Meet ups

Help employees clear up all the confusing “noise” surrounding a variety of health topics by providing quick learning opportunities and key takeaways that get straight to the facts.

How does it work?
• Reach more of your participants where they are at, e.g., in the cafeteria, as part of a standing meeting, or anywhere participants gather.
• Delivered by our health professionals on-site or via webinar.
• Includes promotional materials to attract participation and satisfaction surveys.

Participant experience
• Informative sessions offering messages about a health topic in a streamlined way, delivered in 10 minutes or less.
• Convenient times and places makes it easy for participants to take advantage of quick opportunities designed to help each person make smart choices about their health.
• Each participant leaves with suggestions for small action steps they can implement quickly and easily.

Interested?
• Contact the Blomeyer Health Fitness Center for more information or complete the Outreach Request Form to reserve a date/time for a What’s What Meet Up for your group.
Carbs
Learn why carbs are important in a balanced diet, including how they are the body’s main source of energy.

Healthy Fats
For balanced nutrition, fats are required. Take the fear out of eating fats — learn which ones are best for you.

Energy Drinks
Do you know what’s really in your energy drink? Learn how some ingredients may affect your health and find alternative ways to get an energy boost.

High-Intensity Interval Training (HIIT)
Find out how almost anyone can improve their fitness quickly and efficiently with exercises that really get your heart pumping.

Financial Savings
Learn to save for financial goals by planning ahead; includes simple tips to make it happen.

Immune System Support
We’ll give you the facts on what your immune system really needs to fend off colds, flu and other infections.

Finding Time
Learn how time management can help you seize the day — without feeling like the clock is ticking.

Keto Diet
What’s in the Keto Diet? Learn how restricting nutrients may not be a healthy choice for sustainable weight loss.

Flu
Separate fact from fiction when it comes to the flu and the flu vaccine; designed to keep participants healthy during the flu season.

Mindfulness
What exactly does it mean to be mindful and what are the health benefits? We’ll cover the facts, including a simple mindfulness exercise.

Gratitude
Discover the effect appreciation and thankfulness have on wellbeing. We’ll share practices that nurture a grateful mindset.

Paying with Plastic
Credit? Debit? Cash? Find out how you can protect your money and keep your finances secure no matter how you pay.

Plant-based Eating
What is “plant-based” eating and does it mean no meat? We’ll help you understand plant-based diets — they’re more than fruits and veggies.

Health Resources
Learn to separate fact from fiction and identify reputable (and not so reputable) health resources.
Probiotics
Learn what’s in your gut that keeps your body running smoothly, foods that also help, and whether dietary supplements are a good idea.

Strength Training
Strong muscles matter! We’ll share tips for making strength training part of your fitness routine.

Protein
Do you know how much protein you need each day? Get tips for nutritious choices, and learn whether or not protein can help make you lean.

Sugar
What’s the impact of sugar and how much is too much? We’ll separate the sweet truth from the sugary fiction.

Quick Meals
Does eating healthy feel like a hassle? We’ll show you how to get good nutrition on a busy schedule and tight budget.

Sun Safety
Why worry about the sun’s rays? Skin cancer affects about one in five Americans in their lifetime. We’ll share tips on how to stay safe in the sun.

Salt
Is too much salt sneaking into your diet? Shake the habit with simple tips to help you eat less sodium.

Sustainability
Learn how taking care of your wellbeing can also benefit the health of the environment.

Sleep
How much sleep do you really need? We’ll put the myths to rest and share the truth behind a good night’s sleep.

Whole Grains
Find out how whole grains can boost your health and how to make them a part of your meals each day.

Social Wellbeing
Learn why social connections in many forms increase motivation, improve health and can lead to a longer life.

Winter Blues
Discover how shorter days in the winter may bring on the blues, how to lift your mood, and what to do if you can’t get out of your slump.
Injury Prevention and Treatment

Injury prevention and treatment meet ups are short, informative sessions designed to help participants understand self-care options and techniques. Topics include:

**Foot Care**
Your feet are your foundation. Learn steps you can take to prevent foot issues, including tips for choosing the right footwear.

**Pain Relievers**
How to safely use over-the-counter medications for aches, pain and inflammation can be confusing. We’ll help you understand the fine print.

**Hand Care**
Don’t take your hands for granted; they’re powerful tools worth protecting. Learn tips to keep them safe, strong and healthy.

**Posture**
From breathing to digestion, posture affects more than just your back. Learn the facts about posture, including how to improve yours.

**Ice or Heat?**
Should you grab an ice pack or a hot pad? It all depends. Find out when to cool it down and when to add some heat.

**Self-massage**
Learn a few moves to get you moving and feeling better, both physically and mentally.

**Low Back Care**
We’ve got your back — and we’ll help you take care of it. Learn tips and stretching exercises to keep your back healthy and happy.

**Shoulder Care**
The shoulders are some of the most mobile joints in the body. We’ll show you how to avoid discomfort and injury.

**Neck Care**
Save your neck! Learn practical ways to prevent neck strain and soreness.

Connect with us to learn more about offering What’s What meet ups.

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