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Carson Division 18 Assistant Manager Cheryl Brown has been pressing hard lately to increase awareness and activity among operators and maintainers in her division. Brown (at left) talks to an operator while staffing the information table with American Heart Association employees, who signed up a number of employees for the AHA Heart Walk on Sept. 29 at Exposition Park.



Photos by Jimmy Stroup

Employees Walking for Healthier Lives at Division 18

- More than 50 sign up for the division's new walking club
- Some preparing for the American Heart Association 5K Walk

By JIMMY STROUP

(Aug. 28, 2007) As part of an effort to increase overall health, a number of Carson Division 18 employees are planning to take part in the American Heart Association (AHA) "Los Angeles Start! Heart Walk." The 5K walk is scheduled for Sept. 29 at Exposition Park.

After only half an hour of sign-ups, last Friday, more than 50 Division 18 operators and maintainers made their way to the table to join the division's walking club, according to Assistant Manager Cheryl Brown, who was pleased at the early response to a program she's been promoting within the division for weeks.



More than 50 Division 18 operators signed up for the Division 18 walking club. To give them a feeling for their present health, Metro and AHA volunteers measured the body mass index and blood pressure for participants.

"People started signing up at 9 a.m.," she said. "We'd planned to start at 9:30 a.m., but they were ready early, I guess, ready to get going."

Fitness and exercise are beginning to be regular events at Division 18 lately; they've recently instituted a weekly aerobics class Saturday mornings. Participation in the AHA 5K is just another indication for Brown that Carson is becoming more and more

interested in maintaining a good standard of health.

'10,000 steps a day'

To help participants figure out their current level of health, the AHA is giving walkers a pedometer that measures how many steps a person takes in a day. The small pink devices look like miniature beepers and attach at the waist.

"It's the motion that triggers it to start," Brown said. "Then it counts how many steps you take all day long. They recommend you take 10,000."

Francesca Schuster, an AHA employee who's working with Metro to coordinate the agency's involvement with the Heart Walk, said the issue in the larger sense is an extension of life. She said an hour of vigorous activity will equate to two hours of extra life.

Schuster said other divisions at Metro – West Hollywood Division 7, West Valley Division 8 and Gateway Division 10 – were also looking to sign up large numbers to participate in the event. The Heart Walk is billed as both exercise for participants, and as a fundraiser and eye-opener to the deadly effects of heart disease and stroke.

"As a community outreach, it's great to see Metro out there, helping us get the word around and participating, too," she said.

The AHA expects 9,000 to 10,000 at the Heart Walk 5K. Registration for the event is available at www.heartwalkla.org.



The Accusplit Alliance 20 is the pedometer that Metro employees participating in the Heart Walk will be using for the next month to prepare themselves for the event. Motion starts the device which records the number of steps the wearer takes all day long; the AHA recommends 10,000 steps a day.

