

[Metro.net](#) (web)

Resources

▶ [Safety](#)

▶ [Pressroom](#) (web)

▶ [Ask the CEO](#)

▶ [CEO Forum](#)

▶ [Employee Recognition](#)

▶ [Employee Activities](#)

▶ [Metro Projects](#)

▶ [Facts at a Glance](#) (web)

▶ [Archives](#)

▶ [Events Calendar](#)

▶ [Research Center/Library](#)

▶ [Metro Classifieds](#)

▶ [Bazaar](#)

Metro Info

▶ [30/10 Initiative](#)

▶ [Policies](#)

▶ [Training](#)

▶ [Help Desk](#)

▶ [Intranet Policy](#)

Need e-Help?

Call the Help Desk
at 2-4357

[Contact myMetro.net](#)



Division 18 operators and managers use their Saturday mornings to get fit through an intensive, hour-long aerobic workout. The 7 a.m. workouts usually draw 10 to 15 participants. In the foreground, Assistant Manager Cheryl Brown and Operator Phillip Samuels diligently follow orders. From the left in the middle, retired Operator H. Reed, Assistant Manager Pat Goens and Operator Miesha Rose do likewise. Operator Victor Andrews leads the workouts, seen at the center rear.
Photo by Jimmy Stroup

South Bay Division 18 Employees Take Up the Aerobic Challenge

By JIMMY STROUP

(Aug. 10, 2007) While most of Metro probably takes Saturday morning for some extra sleep or lazy time with a cup of coffee and a newspaper, some operators and managers are filling that time somewhat more productively – with exercise.

For the past six months, a group of dedicated individuals has been meeting at Division 18 at 7 a.m. each Saturday to work off some extra pounds through an aerobic workout set to rousing music and led by Operator Victor Andrews.

Assistant Manager Cheryl Brown has been attending the workouts for about a month, and says the challenge of getting out so early is offset by the positive benefits that a hearty aerobic session can bring.

"We all know about what diabetes, high blood pressure and stress do to our employees," she says, as she takes a break from the workout.

While Rick James' "Super Freak" plays under aerobic orders to kick right legs and thrust arms skyward and bend sideways repeatedly, Brown says the goal is to reduce the damage of those factors can have on your body and to improve the general health of all the participants.

Brown says the aerobic sessions were just the beginning of a push at her division to get more employees involved in fitness activities – a goal more and more divisions are embracing lately. She's currently organizing participation in a 5K walk held in cooperation with the American Heart Association, set to take place on Sept. 29.

"We're going to kick it off at the end of August," she says of the practice walks that will help prepare the 5K-ers for the challenge. "Gives everybody a month to get ready."

Brown hopes for a good turnout for the 5K and said it's only the first

event born out of a greater desire to see Division 18 shape up, literally. She says the aerobic workouts – which are drawing 10 to 15 participants each Saturday – are a good start to meeting that larger ambition.

| [Home](#) | [Phone Directory](#) | [Forms Online](#) | [FIS Online](#)