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## 'Tis (always) the Season for Exercise at Carson Division

By Rich Morallo  
*Community Relations*

(Dec. 15, 2009) Metro Bus Operator Victor Andrews remembered how he felt when a close, older friend – a fellow bus operator – died of a heart attack several years ago.

"From then on I knew I wanted to help people keep fit and healthy," said Andrews, who works out of Carson Division 18. "I need to show people they are never too heavy or too old to start a fitness program."

So the 20-year Metro operator started an aerobics class in the break room of the transportation building. "It's an hour cardio aerobics program mixed with Pilates training, some defense/martial arts, boxing and dancing thrown in," he said.

For the past six years Andrews has spent his personal time, Monday to Saturday, showing colleagues how to workout. With upbeat music in the background, a dozen operators in gym clothes go through physically rigorous sets and drills in their quest to achieve wellness and health.

On weekends some operators bring their families to the classes.

"We do a few exercise sets and then it's freelance where we can dance and move in any way we want to," said 14-year-old Tia Cooper, who accompanies her grandfather, bus operator Lionel Benjamin, and "likes the dancing."

Terry Simon, another Division 18 operator looking to control her weight, has been attending the classes for two months. "I encourage other staff to join us because the work helps keep us healthy and energized," she said.

Simon's sister, Karen Akinyele, couldn't

Work it out at Aerobics class



agree more. "We also learn how to eat healthy and keep up the program during and beyond the holidays," Akinyele said.

Andrews, who also acts as a Division "Wellness Ambassador," is planning to produce a videotape so staff at the other agency divisions can start their own aerobics classes.

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