

EMPLOYEE WELLNESS UPDATE



SFMTA
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Moving Forward Together *in Health*

July 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

Healthy Cookout Ideas



When most people think of summer cookouts, they have visions of hot dogs, hamburgers, creamy potato salad and chips – all foods that can weigh heavily on your heart and wreak havoc on your waistline. It may seem challenging to make healthy food choices at these get-togethers, but you can enjoy a fun,

flavorful and healthy cookout with just a few simple tips:

- **Choose a lean entree:** Instead of high-fat hamburgers and hot dogs, grill lower-fat proteins such as chicken breasts, ground turkey patties and fresh fish. Portobello, black bean and veggie burgers are other tasty options.
- **Make a better burger:** If you're still craving grilled burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties. Add finely chopped green pepper to your beef to get in some veggies.
- **Grill your fruit basket:** Pineapple, peaches and nectarines are amazing on a grill. Grill sliced fruit as a dessert or chop them to put them in salsa – the heat adds a whole other flavor component.
- **Lighten up the salad:** Limit saturated fat in your pasta and potato salads by using vinaigrette, light sour cream or light mayo instead of a creamy dressing. Add grilled, raw or roasted vegetables to bulk up the salad while lowering the calorie count.
- **Add a healthy side dish:** Substitute potato chips and other unhealthy snacks with corn on the cob, black bean salad, grilled vegetables, fresh fruit salad, etc.
- **Go light on the drinks:** Swap the high-calorie, sugary drinks for ice water with cucumber and lemon slices, sparkling water "spiked" with a dash of 100 percent fruit juice, fresh-squeezed lemonade with minimal sugar and unsweetened iced tea.

For more healthy cookout ideas, click [here](#), [here](#) and [here](#).

New Wellness Program Branding!



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Are you aware of the variety of free worksite wellness programs available to employees here at the SFMTA? New branding currently being rolled out by the Employee Wellness Program highlights the agency's trio of popular wellness initiatives by creating newly designed program logos and bringing them together under one comprehensive "umbrella" logo.

Showcasing the variety of program options now available exclusively to SFMTA employees, the new Wellness umbrella logo emphasizes the connection and integration of the agency's core wellness programs – [Road to Fitness](#), [CARE Program](#) (with the same great services of Claremont EAP) and the [Peer Assistance Program](#) – to highlight a rounded and holistic approach to increased employee well-being.

Each of the core wellness programs brings a different, but complementary, perspective to employee health:



[Road to Fitness](#) provides a wide variety of classes, seminars, fitness activities and an exciting rewards program encouraging healthy lifestyles.



The renamed [CARE Program](#) (formerly Claremont EAP) offers counseling visits, work/life referrals, legal consultation and financial consultation.



The [Peer Assistance Program](#) adds a more personal touch, providing employees confidential assistance with a variety of family, health and substance abuse issues.

The Employee Wellness Program's mission is to advance and promote good health and well-being among employees agency-wide and as a result maintain a thriving and productive employee-centric workforce. These wellness programs not only enrich our agency culture but can effectively change lives.

To find out more about services available to SFMTA employees, talk to the [Wellness Council Member](#) in your division or visit the [Employee Wellness Program website](#) located on the SFMTA intranet. For additional inquiries, email: wellness@sfmta.com.



Employee Wellness Survey

Coming in August...

We can't wait to hear from you!

SAFETY CORNER



Anger, Danger

There is little doubt that anger can be a contributing factor in workplace injuries. Studies show anger more than quadruples a person's odds of being injured, while being hostile increases those odds six fold. But what can

we, as individuals, do? Controlling anger is a crucial skill. Here are tips on how to control your emotions:

- **Consciously determine to be calm:** Recognize angry feelings before they explode. Don't react, think! Remember your goals and respond appropriately.
- **Communicate:** When someone upsets you, tell them. Calmly talk to them about how you feel about their words or actions. Learn to express yourself better – clear and composed.
- **Remove yourself:** If appropriate, get away from the scene until you can respond without anger. It might not come easy, but take it one step at a time, one day at a time. Remember to relax. Also keep in mind you can reach out to someone you trust for help. To talk to someone about any challenges you may be facing, you can call **Peer Assistance** anytime 24/7 at **415.923.6346**.
- **Frequently take time for yourself:** Do something you enjoy like walking in the park, swimming, reading a book, or seeing a feel-good movie. Do something nice for someone you admire. It's okay to feel good about yourself.
- **Look for the positives:** Don't dwell on the negatives. "Don't sweat the small stuff." Don't worry about things that are out of your personal control. This is difficult, but it's an attitude and behavior that can be learned!

For more information about SFMTA Safety Programs, contact:
Gerald D. Williams, CSP
Industrial Safety and Environmental Compliance Unit



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).

Peer Assistance Program (PAP)



PAP Tip of the Month: Daily Decision-Making

Decision-making is just knowing what to do based on information you have available. Often the best approach may be to simply avoid overthinking. Consider the following strategies:

- **Decide on the information that matters to you:** If you have ten pieces of information, but one piece of information is clearly more important than the others, then that one piece of information is often enough to make a choice.
- **Prioritize an adequate solution over an optimal solution:** Make a decision once your pre-determined criteria are met. Instead of examining every available option to try and find the best possible choice, just take action and move on.
- **Trust Experience:** If you don't have the knowledge or experience to make a decision, just ask someone else who's been in your situation before. It's likely that their insight will be more valuable than almost any research.
- **Choose Your Battles:** Some decisions, like what brand of dental floss to buy, are not worth mulling over. Ask yourself if this decision is really that meaningful. If it's not, stop obsessing over it, and simply make a choice.

For additional decision-making tips, click [here](#).

The Peer Assistance Program (PAP) 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 24/7 by phone at **415.923.6346**. Read more [here](#).

Your PEER ASSISTANTS INVITE YOU TO OUR SECOND ANNUAL OPEN HOUSE

Meet & Greet your Peers and Learn about Our Program Services. Refreshments will be served.

When: Wednesday, August 5, 2015
Where: 949 Presidio Avenue #225
Time: 11 a.m. to 1 p.m.

Please join us!
We look forward to seeing you!

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.



Orthopedic Assessments

1SVN, E3C Room #6051
Wednesdays, July 8 and July 22
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, July 8 and July 22
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.



Beyond Ergonomics

1SVN, Candlestick Room #6052
Tuesday, July 14
12 noon to 1 p.m.

Even with perfect posture, it is not healthy to sit for long periods of time. In particular, office workers can be especially susceptible to a wide array of computer-related injuries. Join this instructive seminar with **Michael Leary, P.T.** as he teaches effective stretches for your neck, upper and lower back and hands. You'll be able to put these exercises to use right away and feel the relief that they bring when done effectively. Learn how to design and improve your home workstation and find out why movement and blood flow is important to maintain when at work and at home. Light lunch provided. To sign up, contact Laura@BackFirst.net.



Healthy Cooking Demo

1SVN, Candlestick Room #6052
Tuesday, July 28
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. Recipes and samples provided. **Space is limited.** For reservations, contact Laura@BackFirst.net.

Private Personal Training Sessions



1SVN, E3C Room #6051
Monday, July 20

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

RTF AT THE DIVISIONS



Low Back Pain? Why You Get It, What to Do About It

Potrero Division
Thursday, July 9
12 noon to 1 p.m.

In this hands-on seminar, **Marc Lopez** offers easy strategies to prevent and address low back pain, common to transit operators. Marc "cuts to the chase" and demonstrates key stretches, plus strengthening and stabilization exercises that will help you right away. He separates fact from fiction about low back pain.

Marc offers practical instruction and an easy to understand overview of low back issues. You'll be introduced to a 6-Minute Low Back Home Care Program with handouts. If you need to know what to do when the aching begins and motion declines, this seminar is for you. Light lunch provided.



HealthStrong Bus

The HealthStrong Bus is our mobile fitness and wellness unit that provides a variety of services, including orthopedic assessments, nutritional counseling, weight control, smoking cessation, personal training, back strengthening and conditioning, blood pressure readings, stress reduction, glucose and cholesterol screenings, 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. Thursdays 9 – 11 a.m.
Green: Mondays 9 a.m. – 2:30 p.m.	Woods: Wednesdays 9 a.m. – 2:30 p.m.
Kirkland: Fridays 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. Thursdays 9 – 11 a.m.
Flynn: Tuesdays 10 a.m. – 12 noon	Potrero: Thursdays 11 a.m. – 12 noon
Woods: Wednesdays 12:15 – 1:15 p.m.	



Chair Massage: Division Schedule

Green: Monday, July 13, 11 a.m. to 2 p.m.
Flynn: Tuesday, July 14, 11 a.m. to 2 p.m.
Woods: Wednesday, July 15, 11 a.m. to 2 p.m.
Potrero: Thursday, July 16, 12 noon to 3 p.m.
Kirkland: Friday, July 17, 11 a.m. to 2 p.m.

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.

** The Soul Line Dancing class is cancelled on July 27*



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

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.



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 energy, decreased mental and eye fatigue, and decreased stress.

E³C is open and available all day for drop-in use, offering you daily 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
- Exercise and Wellness materials and handouts
- Digital platform weight scale

Whether it's stretching, strengthening or just de-stressing, take an ergo break from your computer 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

WELLNESS WORKSHOPS



Employee Wellness is available to coordinate wellness classes and workshops for SFMTA staff. When scheduling, keep in mind that some advance notice is necessary, as well as varying minimum attendance requirements. **Class offerings** include:

- **Stress Management and Resiliency:** Get "in sync" with your emotions, intellect, physical health and performance
- **Dealing with Difficult People:** Recognize warning signs and ways to use verbal and nonverbal techniques to prevent escalation of conflict and confrontation
- **Healthy Sleep:** Learn about healthy sleep and strategies you can practice to help get your best night's sleep
- **Get Moving:** Fitness for all, with tips on how to develop an exercise plan, overcome barriers and stay motivated
- **Healthy Eating:** The principles of good nutrition as they apply to basic good health
- **Smoking Cessation:** The nature of addiction, resources to help stop smoking and strategies to prevent relapse

Wellness can also arrange informational sessions about the **Peer Assistance Program** and the **SFMTA CARE Program**.

For a full list of offerings, click [here](#). To schedule a workshop or get more information, please email: wellness@sfmta.com