



Health and Wellness Pilot Program

San Gabriel Valley Sector

April 2007-June 2009

Purpose

- Reduce employee health risk factors
- Design fitness programs
- Provide health and fitness incentive programs
- Design and provide educational information on various health topics
- Coordinate and administer annual physical ability tests.

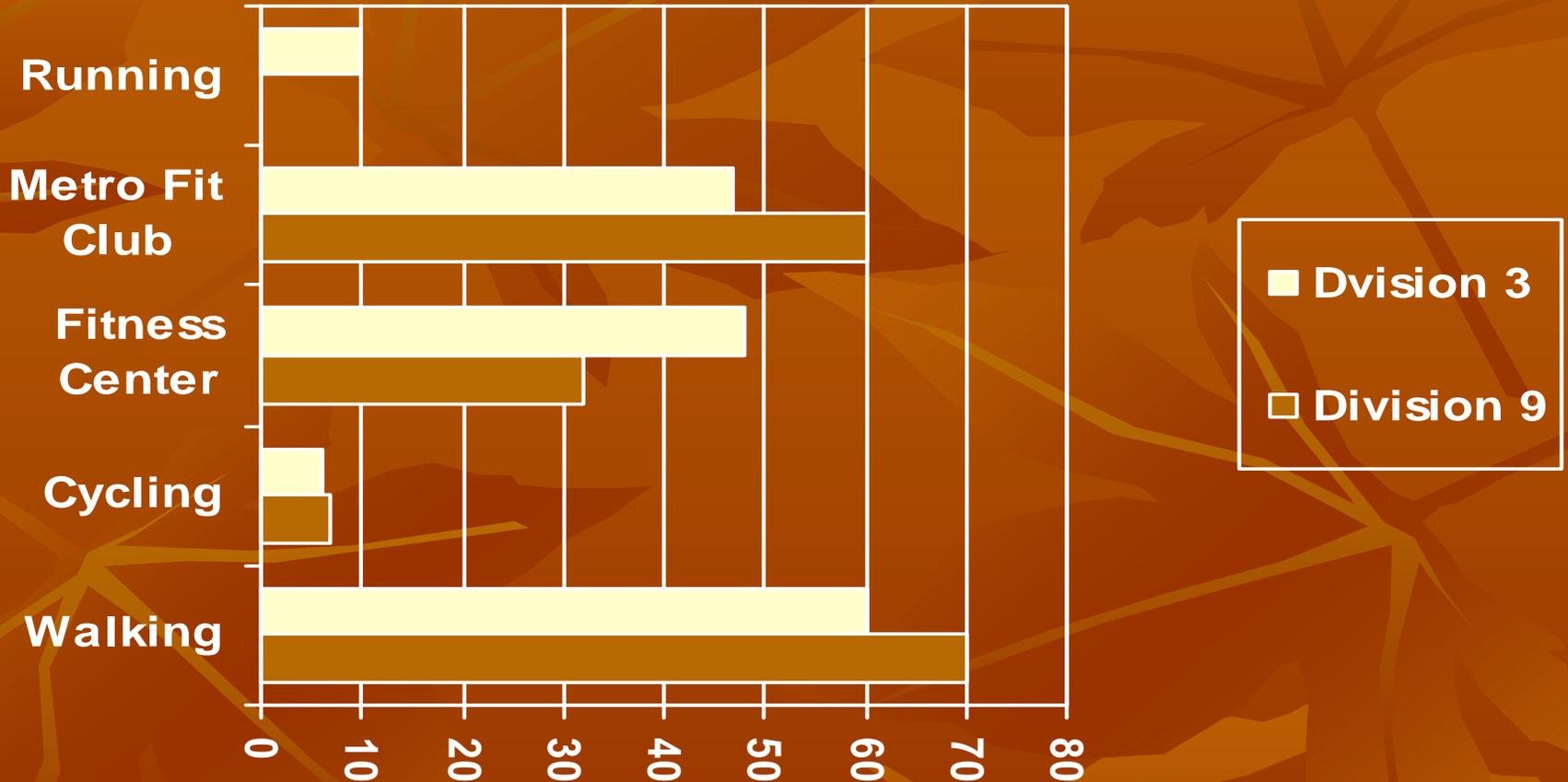
Completed Projects

- Blood Panel on 7/24/07,8/23/07: Screening for metabolic panel, lipid panel, and blood count.
- Mini Health Fairs in August 07, January 08, and April 08.
- Implementation of Metro Fit Club August 07, February 08, and June 08.
- Annual health fairs on October 23rd and 25th , 2007.
- Walktober - Metro on the Move incentive program on October 29th - November 2nd 2007.

Current Projects

- Metro Fit Club: Weight loss and fitness incentive program beginning, June 2008.
- Cancer Screening/Table Topic.
- Summer Heat/Skin Care Table Topics.
- Collaboration with other MTA cycling and walk/run groups, as a means to gain cohesiveness within the organization.
- Collaboration with the Irwindale medical clinic and the light duty program.

Participation Results



Current Results

- Active participation is 237.
- There has been a reduction in industrial injuries at Division 9.
- Employees are beginning to make the program a part of their regular routine.
- Employees have improved sleeping patterns, reduced stress levels, and experienced weight loss.
- Total weight loss for the August Metro Fit club is 963 pounds in six months.
- Participants have Completed the Pasadena Half Marathon, L.A. Marathon 5k, Tour de Sewer, Revlon 5k, Solvang Half Century, and the Rosarito/Ensenada Bike Tour.
- A health and wellness advocate group has formed, which includes the UTU and Gateway involvement.