



WELL-INFORMED NEWSLETTER | SPRING • SUMMER 2024

Promoting A Healthy Lifestyle Through Total Wellness



Our Employee Wellness Program is designed to support you in achieving your health and wellness goals, both on and off the job. From physical fitness and mental health to financial well-being and beyond, we offer a range of resources, programs, and initiatives to help you thrive. Whether you're looking to join a fitness class, attend a workshop, or explore Wellness resources online, there's something for everyone to enjoy! Getting involved is easy! Simply visit transitchicago.com/wellness or email wellness@transitchicago.com.

Blossom Your Well-Being with New Wellness Initiatives

Paint Class: Our new paint class provided a refreshing break from the daily grind, inviting employees to unleash their creativity. Participants embarked on a journey of self-expression, exploring vibrant colors and imaginative techniques to bring their canvases to life!



Pictured CTA Employees: Front Row (Left to right): Michelle Cruz, Elsa Gutierrez, Marietta Kerr, Dyanmond Scales, Trina Grieshaber, Stefanie Janowski, Saminta Williams. Back Row (Left to Right): Paul Murray, Leticia Nieto, Porscha Brown, Theresa Williams, Candice Peavy, Dala Aboui, Monica Lewis and Jess Gregory

Faces of Fitness Festival: Be part of a thrilling two-day Fitness Festival featuring Chicago's leading studio classes and instructors in an exciting, festival-style atmosphere. Seize this opportunity to enhance your wellness journey, bond with colleagues, and enjoy yourself in an outdoor iconic setting! Register Here: <https://bit.ly/3TXLUjB>

Stress Reduction Workshop: We know stress is a part of life but that doesn't mean you cannot learn ways to positively manage it with a little help from our team. Our Stress Reduction Workshop will be back in action at new locations for Mental Health Awareness month this September. Stay tuned to see where we'll head next!

Show Us Your Smile Dental Campaign

Here's a dental hygiene fact to chew on: Did you know that brushing your teeth twice a day for two minutes each time can significantly reduce your risk of cavities, gum disease, and other oral health issues? It's a simple yet effective way to keep your smile shining bright and your mouth feeling fresh.

But we're not just here to share facts – we're here to inspire action! That's why we're excited to introduce our "Show Us Your Smile" dental campaign from **August 1 – August 31!**

Share Your Smile: Snap a selfie showing off your brightest, most confident smile and share it with Wellness. Whether you're flashing those pearly whites after a dental checkup or just feeling proud of your oral hygiene routine, we want to see your smiles.

Spread the Word: Encourage your colleagues to join the campaign by sharing dental hygiene tips, fun facts, and personal stories about the importance of oral health. Together, we can create a ripple effect of positivity and inspiration that motivates everyone to take better care of their smiles.

Attend Our Dental Hygiene Seminar: As part of the campaign, we'll be hosting a dental hygiene seminar where you can learn valuable tips and techniques for maintaining a healthy smile. This seminar will equip you with the knowledge you need to keep your smile shining bright. Visit your on-site wellness boards for registration information.

MotivateMe®

Embark on your wellness journey with MotivateMe®. This voluntary, incentive-based program tracks and records your wellness activities and rewards your commitment to a healthier lifestyle. Embrace a culture of wellness and reap the rewards of investing in your health with MotivateMe®! Visit transitchicago.com/wellness/motivateme for more information on how to participate in MotivateMe®.

Faces of Fitness Chicago Festival July 27 & 28 - River North

Valid for CTA Employees - Coupon Code: CTA

Register Here: <https://bit.ly/3TXLUjB>



LET'S GET MOVING CAMPAIGN 06.03 - 07.28

Summer is the perfect time to get moving! Join CTA Wellness in our 8-week Let's Get Moving Campaign to promote physical activity and exercise! Earn prizes and a credit in the MotivateMe® program, sign up today!

Download the MoveSping app to participate in CTA individual and team challenges.





Employee Assistance Program Counseling Resource

Life is a journey filled with twists, turns, and unexpected detours. As members of the vibrant Chicago Transit community, you navigate these routes with skill and dedication every day. But what happens when the road ahead feels uncertain, or the weight of the journey becomes too heavy to bear alone? That's where our Employee Assistance Program (EAP) Counseling Resource steps in as your reliable companion and guide. EAP counseling is a valuable resource designed to support you through life's challenges, both on and off the job.

Additional EAP Resources

Home Life Referrals - Get help with the demands of home and work through resources and referrals for child care, senior care, adoption, pet care, home repairs, and more.

Legal Service - Get an initial, no-cost consultation and a discount on legal fees for help with family law, real estate concerns, estate planning, and more. Identity theft consultation services are also available.

Financial Services - Get connected with financial consultants by phone for help with a range of financial concerns such as budget, debt consolidation, retirement planning, and more.

Job and Career Support - Get tips for managing work-related stress and change, professional development, and other concerns.

Contact Your EAP Accessing EAP counseling is easy and confidential, visit myCigna.com or call 888.371.1125 to get started. Employer ID: CTA

Flourish Financially: Top Tips for Spring & Summer Savings!

As we welcome the warmth of spring and the sunny days of summer, it's the perfect time to spruce up our financial habits.

Create a Seasonal Budget: With vacations, outdoor activities, and summer events on the horizon, it's essential to plan ahead to avoid overspending. Take stock of upcoming expenses, including travel, entertainment, and outdoor adventures, and allocate funds accordingly.

Save on Energy Costs: Take proactive steps to reduce energy consumption and lower your utility costs. Invest in energy-efficient appliances, use programmable thermostats and take advantage of natural sunlight to brighten your home during daylight hours.



Spring - Summer Wellness Tips

As we transition from the vibrant blooms of spring to the warm embrace of summer, it's the perfect time to revitalize our wellness routines. Here are some tips to help you shine bright and stay healthy during the spring-summer months.

Stay Hydrated, Stay Cool: As temperatures rise, staying hydrated becomes crucial. Keep a reusable water bottle on hand to prevent dehydration and keep your body cool.

Enjoy Fresh, Seasonal Produce: Take advantage of the abundance of seasonal fresh fruits and vegetables. Load up on colorful foods like berries, tomatoes, and zucchini, which are packed with essential vitamins, minerals, and antioxidants.

Get Moving Outdoors: Take your workouts outside and enjoy the beauty of nature while staying active. Let the fresh air and sunshine invigorate your body and lift your spirits!



2024 Run Season In Full Stride

As run season hits full stride, it's the perfect time to lace up your gym shoes and join us at our wellness-sponsored runs and walks throughout the stunning City of Chicago! These events provide an excellent opportunity to stay active, connect with fellow participants, and work towards your health and wellness goals.



Upcoming Wellness Walks & Runs

- 5.25** | SOLDIER FIELD 10
- 6.6** | STRIDES FOR PEACE
- 6.8** | WALK AND ROLL
- 6.29** | GARFIELD RIDGE STARS & STRIPES
- 8.17** | CORRIDA DEL MARIACHI
- 9.1** | BIKE THE DRIVE
- 9.7** | RUN MAG MILE
- 9.21** | WALK to EndALZ
- 9.22** | ZERO PROSTATE



Join Wellness in embracing a healthier lifestyle through our Wellness Runners Rewards Program! Earn incentives by completing runs at your own pace and enjoy the benefits of an improved well-being. Visit transitchicago.com/wellness for more information.

Did You Know?

Did you know that wellness isn't a destination but a lifetime journey that requires consistent effort and education? That's why CTA Wellness hosts monthly seminars designed to empower you with the knowledge and tools you need to thrive. Led by expert speakers and facilitators, this is a valuable opportunity to learn, grow, and connect with fellow colleagues on the wellness journey. To register, visit transitchicago.com and view the Wellness calendar - updated monthly.