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## **Get 'Metro Fit' on 'Start! Walking at Work Day' April 25**

- Taking transit helps health-conscious Angelinos discover L.A.

In celebration of the American Heart Association's "Start! Walking at Work Day" Wednesday, April 25, the Los Angeles County Metropolitan Transportation Authority ([Metro](#)) encourages all health-conscious Angelinos to regularly incorporate more exercise in their schedules by choosing to use public transit.

"Start! Walking at Work Day" is a nationwide call to action for Americans to start living a healthier lifestyle. Downtown workers are encouraged to wear their sneakers April 25 to Union Bank Plaza to join a fitness celebration that will include music, performances, health screenings and more.

Becoming Metro Fit is an easy way to stay healthy, and includes walking to and from transit for commuting and discovering L.A.-area attractions directly accessible by Metro.

"Let the Metro system be your own personal trainer," said Roger Snoble, Metro CEO. "It's a ready-made par course not just to help you stay healthy, but visit L.A.'s world-class destinations."

Achieving at least 30 minutes of walking exercise per day utilizing public transit can help Angelenos achieve their fitness goals while at the same time reducing risk factors for heart disease, our nation's number one killer.

Many public health advocates recommend 10,000 steps per day to maintain basic 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. There is a Metro stop within a half-mile radius of most residents' homes in Los Angeles County, so those who choose to use public transportation round-trip for work, errands or touring can achieve around 2,500 steps – the rough equivalent of one mile – of additional daily walking exercise.

Metro's expansive bus and rail system can be used to discover new areas of Los Angeles County. Metro operates more than 2,500 buses and 73 miles of rail lines that connect fitness enthusiasts with countless walkable destinations, including downtown LA's Olvera Street and Chinatown, the Hollywood Walk of Fame, Universal CityWalk, Old Town Pasadena, Third Street Promenade, and Long Beach's CityPlace and Shoreline Village.

For a list of walkable destinations available by Metro Bus and Rail or to plan your transit trip online, visit [www.metro.net](http://www.metro.net). Transit trip planning assistance over the telephone is available by calling 1-800-COMMUTE. To participate in the American Heart Association's "Start! Walking at Work Day," visit [www.americanheart.org/start](http://www.americanheart.org/start).

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