

HR WELLNESS ROAD TO FITNESS

“Moving Forward Together, In Health”

The SFMTA Wellness Road to Fitness Program offers free fitness and wellness services for all SFMTA employees.

IN-PERSON SERVICES RESTARTED 7/1/22

We have prioritized front line staff when providing preventative and supportive services, meeting staff where they are.

Services:



Fitness Breaks – individuals and small groups to improve range of motion and flexibility



Stretching and Exercise – guidance on exercises and use of equipment



Chair Massages - 15-minute onsite chair massages, simple online booking process

WELLNESS ROOM LOCATIONS

- 1 SVN
- Kirkland
- 700 Penn
- Muni Metro East
- Cable Car
- Potrero
- Flynn
- Presidio
- Green
- Woods
- Islais Creek

SIX MONTH OVERVIEW

Services are provided by certified fitness coaches and chair massage therapists through the BackFirst contract.

Summary 7/1/22 – 12/31/22:

- 1,615 Fitness Breaks
- 3,215 Stretching & Exercise sessions
- 344 chair massages (227 individual employees)

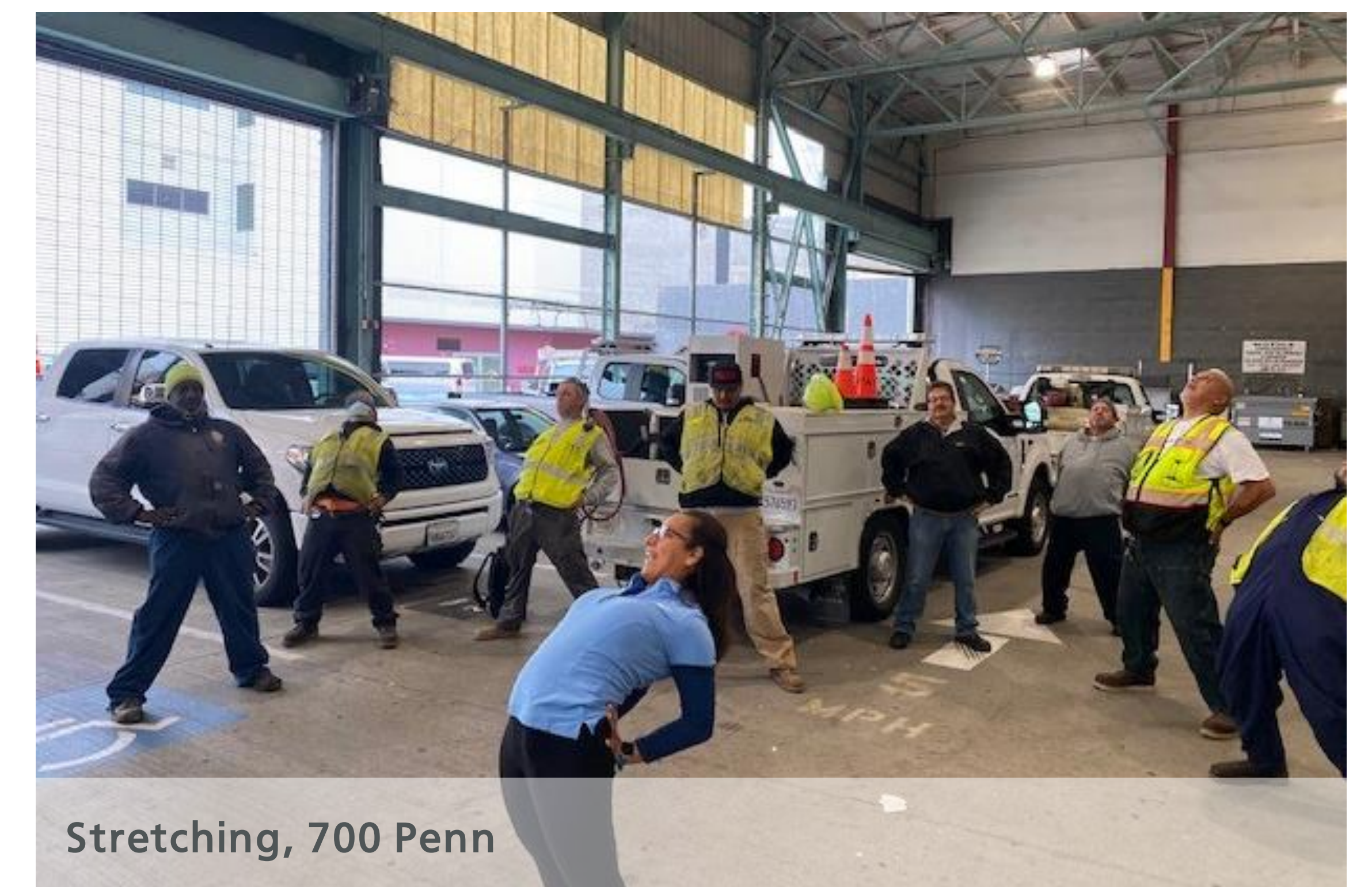
“I was in lots of pain before Road to Fitness started up again. Now I’m stretching, moving, getting training four times a week.”

NEXT STEPS

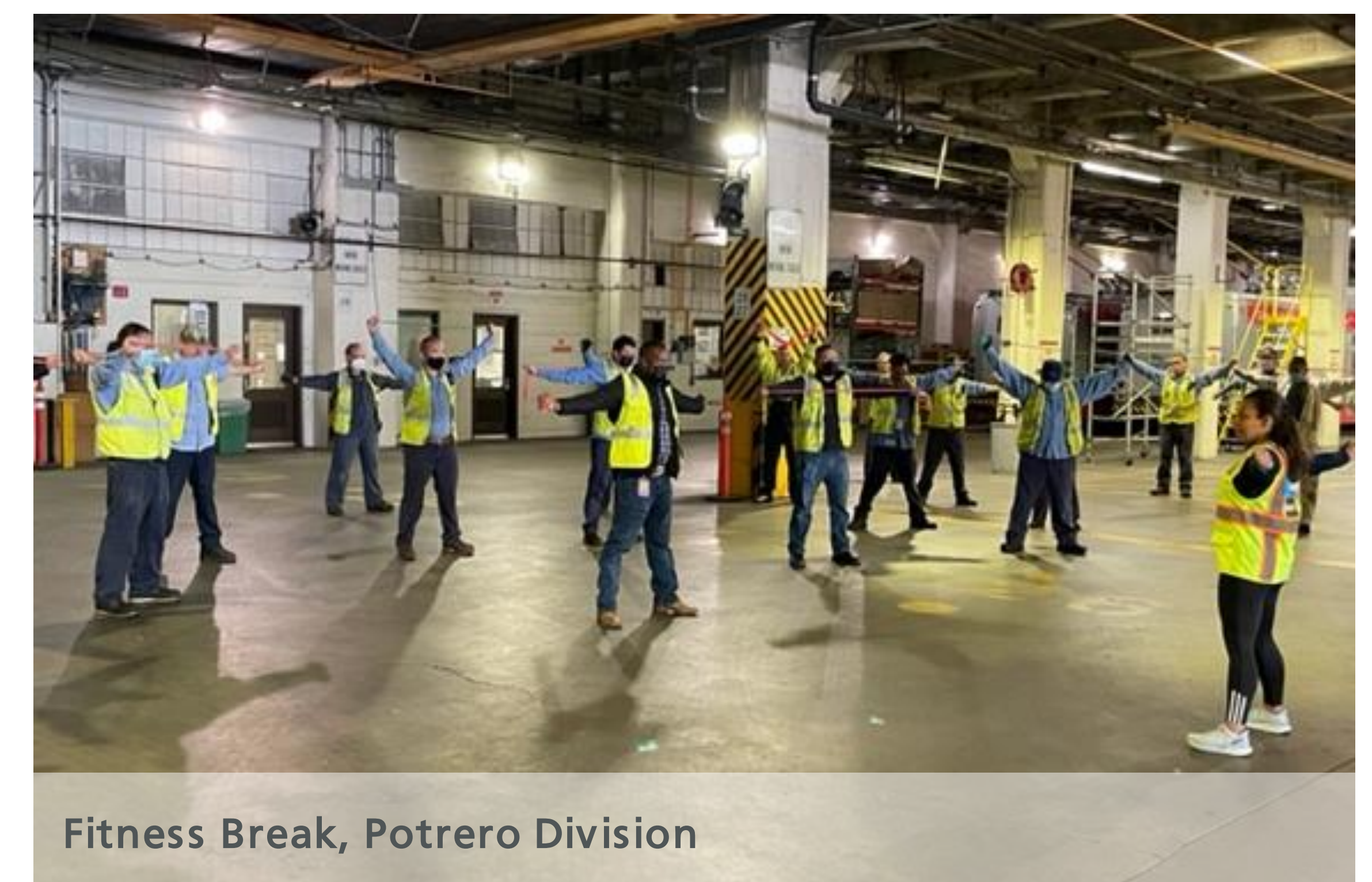
- Evaluate schedule
- Expand chair massage offerings
- Host spring open houses
- Promote Health & Wellness services



Fitness Break, Flynn Division



Stretching, 700 Penn



Fitness Break, Potrero Division