Move More Challenge

Now entering its 7th year, this fun annual challenge which began in 2014 has been getting Emory employees to move more for years.

About the 2022 Challenge
Who: Open to all benefits-eligible Emory employees and spouses, as well as pre-65 retirees with Emory medical coverage.
What: Participants will create/join a team and work together to compete against other teams.

How to get started:
Step 1: Join Healthy Emory Connect, now powered by Sharecare.

Step 2: Find Challenges under the Achieve icon. Look for the Move More Challenge and click Join.

Step 3: Connect your favorite device. Participate in the Move More Challenge with a number of activity tracking devices including Fitbit, Apple Watch, and Garmin, or use your smartphone. Learn more about how to connect your device.

Step 4: Enable Automatic Steps Tracking.

Step 5: Create or Join a team. Teams can have a maximum of 10 people.

That’s all, now it is time for you and your team to start Moving More! Accumulate steps to reach the 252,000 goal to be eligible to earn your Emory medical plan incentive.
Move Up to Blomeyer

- Climb the outdoor stairs of the 1525 building to Blomeyer Health Fitness Center, check in at the front desk, and be entered into a giveaway for a Gift Card!
- Only one check-in per day Monday—Friday
- There will be a winner every week for 4 weeks in which you have the chance to win a gift card

March 28 - April 22, 2022
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](http://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](http://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](https://www.hr.emory.edu/eu/wellness/general-health/preventive-exam/index.html)
Healthy Eating: Recipe of the Month

Creamy Pesto & Kale Pasta

Ingredients:

- 1 tablespoon rapeseed oil
- 2 red onions, thinly sliced
- 300g kale
- 300g wholemeal (wholegrain) pasta
- 4 tablespoon reduced-fat cream cheese
- 4 tbsp fresh pesto or vegetarian alternative

Directions:

1. Heat the oil in a large pan over a medium heat. Fry the onions for 10 mins until softened and beginning to caramelize. Add the kale and 100ml water, then cover and cook for 5 mins more, or until the kale has wilted.

2. Cook the pasta following pack instructions. Drain, reserving a little of the cooking water. Toss the pasta with the onion mixture, cream cheese and pesto, adding a splash of the reserved cooking water to loosen, if needed. Season.

[bbcgoodfood.com]

Winter Walking on Wednesday 2022

Starting March 2nd, join us for a 6-week walking series. Stay active whether you are working from home or in the office. We will have unique themes to keep you engaged. You will have an opportunity to participate virtually or in-person this series!

**Virtual:** Everyone who sends a picture of their walk on Wednesdays will receive credit for participating.

**In person:** There will be three locations for in person walking groups!

- **Lullwater Preserve:** walking at 12:00pm, meet us at the Clifton Road gate entrance to Lullwater Preserve
- **Emory Saint Joseph's Hospital:** walking at 12:00pm, meet in the ESJH main lobby
- **Emory Decatur Hospital:** walking at 12:00pm, meet at the Bill Thrasher/Sycamore entrance

Walk independently or with a group and enjoy fun themes while you move more during the workday!

- Walking will occur every **Wednesday, March 2 - April 6, 2022**. Walks can be completed at any time during the day or at noon.

- **March 2, 2022 12:00 PM - March 2, 2022 1:00 PM**
- **Virtual or In-person at any of the 3 listed locations,**
- **Registration Deadline:** March 2, 2022

[Register for this event]
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  From the Zoom app use ID: 797 188 5034

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<tr>
<th>Time</th>
<th>Monday</th>
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<tbody>
<tr>
<td>12:00 PM – 12:30 PM</td>
<td>Kickbox Virtual</td>
<td>Power 30 Virtual</td>
<td>Butts &amp; Guts Virtual</td>
<td>Boot Camp Virtual</td>
<td>Tabata Virtual</td>
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<td>12:45 PM – 1:15 PM</td>
<td>Boot Camp In-Person</td>
<td>Butts &amp; Guts In-Person</td>
<td>Power 30 In-Person</td>
<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