

[Metro.net](#) (web)

## Resources

► [Safety](#)

► [Pressroom](#) (web)

► [CEO Hotline](#)

► [Metro Projects](#)

► [Facts at a Glance](#)  
(web)

► [Archives](#)

► [Events Calendar](#)

► [Research Center/  
Library](#)

► [Metro Cafe](#) (pdf)

► [Metro Classifieds](#)

► [Retirement  
Round-up](#)

## Metro Info

► [Strategic Plan](#) (pdf)

► [Org Chart](#) (pdf)

► [Policies](#)

► [Training](#)

► [Help Desk](#)

► [Intranet Policy](#)

## Need e-Help?

Call the Help Desk  
at 2-4357

[E-Mail Webmaster](#)

Division 9's "Operators in motion" is linked to the Presidential Active Adult Challenge.

Information: <http://fitness.gov/news/fitaward/fitaward.html>



## Division 9 to Launch 'Operators in Motion' Health Walk Program

- See also> [Work out with 'Metro Fit'](#) at rally in Pershing Square

(Oct. 22, 2004) Put your walkin' shoes on! That's what employees at San Gabriel Valley Division 9 are being asked to do, beginning Nov. 1, to take part in "Operators in Motion," an 18-week fitness program.

The walking program, which is linked to the Presidential Active Adult Challenge, is aimed at promoting regular physical activity, employee wellness and fitness with 30-minute walks.

The division will schedule two group walks from 10:30 a.m. to 11 a.m. and again from 12:30 p.m. to 1 p.m., Monday through Friday, around the division yard.

Each employee who completes the 18-week program will receive a personal pedometer to monitor fitness progress, a safe-walking handbook, a sports bottle, T-shirt, headset radio and a certificate of completion.

### For more information

For more information about the Division 9 program, employees should contact Transportation Manager Michael Greenwood or assistant managers Phil Moores or Larry Cosner.

The "Operators in Motion" program will provide a healthy, safe way for employees to stay active, say the program's sponsors. The President's Council on Physical Fitness & Sports recommends walking 30 minutes a day at least five or more days a week.

Research shows that routine exercise can be an effective way to help prevent such chronic conditions as heart disease, Type 2 diabetes, osteoporosis, degenerative disc disease, and conditions associated with obesity, such as arthritis, stroke and depression.

Nationally, \$600 billion is spent on healthcare costs related to these conditions each year.

