

EMPLOYEE WELLNESS UPDATE



SFMTA
Municipal
Transportation
Agency

Moving Forward Together *in Health*

September 2015



Welcome to the SFMTA Employee Wellness monthly update. The SFMTA is a recipient of the American Heart Association's (AHA) Gold Level Start! Fit-Friendly Companies Recognition Award since 2011. As an AHA **Start! Fit-Friendly Company** we encourage you to find a class you enjoy at [One South Van Ness \(1SVN\)](#) or at [Civic Center](#) and make the commitment to have fun, improve your stamina and reduce stress.

For the complete Employee Wellness Calendar of scheduled events and for additional wellness information, visit the [SFMTA Wellness Program](#) intranet page. Questions, comments or submissions? Email us at wellness@sfmta.com.

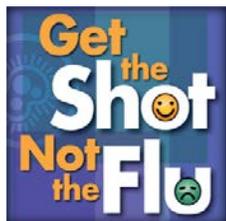


Eat Red for a Heart Healthy Diet

An apple a day keeps the doctor away, but so may tomatoes and cranberries. Add these three red, round fruits into your daily diet to help significantly reduce your risk of heart disease:

- **Apples:** Apples can greatly reduce LDL (bad) cholesterol and lower the risk of heart disease. Be sure to munch on the fruit rather than drink juice; the peels house most of the helpful antioxidants.
- **Tomatoes:** Tomatoes are a significant source of a plant compound called lycopene, which reduces levels of LDL cholesterol. It's best to eat tomatoes processed or cooked, which allows lycopene to be better absorbed.
- **Cranberries:** Drinking cranberry juice daily can raise HDL (good) cholesterol levels and help reduce heart disease. Plus, this juice decreases diet-caused clogging of the arteries by preventing plaque from forming.

For more about these heart-healthy foods, click [here](#).



Save the Date: Free Flu Shot Clinics

Anyone can get the flu, even healthy people, and it can be serious. This year, take advantage of the **free** Flu Shot Clinics coordinated by SFMTA and HSS in association with Kaiser Permanente.

- | | | |
|---|---|--|
| Green Division
Tuesday, Oct. 6
▶ 4:30 to 9 a.m.
▶ 2 to 5 p.m. | Presidio Division
Tuesday, Oct. 20
▶ 2 to 6 p.m. | 1 South Van Ness
Monday, Nov. 16
▶ 9 a.m. to 4 p.m. |
|---|---|--|

Studies show that the flu vaccine is highly effective at reducing illness, antibiotic use, time lost from work, hospitalizations and deaths. For more information, email: wellness@sfmta.com.

Coming Soon: *Getting in Balance*, a Healthy Lifestyle Program



Type 2 diabetes is a serious condition. The good news is you can prevent it before it starts. The Health Service System (HSS) and Kaiser Permanente are currently working together on a year-long research study of a diabetes prevention program.

Find out if you're at risk and see if the **Getting in Balance** program study is right for you! Participating in the program will help you make lifestyle changes to lose weight, get healthier and reduce your risk of type 2 diabetes.

1. Visit <http://myhss.org/well-being/dpp.html> and answer **7 quick questions on the Health Screening Questionnaire to see if you are at risk.**
2. **If you score 9 or higher, you may be eligible for a free prevention program.** To learn more, click [here](#) to register for one of the following convenient information sessions about the diabetes prevention study:

1 South Van Ness, Candlestick Room, 6th floor #6052

- Wednesday, Sept. 23, 12 noon to 12:45 p.m.
- Wednesday, Sept. 23, 1 to 1:45 p.m.
- Wednesday, Sept. 23, 2 to 2:45 p.m.
- Thursday, Sept. 24, 12 noon to 12:45 p.m.
- Thursday, Sept. 24, 1 to 1:45 p.m.
- Thursday, Sept. 24, 2 to 2:45 p.m.

Participants will receive support in making lifestyle changes to decrease their risk of diabetes, including in-person or online coaching. The findings from this study will help development of future HSS well-being initiatives for all employees. For more information, click [here](#) or email: wellness@sfmta.com.

20th Annual Dragon Boat Festival



It's all eyes on the Bay when speeding dragon boats take to the water for the **20th Annual San Francisco International Dragon Boat Festival** on Treasure Island! Cheer on the fleet of colorful 40-foot dragon boats as they race to the beat of Chinese drums on Saturday and Sunday, Sept. 19 and 20, 2015.

This two-day, admission-free festival brings a weekend that features world-class dragon boat racing, spectacular cultural performances, delicious food and unique clothes and crafts vendors, as well as a variety of kid-friendly activities in Dragon Land where arts and crafts, games and rides await. For more information, visit: www.sfdragonboat.com.

SAFETY CORNER



Making Proper Vehicle Turns

Making proper vehicle turns on our congested roads can — and should — be done safely without endangering pedestrians, bicyclists and other drivers. By

showing simple consideration and using proper turning techniques, we can all enjoy safer streets.

- **Get in position:** Don't turn unless you can do it with reasonable safety. Look ahead, decide where you want to turn and be in a position to turn when you get there. Check your blind spots.
- **Start the turn signal in advance:** Check your clearance and signal before changing lanes. Give a continuous turn signal for a distance of at least 100 feet (200 feet on open highways).
- **Don't surprise:** Slow down gradually but don't stop or decrease speed suddenly without giving an appropriate signal, unless there's an emergency.
- **Observe right of way:** Yield to any approaching vehicle or pedestrian in the intersection or close enough to be a hazard before making your turn into the proper lane.

Drivers waiting in the intersection for traffic to clear should keep their front wheels aimed straight ahead. If wheels are turned to the left for the expected turn, a bump from the rear could force your car into the patch of oncoming traffic.

When turning from the inside lane where two lanes turn right, be careful to stay in your lane. Poor performance on your part could force the driver on your right up onto the curb. Again, if you are handling large vehicles, you have to give plenty of warning to avoid the squeeze play.

For more about making proper vehicle turns, click [here](#).

For more information about SFMTA Safety Programs, contact:

Gerald D. Williams, CSP
Industrial Safety and Environmental Compliance Unit

Deciding Factors in Loan Applications



When you apply for credit, it's good to know the main factors your lender will review in deciding whether you are a good credit risk and if you will be able to pay back the loan. Often called the **Four Cs**, these factors each come with their own considerations:

- **Capacity:** Your potential ability to meet your payments. *How long have you been at your job? How much money do you make each month? What are your monthly expenses?*
- **Capital:** Savings and other assets, which can be used as collateral for loans. *How much money do you have in checking and savings accounts? Do you own a house? Do you have investments or other assets (for example, a car)?*
- **Character:** Your past history of paying off bills or debts. *How many credit accounts do you have? Have you ever made late payments? Have you ever filed for bankruptcy?*
- **Collateral:** Assets you may have to secure the loan beyond your capacity to pay it off. *What do you own that you can stand to lose if you are unable to repay this loan?*

For more about the Four Cs and their impact, click [here](#). For help with budgeting, financial planning, debt management, etc., the **SFMTA CARE Program** offers **financial consultation free** to SFMTA employees. Call **1.800.834.3773**.

Peer Assistance Program (PAP)



PAP Tip of the Month: Hobby Happiness

When daily frustrations are getting to you, hobbies can offer a welcome distraction and help improve your mental state. Doing something fun provides a needed break and creates

a relaxed attitude that carries over to the rest of life.

Hobbies are good for your mind *and* your body. Studies show that engaging in enjoyable activities during down time can help lower blood pressure, stress hormone levels, body mass index and waist circumference. These activities can also be correlated to lower levels of depression and negative affect.

If you don't have a favorite pastime already, the key to finding a hobby you enjoy is keeping an open mind and being willing to give new things a try. Also certain hobbies may suit your needs better than others. Do you want stress relief or something to jump-start you into action? Consider work-life balance – if you work indoors, pick a hobby that gets you outside, or choose a meditative hobby to balance a high-stress job.

For more about hobby happiness, click [here](#) and [here](#). Of course, hobbies aren't the only way to cope with emotions and stress. To talk to someone about any challenges you may be facing, call Peer Assistance any time 24/7 at **415.923.6346**.



Get **FREE** Help for Personal Concerns

Do you know about the range of **free** personal assistance offered by the **SFMTA CARE Program**? With services provided by **Claremont EAP**, offerings include **counseling visits** for

personal issues (e.g., marital issues, parenting concerns, depression, anxiety, stress, substance abuse); **work/life referrals** (e.g., childcare, elder care, school and college assistance); **legal consultation**; and **financial consultation**.

For **free** and **confidential** assistance, call **1.800.834.3773**. Counselors can help develop an action plan and refer you to the appropriate resources. Counselors are available at all times. For additional program details, click [here](#) or visit the Claremont EAP website (www.claremonteap.com).



The Peer Assistance Program offers SFMTA employees confidential peer support for substance abuse issues and critical incident/trauma response, as well as regular Recovery Support Groups. PAP also provides referral services for a variety of personal and family issues. You can contact Peer Assistance 24 hours a day, 7 days a week, by phone at 415.923.6346. Read more [here](#).

ROAD TO FITNESS



Road to Fitness is a component of the SFMTA wellness health initiative available to all agency staff, with an exciting rewards program acknowledging healthy lifestyles. For more information, email: wellness@sfmta.com

Road to Fitness is now available on your favorite social media app! Search for "**Road to Fitness SF**" on **Facebook** and **Twitter** to get up-to-date notices, dates, pictures and more.

Private Personal Training Sessions



1SVN, E3C Room #6051
Thursdays, Sept. 3, Sept. 10 and Sept. 17

Sign up for your 20-minute personal training session at 1SVN's on-site exercise area, E³C (Room #6051). Learn an interval training workout that you can

do at lunch or on a break. Your workout will be tailored to your fitness goals and a good time is guaranteed. To schedule an appointment, contact Laura@BackFirst.net



Orthopedic Assessments

1SVN, E3C Room #6051
Wednesdays, Sept. 2, Sept. 16 and Sept. 30
9 to 11 a.m.

Low back pain? Sore neck? Learn what to do about orthopedic issues that are impacting you at work and at home: back or neck pain, wrist pain or knee pain. You'll learn effective strategies and exercises that will get you moving in the right direction. To schedule an appointment, contact Laura@BackFirst.net.



HRA = Chair Massage

1SVN, E3C Room #6051
Wednesdays, Sept. 2, Sept. 16 and Sept. 30
1 to 3 p.m.

Get your free and confidential health risk assessment (HRA). The HRA takes less than 15 minutes and provides glucose, cholesterol and blood pressure readings, your resting heart rate and body mass index. After your HRA, you can schedule a chair massage for the following week (a guaranteed stress reducer and pretty nice, too). To sign up for an HRA, contact Laura@BackFirst.net.



Healthy Cooking Demo

1SVN, Candlestick Room #6052
Tuesday, Sept. 15
12 noon to 1 p.m.

Chef Daniella creates a farm fresh menu featuring seasonal summer picks with locally sourced ingredients from the farmers market. Not only will you learn a new healthy way to cook, but someone will go home with all the ingredients they need to make the recipe for dinner that night. Will you be the lucky winner? Recipes and samples provided. Yum! **Space is limited.** For reservations, contact Laura@BackFirst.net.



8-Week Weight Loss Group

1SVN, Candlestick Room #6052
Tuesdays, beginning Sept. 22
12 noon to 1 p.m.

Join RTF for an interactive 8-week weight loss program. Our no-nonsense approach provides a roadmap for weight loss and all the support you need along the way to make your way to the new you. Each week you will get real world tips and strategies to lose weight and keep it off.

At the first meeting on Tuesday, Sept. 22, you'll set yourself up for success, get the top 10 tips for a healthy diet, learn how to calculate your calorie goals and get the skinny on keeping a food diary. To sign up, contact Laura@BackFirst.net. Light (lite) lunch provided at the first session.



Focus on the Foot

1SVN, Candlestick Room #6052
Wednesday, Sept. 30
12 noon to 1 p.m.

Join **Michael Leary, P.T.** for a seminar that addresses orthopedic issues of the foot. He provides a straight forward approach that makes it easy to understand the important anatomy of the foot and related orthopedic issues and their solutions. You'll try tension relieving stretches of the calves, hamstrings and quads. You will also learn balance and proprioceptive exercises to minimize loss of balance on and off the job.

Lastly, Michael will cover appropriate footwear and answer your questions about inserts – who really needs them and why. To sign up for this useful seminar, contact Laura@BackFirst.net. Light lunch provided.



E³C: Employee Exercise and Education Center

On the 6th floor of 1SVN, E³C is a haven for self-paced exercise, stretching, cardio rejuvenation, ergo breaks, and stress reduction.

Studies show that even small amounts of exercise—as little as 10 minutes—two to three times a day can produce impressive results. Benefits include increased blood flow, increased energy, decreased mental and eye fatigue, and decreased stress.

E³C is open all day for drop-in use, offering you use of:

- Treadmill
- Recumbent stationary bike
- Stretch unit for low back, shoulders and legs
- Wall-mounted strengthening system
- Exercise mats and rigid foam rollers
- Swiss exercise balls
- Theracane and Wristwand
- Omron blood pressure monitor
- Digital platform weight scale

Whether it's stretching, strengthening or just de-stressing, take an ergo break from your work station today.

We want to know how you use E³C and welcome your feedback. If you have maintenance concerns, questions, suggestions, etc. please email: wellness@sfmta.com

ACTIVITY SCHEDULE: 1SVN

The Wellness Program makes an effort to have the most complete up-to-date schedule available online. For last minute changes/cancellations, be sure to check the [online calendar](#).

NOTE: We encourage all attendees to be mindful of their physical limitations and safety during all classes. Please inform the instructor if a class is too difficult for you, or if for any reason you are not physically comfortable with the movements. Consult with your doctor if you have questions about which type of exercise is best for you.



Soul Line Dancing Classes

Soul Line Dancing is a fun cardio workout, featuring choreographed steps danced to contemporary, R&B/Soul, gospel and oldies but goodies! More like a party than an exercise class, it's a really fun way to "sneak in a workout."

1SVN, Candlestick Room, 6th floor #6052

Monday afternoons
Noon to 1 p.m.



Yoga Classes

Yoga emphasizes balance and alignment while developing strength, stamina, flexibility and balance. Learn how to use your body to reduce physical and mental tension by creating greater awareness in your breath and movements.

1SVN, Crissy Field Room, 8th floor #8244

Noon to 1 p.m.

- ▶ Mondays: **Ashtanga Yoga**
- ▶ Tuesdays: **Gentle Yoga**
- ▶ Wednesdays: **Vinyasa Yoga**
- ▶ Thursdays: **Hatha Yoga**



Zumba®

Zumba classes feature easy dance moves set to Latin music. This high-energy workout ends with a 15-minute abs workout and cool down. **Zumba Toning** on Tuesdays includes light weights (1-2 lb. weights required, not provided) for extra emphasis on muscle toning and sculpting.

1SVN, Crissy Field Room, 8th floor #8244

5:30 to 6:30 p.m.

- ▶ Tuesdays: **Zumba Toning**
- ▶ Thursdays: **Zumba**

Class size is limited (25)

Attendance is on a first come, first served basis



Body Sculpting

Personal training for small groups. Gain greater strength and tone your body. Safe and effective, body sculpting helps retain lean muscle tissue as it boosts your metabolism. Any fitness level can participate.

1SVN, E3C Room, 6th floor #6051

Thursday afternoons
Noon to 1 p.m.



Qigong Classes

Enhance your everyday life and health with our special limited series of Qigong classes, ending Sept. 25. Learn to develop energy (qi) and balance your mind, body and spirit. People of all ages and fitness levels are welcome. Drop-ins are encouraged. No prior registration required.

1SVN, Crissy Field Room, 8th floor #8244

Friday afternoons (ending Sept. 25)
Noon to 1 p.m.

ACTIVITY SCHEDULE: DIVISIONS



F.E.A.S.T. Nutrition Seminar

Flynn Division

Tuesday, Sept. 1
12 noon to 1 p.m.

Jan Hoehn will cover how to plan meals that are fast, easy and affordable for operators and mechanics on the go, with strategies to plan ahead so you never miss out on the most important meal of the day. A nutrition counselor for many years, Jan will share the program she developed: *Start to Fitness Eating*. Light lunch provided.



Zumba® at Woods

Woods Division

Wednesday afternoons
1 to 2 p.m.

Join our new weekly Zumba sessions offered free to SFMTA employees. Each Zumba class is designed to bring people together and take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, super fun fitness party. No dance experience (or any experience) required. First timers welcome.



HealthStrong Bus

The HealthStrong Bus is our mobile fitness and wellness unit that provides a variety of services, including orthopedic assessments, weight control and smoking cessation, personal training, blood pressure readings, glucose and cholesterol screenings, nutritional counseling, and more!

HealthStrong Bus: Division Schedule

Cable Car: Tuesdays 2 – 4 p.m.	Potrero: Thursdays 11 a.m. – 4 p.m.
Flynn: Tuesdays 9 a.m. – 2:30 p.m.	Presidio: Mondays 12 noon – 2:30 p.m.
Green: Mondays 9 a.m. – 2:30 p.m.	Thursdays 9 – 11 a.m.
Kirkland: Fridays 9 a.m. – 2:30 p.m.	Woods: Wednesdays 9 a.m. – 2:30 p.m.

Personal Training: Division Schedule

Cable Car: Tuesdays 2 – 4 p.m.	Presidio: Mondays 12 noon – 2:30 p.m.
Flynn: Tuesdays 10 a.m. – 12 noon	Thursdays 9 – 11 a.m.
Potrero: Thursdays 11 a.m. – 12 noon	Woods: Wednesdays 12:15 – 1:15 p.m.



Chair Massage: Division Schedule

Green: Monday, Sept. 21, 11 a.m. to 2 p.m.
Flynn: Tuesday, Sept. 22, 11 a.m. to 2 p.m.
Woods: Wednesday, Sept. 23, 11 a.m. to 2 p.m.
Potrero: Thursday, Sept. 24, 12 noon to 3 p.m.
Kirkland: Friday, Sept. 25, 11 a.m. to 2 p.m.