

PHYSICAL FITNESS MONTH

July 2025





Refresh, Refocus, Relax: Techniques that Work

Discover techniques that trigger the body's natural relaxation response.

Wednesday, July 9 at 1 pm



Register to view live or watch at a later time.

<https://bit.ly/45O2ml8>



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Presenting Your Best Professional Image

Learn ways to be your best in everything at work.

Wednesday, July 23 at 1 pm

Register to view live or watch at a later time.

<https://bit.ly/4502ml8>



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Well-Informed

Shift Work Strategies

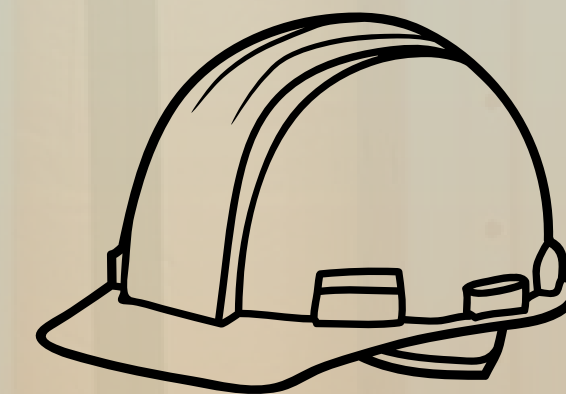
featuring

Dr. Thomas Troast

Wednesday, July 16 at 12 pm

Register to view live or watch at a later time

<https://bit.ly/julywellinformed>



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Financial Fridays

State of the Market

Friday, July 25 | 12 pm



Register to Participate LIVE - bit.ly/4e3XDac

Please Note: Recordings will not be available for this event.



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Move Mondays

LIVE WORKOUT SESSION

With Coach Travis

Stretch & Flex - Total Body Focus

Monday, July 28

12 - 12:30 pm



REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/LiveWorkoutSession7>



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Join HR - Wellness
at the Corrida del Mariachi 5k
Saturday, August 16 | 8 am
North Berwyn Park District

Scan the QR code or click the link to receive complimentary employee registration details for the Corrida del Mariachi 5k Run.



<https://bit.ly/43lXYBd>

Deadline to Register: Friday, August 1 or until Sold Out



Let's Get Moving Challenge

July 7 - August 3

Ignite your fitness journey by joining HR - Wellness in our 4-week Let's Get Moving Challenge!

Join one of four teams and get moving! Individuals & teams rocking the highest average steps and highest move minutes will score some sweet rewards!

Will YOUR team be the team to beat?

TEAM SOUTH

54th, 63rd, 74th, 77th, 95th,
103rd, Midway, South Shops

TEAM CENTRAL

Headquarters, Control
Center, Warehouse

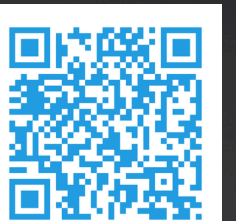
TEAM WEST

Chicago Ave, Kedzie, Forest
Park, West Shops, Harlem

TEAM NORTH

North Park, Forest Glen, O'Hare,
Skokie, Kimball, Howard

Don't see your location? Select the location area **NEAREST** to you!



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LET'S GET *MOVING* CHALLENGE!

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<https://bit.ly/LGM2025>



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Let's Celebrate Physical Fitness Month With Movement



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Fitting Cardio in without a Gym

You don't need a gym to get your heart pumping! Here are some great ways to fit cardio into your routine.

Walking or Jogging

Take advantage of local parks or your neighborhood. A brisk walk or jog is a simple and effective way to get your cardio in.

Jump Rope

A jump rope is an inexpensive and portable piece of equipment that provides an excellent cardio workout.

Stair Climbing

Use the stairs at home or work for a quick and intense cardio session.



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Strength Training Overload Principle

The overload principle is a fundamental concept in strength training, emphasizing the need to gradually increase the demands placed on your muscles to achieve improvements in strength, endurance, and muscle mass.

01. Gradual Increase

Gradually increase the resistance or intensity of your workouts to see gains.

02. Progressive Overload

Continuously challenge your muscles by progressively increasing the weight, resistance, or difficulty of exercises over time.

03. Variety & Adaptation

Incorporate different exercises and training techniques to target various muscle groups and avoid adaptation.

04. Rest & Recovery

Allow adequate time for rest and recovery between workouts.

Stay Hydrated This Summer!

By prioritizing hydration, you can enhance physical performance, cognitive function, skin health, and more. Make it a habit to drink water regularly and stay hydrated for optimal well-being!



Carry a Water Bottle

Keep a reusable water bottle with you to remind yourself to drink water throughout the day.

Set Reminders

Use a phone app or set alarms to remind you to drink water at regular intervals.

Monitor Your Intake

Keep track of how much water you're drinking to ensure you're meeting your hydration needs.



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Managing Diabetes Through Exercise

Managing diabetes through exercise is an effective strategy to help control blood sugar levels and improve overall health.

- **Consult your healthcare provider before starting any exercise program.**
- **Incorporate aerobic activity such as brisk walking.**
- **Incorporate strength exercises 2-3 times per week.**
- **Incorporate stretching to increase flexibility & lower risk.**



1 Improves Heart Health

Cardio strengthens the heart muscle, improves circulation, and helps reduce the risk of heart disease, heart attack, and stroke.

3 Aids in Weight Management

Regular cardio exercise helps burn calories and fat, contributing to maintaining a healthy weight.

2 Enhances Lung Capacity

Cardio workouts improve lung function and increase oxygen supply to the body, which can enhance endurance and stamina.

4 Enhances Sleep Quality

Regular cardio exercise can help regulate sleep patterns and improve the quality of sleep, leading to better overall rest.

BENEFITS OF CARDIO EXERCISE



KEY COMPONENTS OF EXERCISE

- **Cardio Vascular Endurance**
- **Muscular Strength**
- **Flexibility**
- **Balance**

Incorporating the key components of exercise into your fitness routine can help you achieve a balanced and effective exercise program that promotes overall health and fitness.



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HOW MUCH EXERCISE SHOULD I BE GETTING?

The amount of exercise needed can vary based on age, fitness levels, and specific health goals, but general guidelines can help you determine the right amount for you.



30-60 MINUTES OF MODERATE EXERCISE 5 DAYS PER WEEK



20-60 MINUTES OF HIGH-INTENSITY EXERCISE 3 DAYS PER WEEK



INCORPORATE STRENGTH-TRAINING FOR ALL MUSCLE GROUPS AT LEAST 2X PER WEEK



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Working Exercise Into Your Work Day

Finding time for exercise during a busy workday can be challenging, but incorporating physical activity into your daily routine is essential for maintaining health and well-being.

Start with a Morning Routine

Begin your day with a workout before heading to work. A brisk walk, jog, or quick home workout can energize you for the day ahead.

Utilize Your Commute

If possible, walk or bike to work. If you take public transportation, consider getting off a stop early and walking the rest of the way.

Lunchtime Workouts

Go for a brisk walk, run, or even a quick workout session at a nearby park during your breaks lunches.



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WHY IS FLEXIBILITY IMPORTANT?

Flexibility is a crucial component of overall fitness and well-being. It involves the ability of your joints and muscles to move through their full range of motion.



ENHANCES PHYSICAL PERFORMANCE

Improved flexibility can enhance your physical performance in various activities. Flexibility allows you to move more efficiently and effectively.

IMPROVES POSTURE

Flexibility exercises, such as stretching and yoga, help improve posture by lengthening tight muscles that can pull your body out of alignment.

INCREASES RANGE OF MOTION

A greater range of motion allows you to perform daily tasks and exercises with ease and without discomfort.

ENHANCES RELAXATION & STRESS RELIEF

Flexibility exercises, especially when combined with deep breathing, can promote relaxation and stress relief.



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