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Metro Fit

Make LA your workout

Work it out at Metro's noontime fitness rally and walking tour in Downtown on Wednesday

- **Be there: Wednesday, Nov. 17, at noon.**
- **Go Metro! Meet the Metro Art Docents on plaza level at 11:30 a.m. to join forces for noontime workout.**
- **Wear something 'Metro' - it's a press event and photo op!**

If you exercise on your lunch hour - or are considering it - then how about kicking it up a notch with a noontime workout at the Civic Center Station Plaza (Temple Street entrance) next Wednesday, Nov. 17?

Los Angeles City Councilman and Board Member Tom LaBonge will join Metro, the American Heart Association, Ketchum-Downtown YMCA and UCLA to kick off a new fitness campaign called "Metro Fit" to show Angelinos how to lose pounds, save money and discover L.A. using public transit.

The event will feature a "Metro Stair Climb" led by Ketchum-Downtown YMCA and a 30-minute lunch-hour walking tour through downtown L.A. led by the Los Angeles Conservancy.

Get with the program!

The campaign seeks to help health-conscious Angelenos find new ways to get more daily walking exercise. A recent UCLA study reveals that 41 percent of county residents get no more than 10 minutes of continuous exercise each week, which is lower than the 30 minutes a day, five days per week recommended for optimum health.

Directions to 'Metro Fit'

- Meet the Metro Art Docents at 11:30 a.m. at the Gateway Building, plaza level. The Docents will lead the Metro team on the Metro Red Line to the Civic Center Station, Temple entrance on Hill Street.
- Wear exercise clothes and something 'Metro'.
- Register now for updates. There's more to come as the program develops.
- Commit by contacting coordinators: Dave Sotero, 922-3007, or Gayle Anderson, 922-2702.
soterod@metro.net

Employees from Metro, the Metro Art Docents, the American Heart Association, Ketchum-Downtown YMCA, UCLA and others will raise their heart rates by taking the "Metro Stair Climb," a 100-step ascent from the Civic Center Red Line subway station. They will then begin a half-hour discovery tour of downtown attractions available by Metro. The walking tour will include City Hall, Disney Concert Hall, Museum of Contemporary Art, Bunker Hill, Central Library, the Biltmore Hotel and Pershing Square.

andersonga@metro.net

Go Metro!

Bring exercise clothes to work and slip into something "Metro." Meet the Metro Art Docents on the Plaza level at 11:30 a.m. We'll go as a group in a show of strength on the Metro Red Line to the Civic Center Station.

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