

# Physical

Fitness Month



# Make the Choice to be Healthy

Good health doesn't happen magically. Our choices matter.  
Join us to look at key ways to build a solid foundation for wellness.

**\*English & Spanish**

## Wednesday, July 8 at 1PM

Register to view live or watch at a later time

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



wellness@transitchicago.com



# Uncovering Purpose at Work

You don't have to change jobs to find purpose, you can uncover it right where you are! We'll share strategies and tools that can help you feel more fulfilled.

**Wednesday, July 22 at 1PM**

**Register to view live or watch at a later time**

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



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# Well-Informed

## Living with a Chronic Condition

*featuring*

**Dr. Felix Padrón**

**Tuesday, July 14 at 1PM**



**Register to view live or watch at a later time**

**<https://bit.ly/JulyWellInformed>**



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# Financial Fridays

## A Closer Look at Social Security

Friday, July 24 | 12PM



Register to Participate LIVE - <https://bit.ly/JulyFinancialFridays>

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



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# MOVEMENT & MORE

AT CTA HEADQUARTERS

With Coach Travis

**TUES | JULY 7 | BID ROOM | 12PM**

**WED | JULY 22 | ROOM 2C | 12PM**

**[bit.ly/JulyMovementMore](https://bit.ly/JulyMovementMore)**



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# MOVEMENT & MORE - IN THE FIELD

WITH COACH TRAVIS

## TOTAL BODY STRETCH & STRENGTH

DATE	TIME	LOCATION
Mon, July 6	12PM	Chicago Ave.
Mon, July 13	12PM	Control Center
Mon, July 20	10AM	Chicago Ave.
Wed, July 22	10AM	Control Center

**ON DECK IN AUGUST - SOUTH SHOPS & SKOKIE SHOPS**



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# Stories from the Streets

*HR-Wellness invites employees to attend a open forum with a licensed mental health professional.*

Date	Time	Location
Wednesday, July 15	11AM-12:30PM	77th St. Garage
Thursday, July 16	11AM-12:30PM	74th St. Garage



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# LET'S GET *MOVING CHALLENGE!*

**July 6 - Aug 2**

**Ignite your  
fitness journey!**



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# LET'S GET *MOVING CHALLENGE!*

## Time to Log Your Activity!

- **Step 1: On Sundays - Scan the QR code, go to <https://bit.ly/2026LGMJuly> or go to the "Let's Get Moving 2026" app saved on your home screen.**
- **Step 2: Click on the "Log your weekly Steps & Move Minutes" Box.**
- **Step 3: Completely fill out all of the relevant boxes.**
  - **Make sure you are recording the correct week.**
  - **Use your fitness tracker info or your manual record to put into the app.**
  - **Please use the honor system when recording.**
- **Step 4: Click Submit**



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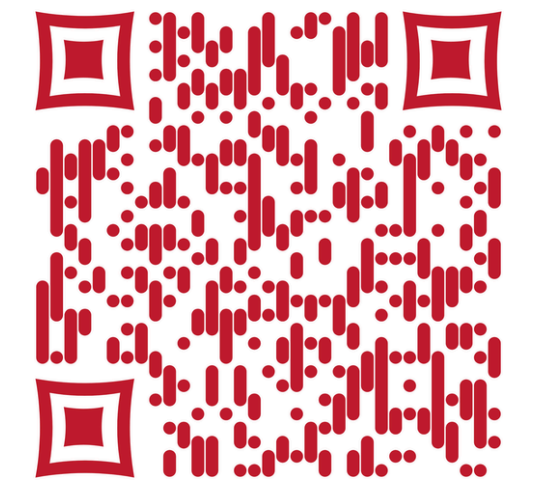


# Join HR-Wellness for Street Art Workshop

**Sunday, July 12 | 1PM-4PM**

**The Graff | 3527 West Grand**

Scan the QR code or click the link to receive complimentary employee registration for the Street Art Workshop - [bit.ly/ArtWorkshopCTA](https://bit.ly/ArtWorkshopCTA)



**Deadline to Register: Sunday, July 5<sup>th</sup> or Until Sold Out**



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**Valid for Current CTA Employees Only**



# Join HR-Wellness for the Corrida del Mariachi 5K Saturday, August 15 | 8AM North Berwyn Park District



Scan the QR code or click the link to receive complimentary employee registration details for the Corrida del Mariachi 5K Race - [bit.ly/CTAMariachi](https://bit.ly/CTAMariachi)



**Deadline to Register: Saturday, August 1<sup>st</sup> or Until Sold Out**



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)

**Valid for Current CTA Employees Only**

# Earn Up to \$100 in 5 Minutes.

Complete Quick Well-Being Solutions<sup>®</sup> Steps to Start Earning Your 2026 Wellness Rewards.

<u>Activity</u>	<u>Single</u>	<u>Family</u>
Activate Account	\$20	\$40
Personalize Profile	\$10	\$20
Complete Health Assessment	\$50	\$50

Reward amounts vary based on union/non-union eligibility.

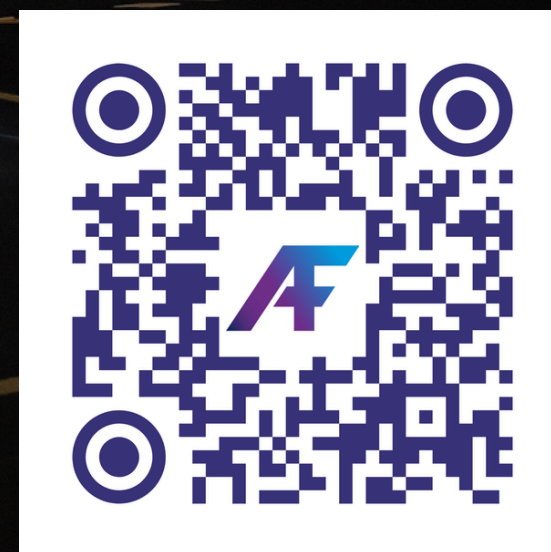


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# WANT TO HIT YOUR 2026 FITNESS GOALS? JOIN THE CLUB.

- 12,500+ standard gyms to choose from
- No long-term contracts or cancellation fees
- Get \$5 off each additional gym you join
- Save 20% - 70% off premium exercise studios





# CTA WELLNESS FITNESS CENTERS

**CHICAGO AVE. GARAGE | 642 N. PULASKI RD.**

MONDAY-FRIDAY | 7:00AM-3:30PM

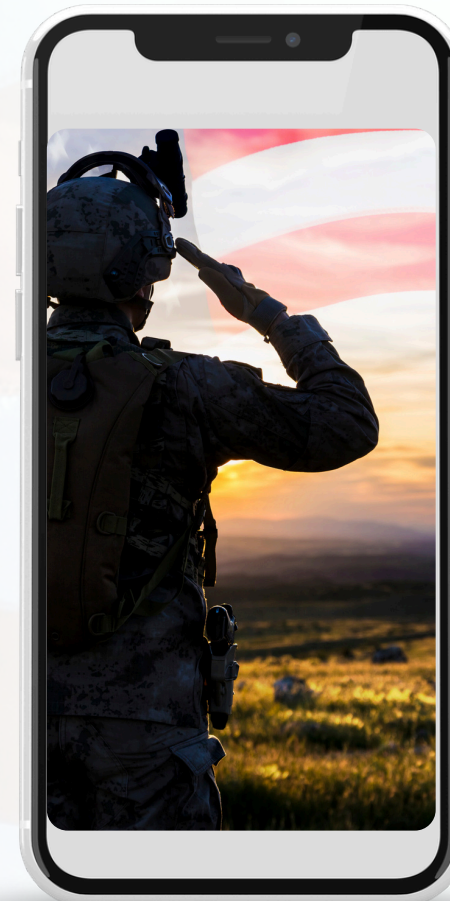
**CTAU | 4829 N. LIPPS**

MONDAY-FRIDAY | 7:00AM-3:30PM

**VISIT TODAY!**



# Veterans Support Line



**FREE & Confidential Support**

**Available 24/7/365**

**Call: 855-244-6211**

**Behavioral Health Specialists  
provide assistance for  
Veterans, their families and  
their caregivers for a wide  
range of issues such as:**

- PTSD
- Stress
- Anxiety
- Pain Management
- Thoughts of Suicide

**You do not need to be a Cigna Customer to use these services.**



Visit [myCigna.com](https://myCigna.com) for more information.





# Suicide & Veteran Support Resources



**Help is  
Available  
Call or Text  
24/7/365**

**Suicide & Crisis Lifeline**

800-273-8225 or 988

**Cigna's Veteran Support Line**

855-244-6211

**Employee Assistance Program (EAP)**

888-371-1125

**MD Live Behavioral Health**

888-726-3171



Employee Assistance Program (EAP): 888-371-1125





# HOW CAN WE HELP YOU TODAY?

Our Employee Assistance Program (EAP) has you covered.

As part of the CTA family, you and your family have access to a free Employee Assistance Program (EAP).

For more information call **888-371-1125** or visit **myCigna.com**

## EAP personal advocates will help you find the right mental health professionals and connect you with a wide range of services.

Legal Assistance



Financial Assistance



Parenting Resources



Eldercare



Pet Care



Identity Theft



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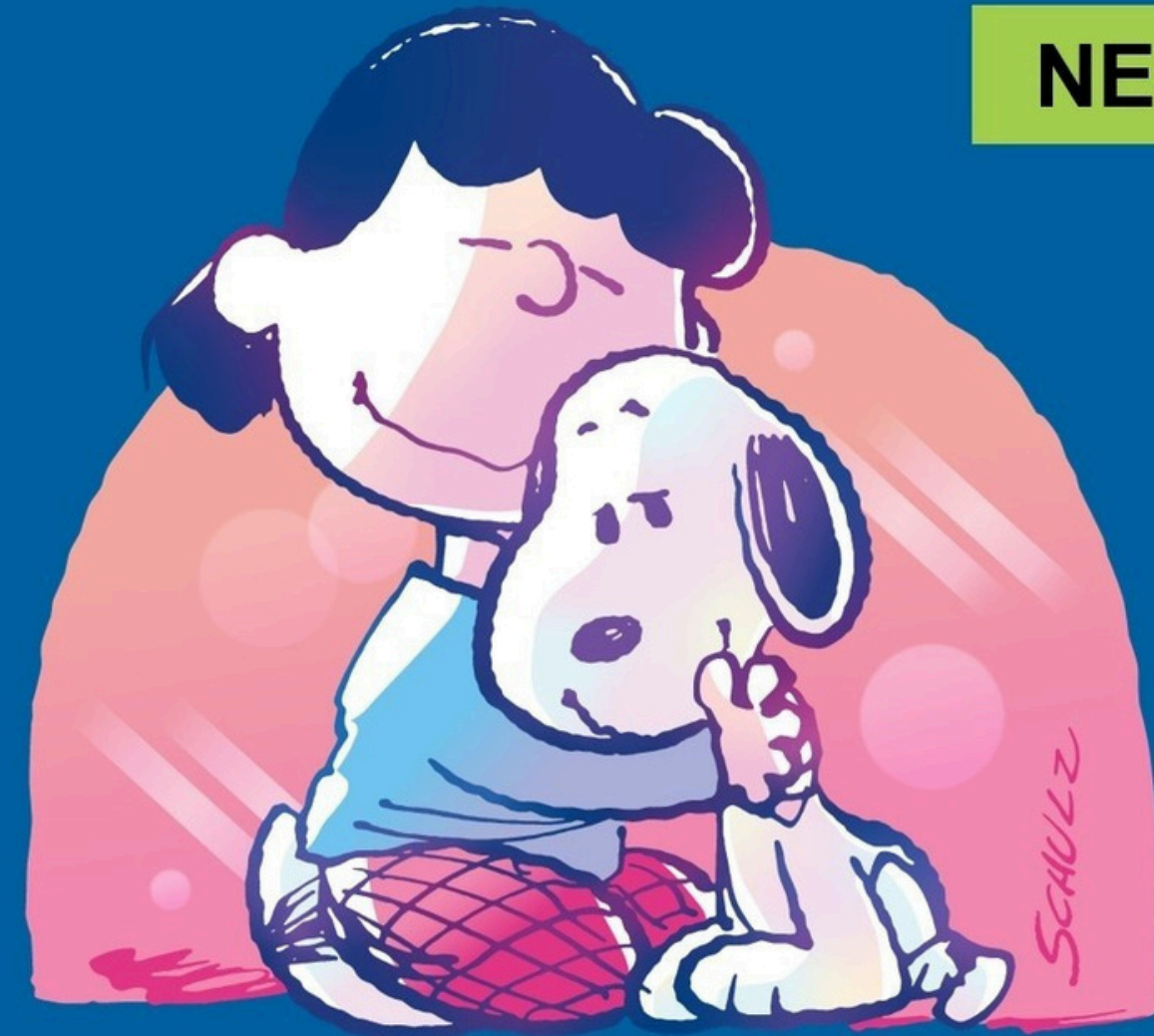


# Join the pack, CTA!

Introducing flexible pet insurance for the  
furry ones you love

- Discounts of up to 30%<sup>1</sup>
- Up to 90% coverage if your pet becomes sick or injured<sup>2</sup>

**NEW!**



Scan the QR code or visit  
[metlife.com/getpetquote59728](https://metlife.com/getpetquote59728)

<sup>1</sup> When using multiple discounts, discounts cannot exceed 30%. Each discount may not be available in all states. Please contact MetLife Pet for further details.

<sup>2</sup> Reimbursement options include: 50%, 70%, 80% and 90%. Some restrictions may apply.

Pet Insurance coverage issued by Metropolitan General Insurance Company, a Rhode Island insurance company headquartered at 700 Quaker Lane, Warwick, RI 02886. Coverage subject to restrictions, exclusions and limitations and application is subject to underwriting. See policy or contact MetLife Pet Insurance Solutions LLC ("MetLife Pet") for details. MetLife Pet is the policy administrator. It may operate under an alternate or fictitious name in certain jurisdictions, including MetLife Pet Insurance Services LLC (New York and Minnesota) and MetLife Pet Insurance Solutions Agency LLC (Illinois).



# Pet Insurance Webinar

Join Us for a **FREE** Informational Session!

If you're thinking about taking advantage of discounted rates on MetLife Pet Insurance, you won't want to miss our complimentary webinar. It's a great way to find out how pet insurance helps protect your pet's health and your wallet.

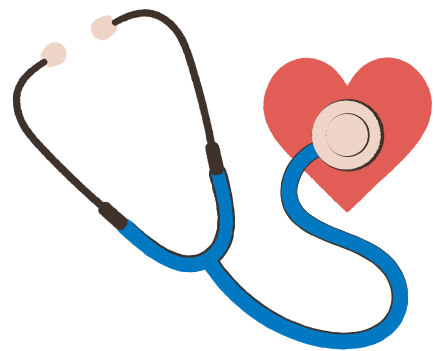
- ➔ Learn how pet insurance works.
- ➔ See what a pet insurance policy covers.
- ➔ Get your questions answered live!

To register, [bit.ly/MetLifePet](https://bit.ly/MetLifePet) or scan the QR Code.



# MDLIVE<sup>®</sup> Virtual Care

For convenient virtual care options – available by phone or video, in English and Spanish, visit [MyCigna.com<sup>®</sup>](https://www.mycigna.com) or call (888) 726-3171.



## **Primary Care**

Easy, fast appointments, referrals, prescriptions, lab work, and diagnostic tests.



## **Urgent Care**

Care for minor illnesses and injuries. Available via E-Treatment, phone, or video.



## **Dermatology**

Fast, customized care for common skin, hair, and nail conditions – no appointment required!



## **Behavioral Care**

Talk therapy and psychiatry from the privacy of home, with no waiting rooms.



Visit [myCigna.com](https://www.mycigna.com) for more information.



# Toothache? Don't Wait.

You now have the option to consult with a dentist through a video call. Cigna Healthcare Dental Virtual Care is available 24/7.

## How To Access Dental Virtual Care:



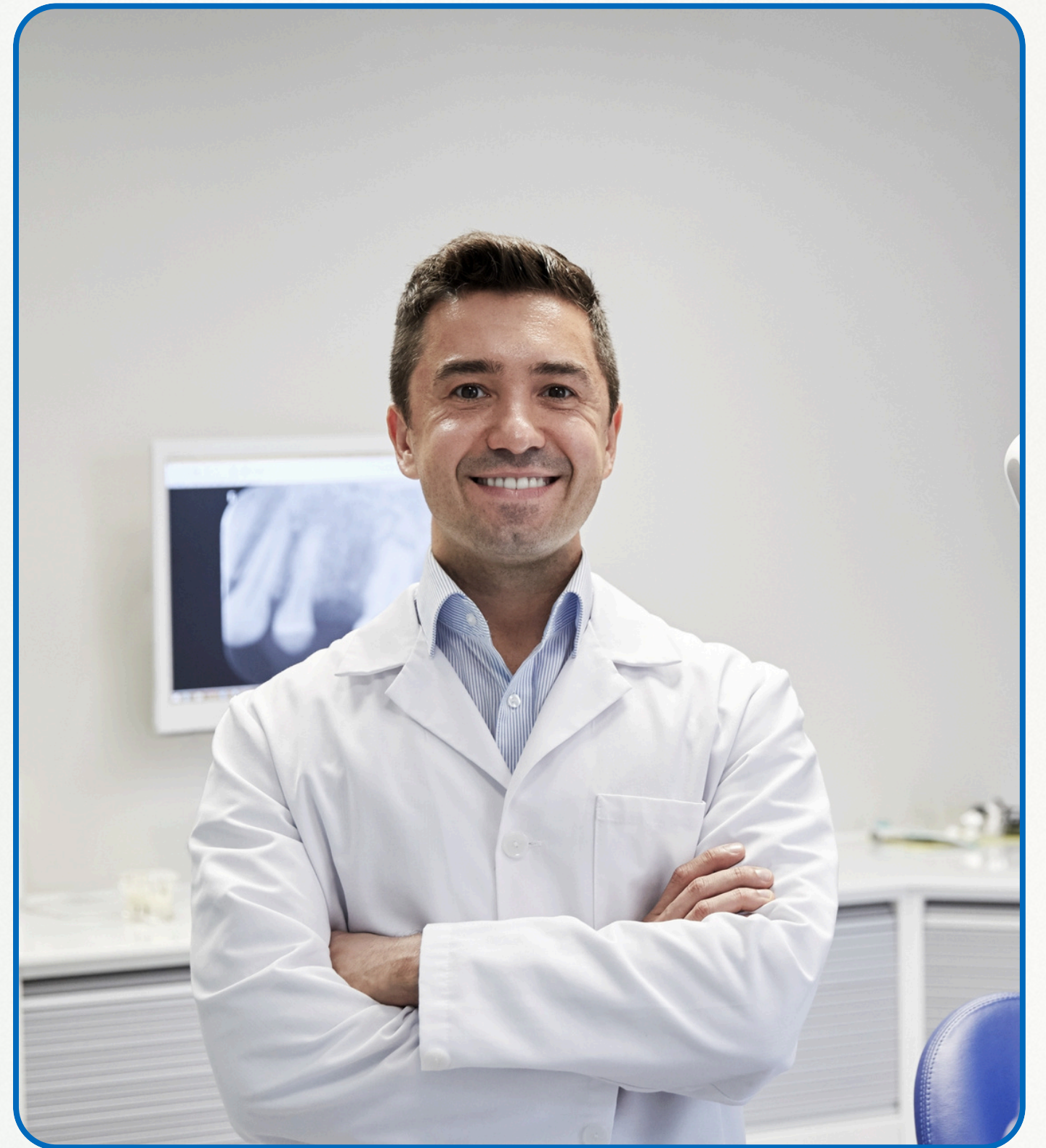
Log On To  
*MyCigna.com*



Provide Basic  
Health Information



Speak To  
a Dentist



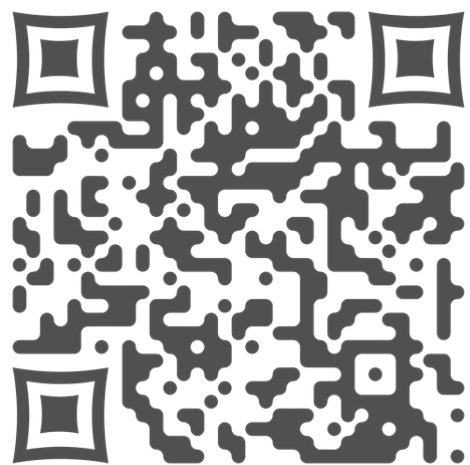
Visit [myCigna.com](https://myCigna.com) for more information.





**An in-network virtual care clinic for women at every stage of life.**

Learn more or schedule an appointment by scanning the QR code below. The virtual clinic is open Monday-Friday, 7AM-8PM and Saturday, 7AM-1PM.



**Preventive Care**



**Gynecological and Sexual Health**



**Hormone and Metabolic Health**



**Menopause and Perimenopause**



Visit [myCigna.com](https://myCigna.com) for more information.





# myCigna Registration



Access your Cigna benefits by visiting [myCigna.com](https://myCigna.com) or downloading the myCigna app and following the instructions to register.



[wellness@transitchicago.com](mailto:wellness@transitchicago.com)



# TOBACCO CESSATION PROGRAMS

Cigna provides support & resources to help employees quit tobacco.

- 
- 24/7 Live Support
  - Personalized Plans
  - Counseling
  - Resources

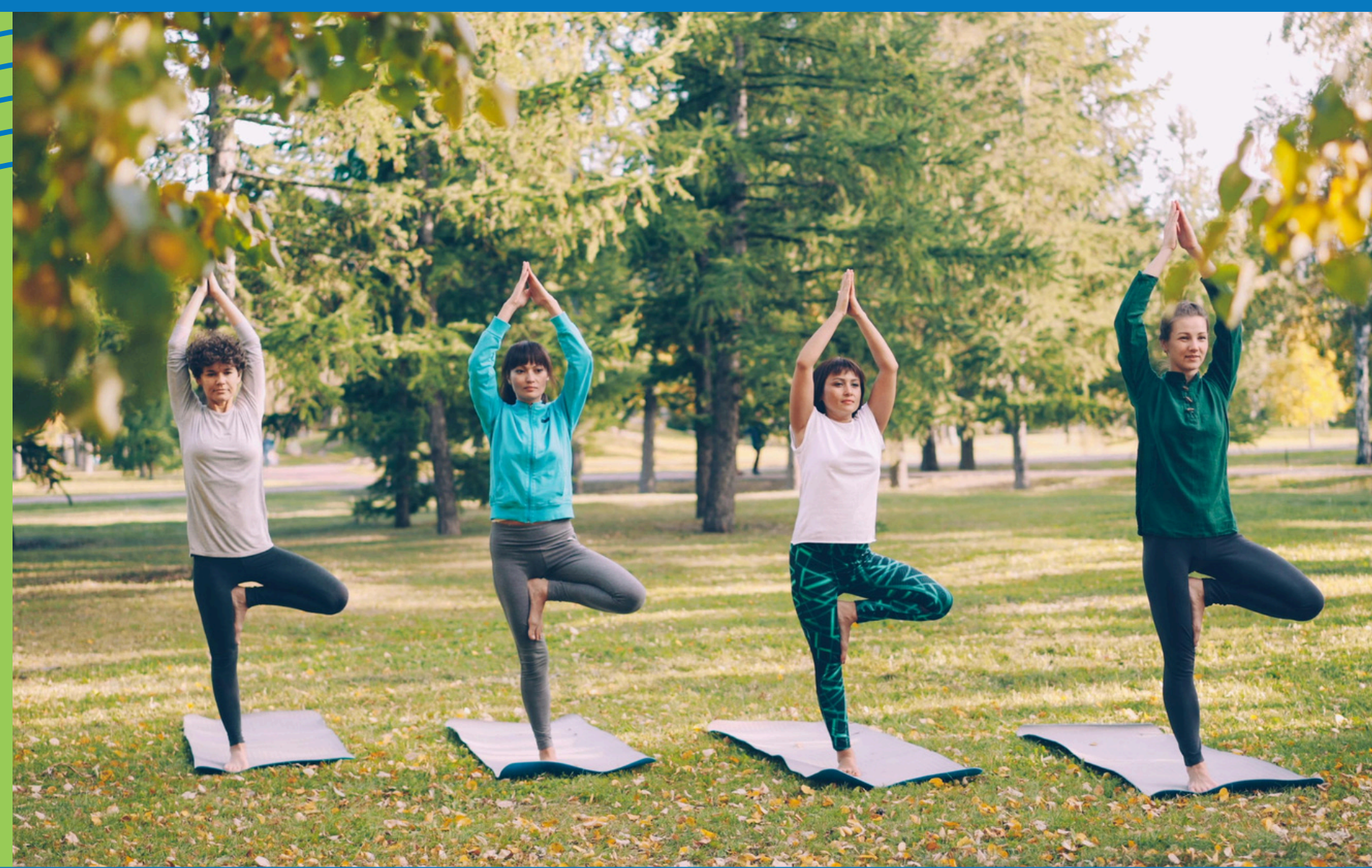


Visit [myCigna.com](https://myCigna.com) for more information.



# Why Is Morning Movement Important?

Morning movement helps wake up the body, improve energy levels, and support overall wellness. Even a few minutes of activity can help you start your day feeling more alert.



## Boosts Energy

Movement boosts blood flow and oxygen, helping you feel more awake.

## Improves Focus

Physical activity in the morning can help clear your mind and supports better concentration.

## Reduces Stiffness

Stretching helps to loosen tight muscles and improve mobility.

## Supports Healthy Habits

Starting your day with movement makes it easier to stay consistent with wellness habits.



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# How Much Exercise Do You Need?

## Adults Should Aim For :



**150 Minutes**

of moderate physical activity a week.



**2 Days**

of muscle-strengthening activities a week.



### Cardio

Helps Support heart and lung health.



### Strength Training

Builds and maintains muscles.



### Stretching

Helps improve mobility and reduce stiffness.



### Balance

Supports stability and coordination.



# Fueling Your Body Properly

Proper nutrition and hydration help support energy, recovery, muscle function, and overall physical health. Eating balanced meals and drinking enough water throughout the day helps the body perform daily activities more effectively.



## Stay Hydrated

Men should aim for about **15.5 cups** of fluids daily.  
Women should aim for about **11.5 cups** daily.



## Choose Nutrient-Rich Foods

Fruits, vegetables, proteins, and whole grains support overall wellness.



## Maintain Energy Levels

Balanced meals provide the energy your body needs for daily activities. Skipping meals might lead to low energy levels.



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# Healthy Posture Habits

Good Posture helps support balance, mobility, and physical comfort. Poor posture may lead to stiffness or discomfort in neck, shoulders, and back over time.

## Stretch Regularly

Stretching helps reduce stiffness and improve flexibility.

## Keep Screens At Eye Level

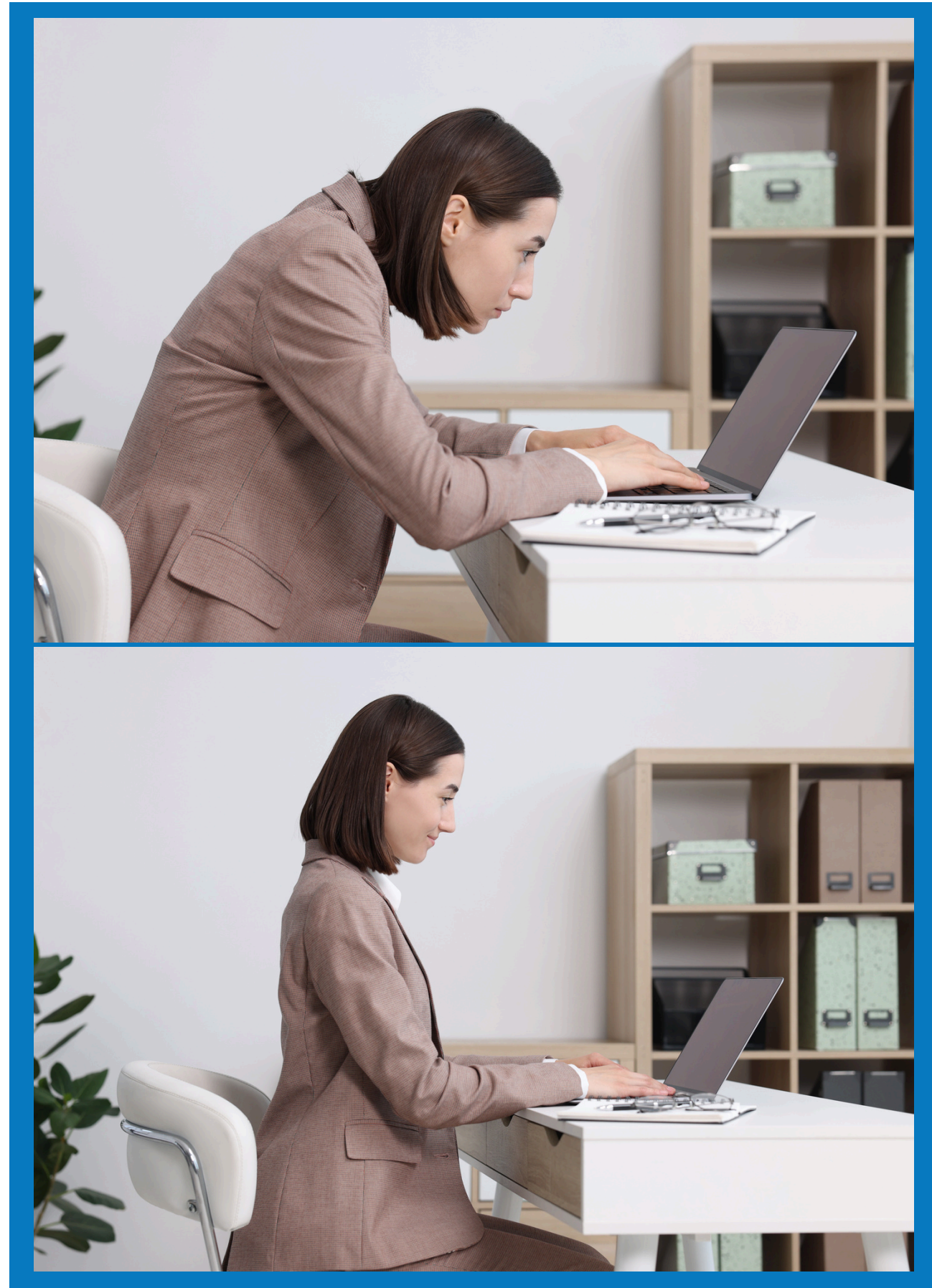
Position screens to eye level when possible to reduce strain on neck.

## Stand & Move

Movement throughout the day helps reduce tension.

## Strengthen Your Core

A strong core supports proper posture alignment.



# Healthy Joints

Healthy joints are important for flexibility, balance, and everyday movement. Staying active and maintaining strong muscles may help reduce stiffness and support mobility over time.



## Regular Movement

- Helps keep joints flexible
- Reduces stiffness throughout day



## Strength Training

- Helps support joint stability
- Helps protect joints during movement



## Stretching

- Helps reduce stiffness
- Supports easier everyday movement



## Joint-Friendly Activities

- Walking & swimming are easy on joints
- Reduces stress on knees & hips



# Cardio For Beginners

## 1. Start Small

- Begin with short walks or light activity
- Set a goal to move for a few minutes each day

## 2. Build Gradually

- Increase time, then intensity
- Add a few minutes each day or each week

## 3. Try Low-Impact Options

- Consider walking, biking, or swimming for a joint-friendly workout
- Modify any activity with a low impact option

## 4. Stay Consistent

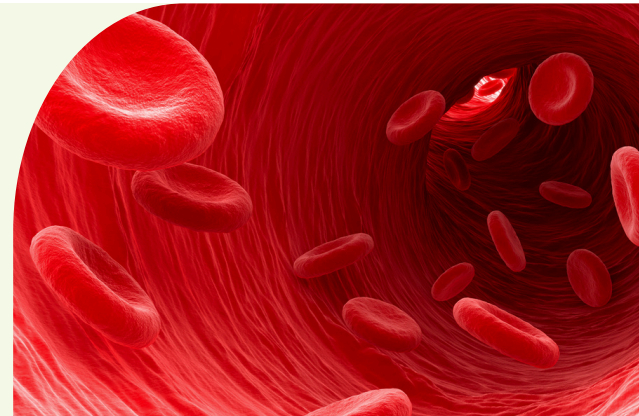
- Consistency matters more than intensity
- Small, consistent efforts lead to big results over time



# Why Warm-Ups Matter

1

**Increases Blood Flow**



2

**Prepares Muscles For Activities**



3

**May Reduce Injury Risk**



A proper warm-up helps prepare your body for physical activity. Even a few minutes of movement before exercise can help improve performance and reduce risk of injury.

