

[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](#)

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Photo by Samuel Saucedo



Gary Eller, equipment maintenance supervisor; Rachel Rodriguez, Walking Program coordinator, and John Freeman, equipment maintenance supervisor, advertise the Central Maintenance Shops Walking Program. Eller and Freeman have been diagnosed with Type II diabetes.

## A Healthy Step Forward Goes a Mile at Central Maintenance Shops

By AMY HUGHES

(Dec. 20, 2007) Something is afoot at the Central Maintenance Shops (CMS), and it happens to be a healthy step forward.

On Oct. 12, at a Safety Recognition luncheon, CMS introduced a Walking Program, unveiling a one-mile walking course laid out by Rachel Rodriguez, Walking Program coordinator, on the 28-acre grounds of the Metro Support Services Center.

Employees participating in the walking program during their breaks are awarded prizes based on miles walked. Currently 12 walkers participate in the program, although other employees have inquired and requested forms to record their mileage. Rodriguez expects more staff members to participate as more people walk and earn prizes.

Rodriguez, an administrative intern, encourages CMS employees to participate and introduces the benefits of daily exercise, noting that walking promotes weight loss, reduces stress and the risk of heart disease, while increasing stamina throughout the day.

Assisting Rodriguez with starting the program were Gary Eller and John Freeman, equipment maintenance supervisors. Eller and Freeman have a personal state in the program: both have been diagnosed with Type II diabetes.

"The walking program seemed like a great way to follow the doctor's

orders," Freeman said. "Each time that I walk at lunch I am getting fresh air, a break from the demands of work and the opportunity to catch-up with co-workers who also walk."

Henry Ho, senior safety specialist, had the original Walking Program idea. Because of her strong interest in health and wellness, Rodriquez volunteered to coordinate the program.

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