



# Blomeyer Buzz


 BLOMEYER  
HEALTH FITNESS CENTER  
AT EMORY

## December 2021

## Strengthen Up 2.0

Coming January 2022

If you loved Lose BIG 2021, you'll love Strengthen Up 2.0!

Strengthen UP 2.0 will have new exercises and video demonstrations to take strength to the next level! Participants will complete a strength assessment at the beginning of the program. They will receive weekly strength-training programs and a tracking sheet so they can chart their progress. **All fitness center members, Emory University and Emory Healthcare employees are eligible to participate.**

### Purpose and Objectives

- Provide strength training guidance and support to participants.
- Encourage participants to be accountable and consistent in their health and fitness whether they are working remotely or on-site.
- Foster community and enhance social connection among fitness center members.

### Participant Goal

Complete the initial assessment, four weekly strength training programs and four weekly assessments, showing improvement each week. Participants will be asked to submit a brief Survey Monkey each week to report their progress.

### Program Length

Strengthen UP 2.0 is a four-week program.

**Registration:** Tuesday, December 7 – Monday, January 10

**Start date:** Monday, January 17

**End date:** Friday, February 11

Start the New Year off with a bang and [register here!](#)

Online + On-site FITNESS

  
BlomeyerONE

Blomeyer One: A new membership concept that focuses on one membership offering 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.

## Blomeyer Highlights



*"I have been a frequent user of the Emory Blomeyer Health Fitness Center for many years. I love this place because it provides a wonderful, clean, safe and friendly environment for my personal training. The fitness equipment is well-kept and always in good condition. The personnel are friendly and courteous. The equipment, showers and changing rooms are clean and in great condition. Having been a member of a few other fitness centers before, the overall quality of services offered by Blomeyer surely ranks at the top. Thanks for providing such a wonderful and conveniently located Fitness Center to the Emory community." – Yoland*

*"Blomeyer Fitness Center has been a beacon of light during the pandemic. The virtual classes are fun, informative, and energetic. They help me burn calories and get fit. The instructors are highly skilled and do a great job of encouraging interaction from participants. Blomeyer Fitness Center is a valuable resource to Emory staff. I love the team and the workouts! Keep up the great work in providing high quality fitness classes and resources!" – Lesley*



*"I started working out online with Anthony, Courtney, and Robert in June 2020. A co-worker told me about the virtual noon workouts and I've been hooked ever since. I try not to miss a noon workout because it strengthens me not only physically but mentally too. The enthusiasm of the trainers is contagious and it's impossible to have a bad day when these guys are laughing and having fun while they help me get into the best health I've ever been in. Even if I miss the daily noon class, I catch them on YouTube or on Facebook because I need that daily motivation and encouragement. I'm so grateful for this Emory benefit because it really has changed my life." – Kay*




# Pap Test: An ounce of prevention = A pound of cure!

A pap test helps detect early signs of cervical cancer. Individuals from ages 21 - 65 are at highest risk, thus screening should start at age 21. Ninety-two percent of people survive cervical cancer if diagnosed early. The frequency of a pap smear depends on age, specific risk factors, and previous test results, so talk to your doctor to see if this is right for you.

Screening for cervical cancer is preventive care, so there is no cost to you if you are covered by the Emory Aetna or Kaiser medical plans and use in-network providers. Schedule your screening today! Learn more here: [bit.ly/EmoryPreventiveExam](https://bit.ly/EmoryPreventiveExam).


For questions, contact [healthyemory@emory.edu](mailto:healthyemory@emory.edu) or 404-712-3775.


Cervical Cancer





92% of individuals survive cervical cancer if diagnosed early


**Risk Factors**

**Smoking**  
  
 Individuals who smoke are two times more likely to get cervical cancer.

**Sexual History**  
  
 Having multiple partners, being sexually active at a younger age, or having a partner who is at high risk.

**HPV Infections**  
  
 Infection by high-risk type human papillomavirus (HPV) can increase likelihood of cervical cancer.

**Weak Immune System**  
  
 Autoimmune diseases and HIV increases the likelihood of HPV infection.

**Oral Contraceptives**  
  
 Long term use of oral contraceptives (OCPs) could increase risk of cervical cancer.

**Warning Signs & Symptoms**

**Early Signs/Symptoms:**

There usually are no symptoms in individuals with early cervical cancer and pre-cancer, and symptoms might not begin until the cancer has grown.

**Most Common Symptoms:**

- Pain during sex and in the pelvic region
- An unusual discharge from the genitals
- Abnormal genital bleeding (such as change in bleeding pattern, bleeding after receptive intercourse (sex) or after menopause)

**Why Preventive Screening is Key**

14,480  
 new cases of invasive cervical cancer will be diagnosed in 2021



4,290  
 deaths due to cervical cancer in 2021

90%  
 cancer risk reduction with HPV vaccine, and rare in individuals who screen regularly

>80%  
 of cervical cancers are found in people under 65

**More Information:**

To learn more about cervical cancer: visit [bit.ly/EmoryPreventiveExam](https://bit.ly/EmoryPreventiveExam)


healthyemory@emory.edu | 404-712-3775


## Healthy Eating: **RECIPE OF THE MONTH**

### Overnight Oats

#### Ingredients:

2 cups old-fashioned rolled oats  
2 cups dairy milk or unsweetened non-dairy milk  
1 cup plain Greek or non-dairy yogurt  
3 tablespoons maple syrup or honey  
1 tablespoon chia seeds (optional)  
¼ teaspoon ground cinnamon  
¼ teaspoon kosher salt  
Optional toppings: Fruits, nuts, seeds, nut butter



#### Directions:

1. Place all ingredients in a large bowl and stir together until well combined
2. Cover and refrigerate overnight. You can divide the oats into individual jars if desired.
3. Stir again before serving with desired toppings.

[getpocket.com](http://getpocket.com)

## **Ask the Registered Dietitian (RD)!**

During this time of change and adaptation, many of us have struggled with maintaining healthy eating habits. Join this group discussion that will focus on a different nutrition topic each week to learn some tips for nutrition success! Occurs alternating Wednesdays at 11am via Zoom.

Duration: 30 minutes

#### TOPICS:

**December 15:** Eating Healthy During the Holidays

**January 12:** Seasonal Eats



Register [HERE](#)

\*If you have already registered previously...you do not need to register again.





**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                         |
|---------------------|---------------------------------|----------------------------------|--|-----------------------------------|--------------------------------|
| 12:00 PM – 12:30 PM | <a href="#">Kickbox Virtual</a> | <a href="#">Power 30 Virtual</a> | <a href="#">Butts &amp; Guts Virtual</a> | <a href="#">Boot Camp Virtual</a> | <a href="#">Tabata Virtual</a> |
| 12:45 PM – 1:15 PM  | Boot Camp In-Person             | Butts & Guts In-Person           | Power 30 In-Person                       | Body Sculpt 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](mailto:Blomeyer@emory.edu)

### Holiday Hours

The Blomeyer Healthy Fitness Center will be closed, and classes are cancelled:  
 December 24, 27, 31  
 &  
 January 3, 2022