

# SMART-MTA-TCU Wellness Program

## Make Time For Your Health

- ♦ Our Program offers a wide variety of programs that are focused on improving your overall health, at no cost to you!
- ♦ There is a Wellness Ambassador at all the divisions, to assist you in reaching all your health and wellness goals.
- ♦ The Wellness Program offers **FREE** screenings and educational seminars.
- ♦ There are various table topic discussions, events, and challenges all year-round!

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15999 Cypress Ave Irwindale, CA 91706

For more information please contact your division's Ambassador or the Wellness Manager, Amy Calvin (626) 962-1762 or (213) 624-6487.



### Upcoming Events

- ❖ 9/16-12/16 –**Metro Fit Club**- Looking to lose some of that extra quarantine weight? Sign up with for our weight loss challenge with your division Wellness Ambassador or contact Amy Calvin to participate virtually 626.962.1762 [wellnessevents@utu-mtatrufund.com](mailto:wellnessevents@utu-mtatrufund.com)
- ❖ 11/18/20–**Hula Hoop Challenge**–Please see your Wellness Ambassador to compete in the Hula Hoop Challenge. The person who can hula hoop for the longest period of time, without stopping will be the winner of a visa gift card.

#### 5 Simple Weight Loss Tips:

1. Drink more water.
2. Adjust your portion sizes.
3. Lower your sugar intake.
4. Limit carbs to once per day.
5. No fast food.