

[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](#)

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With City Hall in the background, members of a walking group get in some healthy exercise following announcement of the new "Metro Fit" campaign.



PHOTOS: CHRIS LOVDAHL

'Metro Fit' Campaign Promotes Using Public Transit for Exercise

- Metro, Heart Association, YMCA launch campaign
- [Are you getting enough exercise each day?](#)

By DAVE SOTERO

(Nov. 18, 2004) Metro, the American Heart Association and the Ketchum-Downtown YMCA held a fitness rally at the Metro Rail Civic Center station, Wednesday, to kick off "Metro Fit," a new fitness awareness campaign.

"Metro Fit" encourages health-conscious Angelenos to incorporate more exercise into their daily schedules by connecting with public transportation.



Fitness instructors from the Ketchum-Downtown YMCA lead a "Metro Fit" warm-up exercise.

The Metro Fit program promotes walking to and from transit for commuting. It recommends using the stairs at Metro Red Line stations, discovering local attractions by Metro and on foot, and combining bicycling with public transit.

"For busy county residents, working the recommended amount of exercise into their daily routines is nearly impossible," said CEO Roger Snoble. "Let the Metro system be your own personal trainer. It's a ready-made par course to help you lose pounds, save money and discover L.A."

Lack of exercise hurts

The many detrimental effects associated with lack of daily exercise include high blood pressure, stroke, diabetes, obesity and heart attack.

Many public health advocates recommend 10,000 steps per day to maintain physical fitness. Public transit is an excellent way to help reach that number, as it requires more walking than Angelenos typically do in a day.

With a Metro bus or rail stop located within a half-mile radius of most residents' homes in Los Angeles County, those who use public transportation round-trip can achieve around 2,500 steps – about a mile – of additional daily walking exercise.

"Achieving at least 30 minutes of walking exercise per day utilizing public transit can help Angelenos achieve their fitness



Barbara Lashenick of the Metro Art Docent Council and a Los Angeles Conservancy tour guide lead members of a "Metro Fit" walking group stride across a street near the Disney Concert Hall.

Are You Getting Enough Exercise Each Day?

(Nov. 18, 2004) Studies reveal that Angelenos are not getting nearly enough physical exercise

goals while at the same time reducing risk factors for disease, our nation's number one killer," said David Beaver, corporate market director for the American Heart Association.

'Metro Stair Climb'

Health-conscious residents can also take the "Metro Stair Climb" using Metro Red Line subway steps to increase heart rates and help improve cardiovascular health. Subway portal steps range from about 60 to 200 steps, with Wilshire/Vermont Metro Red Line Station having the most: 324 steps.

Metro Fit also encourages lunchtime and weekend walking tours to discover new areas of the county.

Metro's Art Docent Council, for example, offers the "Art's A Trip" docent tour the first Saturday and Sunday of each month at Metro Rail stations. Fitness enthusiasts can walk approximately 3,100 steps on these tours.

The Los Angeles Conservancy provides low-cost, two and a half-hour weekend tours of historic portions of Los Angeles, including Downtown's Evolving Skyline (2,916 steps), L.A.'s Historic Core (4,525 steps), and Union Station (5,025 steps).

Self-guided tours are also available on the Conservancy's web site at www.laconservancy.org.

on a daily basis.

According a recent study by UCLA researchers, 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 that is recommended by the national Centers for Disease Control and Prevention.

An Atlanta survey conducted earlier this year by Georgia Tech found that how much time people spend driving has a great impact on whether they are obese. Driving time, in fact, had a greater effect on weight than gender, ethnicity, education or income.

The survey found that, for every extra 30 minutes commuters drove each day, they had a three percent greater chance of being obese than their peers who drove less.

The Atlanta survey is particularly relevant to Los Angeles, where most residents spend much more than half an hour per day driving.



A Los Angeles Conservancy tour guide leads "Metro Fit" walkers along a sidewalk near the Pershing Square Metro Rail station.

