



TRANSPORT WORKERS UNION-MTA HEALTH & WELFARE TRUST



2014-2015 WELLNESS PROGRAM

PHASE 1—WALKING SESSION (75 POINTS)

SEPTEMBER 2014 THROUGH DECEMBER 2014

SEPTEMBER

30TH



OCTOBER

1 & 2

7,8,& 9

14, 15 &16

21, 22 & 23

28, 29 & 30

NOVEMBER

4, 5 & 6

11, 12 & 13

18, 19 & 20



DECEMBER

2, 3 & 4

9, 10 & 11

16, 17 &18

WALKING HOURS: 6:00 P.M.—8:00 P.M.

**FACILITIES: FALLBROOK, HIRAM CLARKE, KASHMERE, POLK and WEST
(TUESDAY, WEDNESDAY AND THURSDAY)**

THESE STEPS MUST BE COMPLETED IN ORDER TO COLLECT YOUR 75 POINTS

1. BIO-METRIC SCREENING
2. HEALTH ASSESSMENT
3. WELLNESS EXAM
4. LIFESTYLE MANAGEMENT (ON-LINE)
5. WALKING—(MUST COMPLETE 8 DAYS PER MONTH)

NO EXCEPTIONS!!!!