everyone stay up to date with COVID-19 vaccination, to include getting all primary series doses and boosters — which now includes this new bivalent vaccine booster for all those 12 and older.

The flu vaccine is covered by Emory University medical insurance for University employees on an Emory medical plan. The COVID-19 booster is available for everyone at no cost, regardless of insurance coverage. Click [HERE](#) for more information or contact Healthy Emory with questions at [healthyemory@emory.edu](mailto:healthyemory@emory.edu).
HEALTHY EATING:

Pumpkin Oats Pancakes

**Ingredients:**

- **Pumpkin puree:** be sure to use a pumpkin puree that’s just pumpkin (no added sugars, etc.)
- **Eggs:** you’ll need 2 eggs in this pancake recipe. I haven’t tested these with flax eggs but let me know if you do.
- **Milk:** I like to use unsweetened vanilla almond milk but you can use any milk you’d like.
- **Vanilla extract:** for a little boost of flavor.
- **Maple syrup:** these pumpkin pancakes are naturally sweetened with pure maple syrup.
- **Rolled oats:** be sure to use rolled oats (gluten free if desired) to give these the perfect texture. Do not use steel cut oats.
- **Baking powder:** a bit of baking powder will help these pumpkin pancakes get nice and fluffy.
- **Cozy spices:** we’re using cinnamon, nutmeg, allspice, ground ginger and salt. Alternatively you can sub those out and use 1 1/2 teaspoons of pumpkin pie spice.

**Directions:** Making this pumpkin oatmeal pancake recipe is easier than you think. Just place all ingredients into a blender and blend until the batter is nice and smooth, about 1 minute. Add olive oil or coconut oil to a griddle or large nonstick pan and place over medium heat. Add pancake batter 1/3 cup at a time. Cook for about 2-3 minutes or until golden brown and tiny bubbles appear around the edges. Flip and cook 2 minutes more. Serve pancakes with pecans, butter (or my personal favorite: peanut butter) and a drizzle of pure maple syrup. Enjoy!

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**GROUP FITNESS CLASS OPTIONS**

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.

**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>Power 30 Virtual</td>
<td>Butts &amp; Guts Virtual</td>
<td>Boot Camp Virtual</td>
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<td>Body Sculpt 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](mailto:Blomeyer@emory.edu)