



under the dome

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City Hall Building Management
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A City Hall Building Management newsletter created specifically for City employees

Dear Tenants:

The feedback that we have received for publishing "Under the Dome", the monthly Building Management Newsletter here at City Hall has been tremendous. Many people have written to us about how they anxiously await the new version every month! These comments are so great to hear, so for that we thank you.

As we continue to expand and improve the "Under the Dome" content and mission, I would like to introduce a new facet of the newsletter. Every month will feature a "SHAPE UP" section which will provide tips, direction and ideas to finding success in leading a healthy lifestyle.

Our mission has always been to provide the tenants of City Hall with valuable and interesting information to keep you better informed of your workplace surroundings, supports, and amenities. At this time we are also committing ourselves to assisting in fostering a happy, healthy work environment for the most valuable resource the City has—its employees. While providing you with useful information, we would also like to make this newsletter fun and interactive by providing articles that pertain to everyone. Please feel free to continue to offer us feedback on our publications. Our success depends on your satisfaction!

Regards,

Lesley Giovannelli

BUILDING SERVICES MANAGER
CITY HALL BUILDING MANAGEMENT

We Welcome your Feedback!

City employees can send
"under the dome" questions
and suggestions to
lesley.giovannelli@sfgov.org

311 Customer Service Center

ONE CALL DOES IT ALL 311 CITY SERVICES SIMPLIFIED



What is 311?

3-1-1 will be a toll free, non-emergency number that the public can call to access information about San Francisco government services **beginning March 29, 2007**. Citizens, tourists and businesses can reach

a live customer service representative 24 hours a day, seven days a week, 365 days a year. The 311 Customer Service Center will be available through wired and wireless phones with a San Francisco 415 area code. Callers from outside the San Francisco 415 area code will be able to reach the San Francisco 311 Customer Service Center by calling 415-701-2311. Additionally, 311 will be able to provide translation services in more than 145 languages and will employ a diverse staff of customer service representatives.

History

The 311 Customer Service Center was initiated by then-Supervisor Gavin Newsom while visiting Chicago in 1999. Mayor Newsom firmly believes all San Francisco citizens, businesses and visitors who pay taxes have the right to excellent customer service from local government, especially the city's most vulnerable citizens,

"Those most in need of city services, such as the elderly, those living at or below the poverty line, and new arrivals to San Francisco, are least likely to find their way through this confusing bureaucratic maze."

Upon his return from Chicago, Gavin Newsom commissioned the Emergency Communications Department (ECD) and the Department of Telecommunication and Information Services (DTIS) to initiate a study to determine the feasibility of implementing a 311 call center in San Francisco. The study was completed in March 2002 followed by public hearings in February 2003 and unanimous approval by the Board of Supervisors in October 2003. Start up funding of \$4.2 million was appropriated by the Board of Supervisors in June 2005 with construction of the call center finally completed in September of 2006.

Mayor Newsom's Vision: Two Numbers to Reach the City

City Hall currently provides over 2,300 telephone numbers to the public to access local government services. 3-1-1 will be able to significantly streamline access to city services and reduce duplicate and non-functional telephone numbers. The Mayor's goal is to have only two main numbers for the public to access city government services: 911 for emergencies and 311 for non-emergencies. Under the leadership of Acting Director Heidi Sieck,

the city will provide highest standard of customer service that is culturally competent and in multiple languages.

Why Does San Francisco Need 311?

- **Improved Customer Experience:** City government agencies annually receive over seven million phone calls, one million emails, 100 million web hits, four million in-person visits, 300,000 letters and 100,000 faxes. Two out of five or 40% of those service requests are never fully addressed.
- **Enhances Accountability For Citizens:** Every service request to 311 will be assigned a request number which citizens can use to track the status of their service request on-line or via telephone.
- **Public Safety Partner:** Over 50% of phone calls to 911 are non-emergency calls. 311 can significantly relieve 911 operators of non-emergency calls.
- **Post Disaster Recovery:** After a catastrophic emergency, such as an earthquake, 311 can provide critical information to assist the public with disaster recovery. The ability to access appropriate and accurate information greatly improves the ability of survivors to cope and stabilize.
- **911 Backup:** Should the 911 call center facility ever be physically compromised, the 311 facility can function as a back-up 911 call center.
- **Common Reasons to Call 3-1-1**
 - General Information about City Government and City Services
 - City Agency Hours and Locations
 - MUNI Bus Routes and Schedule
 - Request Graffiti Removal
 - Pothole Repair
 - Street Cleaning Schedules
 - Report Abandoned Automobile
 - Report Illegal dumping
 - Removal of Old Refrigerators and Furniture
 - Information about Recycling & Hazardous Waste Disposal
 - Information about General Hospital, Laguna Honda and Health Clinics
 - Marriage License Information
 - Domestic Partner Registration
 - Recreation and Parks Schedules
 - Museums and Performing Arts Events
 - Tax and Fee Payment Information
 - Commission Meeting Schedules
 - City Hall Events
 - Animal License Information
 - Suggestions and Comments

For more information, please contact
Tomás Lee at 415-701-3132
or tomas.lee@sfgov.org.
Please go to our website for more information
www.sfgov.org/sf311.

San Francisco Is Turning Everyone Green For A Day

On March 17 At The 155th Annual Saint Patrick's Day Parade & Family Festival



COMPANIES ALL over the country are turning green with envy as San Francisco lights up the town with talent and fun. Top executives from across the United

States are being sent to one of the most fashionable parades in the country—the Saint Patrick's Day Parade. Staying true to its reputation, the city by the Bay will bring fashion, fun and festivities to the streets of San Francisco on March 17 and your company can be part of this trend setting group. The fun doesn't stop at the end of the parade, no the party is just getting started with headline musical artist Shana Morrison at the Family Festival at the Civic Center. The daughter of famed artist Van Morrison, Shana has her own set of talents, which have been recognized for the past 10 years in feature stories about her and her band in People magazine and Rolling Stone, as well as many broadcast appearances including the Howard Stern Show in 2002. Since then, the band has been busy with tours across the US, in Germany, Italy, Ireland, and the UK playing radio shows, clubs, theaters, and festivals, most notably playing the Warfield in San Francisco, the Viper Room in Los Angeles, the House Of Blues in Cambridge, the Bottom Line in New York, Meinisfree Open Air in Germany, the Arezzo Wave Pop

festival in Italy, the Cork Jazz festival and the Galway Arts Festival in Ireland. Now, Shana will be featuring her new R&B flavored CD she released in 2006, That's Who I Am, at the footsteps of City Hall showing San Franciscans just how to be Irish for a Day. Other notable bands include Culann's Hounds, named for one of the great warriors of Irish legend. A favorite on the San Francisco scene for six years, they're bringing their self-described punk-Irish-hoedown sensibility to the streets. The melodies of Steve Gardner (fiddle) and Renée de la Prade (button accordion); harmonies of Mike Kelleher (guitar); and rhythm of Scott Marshall's bodhran meld with rich vocals that are a staple of the Irish tradition. These are just two of the bands boasting impressive musical pedigrees that will be appearing at Family Festival at the Civic Center from 1 to 5 pm on Saturday, March 17. Music, performers and traditional Irish food will abound in conjunction with a hearty beer garden sure to ignite in ruckus banter and healthy family entertainment. Once again, the 2007 San Francisco Saint Patrick's Day Parade will be the largest of its kind west of the Mississippi, drawing from the more than a million Irish descendents in the Bay Area and beyond. Anyone can take up the Irish spirit and enjoy the thousands of dancers, musicians and parade goers who celebrate this cherished Irish tradition with liveliness unmatched any where else in the world. The parade will begin at 11:30 am at the corner of Second and Market, so don't miss your time to be Irish for a Day. For further information visit www.sfstpatricksdaysparade.com or call 415-675-9885

Safety Reminder Corner FIRE SAFETY

To report an
EMERGENCY:

Call **9-911** then call
City Hall Security
at **554-7251**

City Hall has a sophisticated fire detection and suppression system in all areas of the building. These systems help to ensure that if a fire occurs it can be extinguished promptly upon detection.

DO NOT

- Allow the fire to come between you and the exit if possible.
- Break or open windows unless absolutely necessary. Oxygen feeds a fire. If windows are closed, open windows only if you must have air.
- Use elevators.
- Attempt to save possessions at the risk of personal injury.

DO

- Remain calm.
- Know where fire extinguishers are located.
- Report the fire immediately to City Hall Security by calling 554-7251.
- Attempt to extinguish the fire if you are trained in the use of fire extinguishers and may reach one safely.
Remember P.A.S.S.: PULL the pin. AIM the nozzle at the base of the fire. SQUEEZE the handle. SWEEP the nozzle from side to side.

- Remove yourself from immediate danger.
- Drop to the ground to avoid smoke and/or fumes and crawl to the nearest exit.
- If your clothes catch on fire, STOP where you are, DROP to the ground and ROLL repeatedly to smother flames.
- If you encounter a closed door, feel the door with the back of your hand before you open it. If the door is hot, find another way out.
- Confine the fire by closing doors behind you, but not locking them.
- Wedge cloth material along the bottom of the door to keep out smoke.
- If you are unable to exit your office or the building for any reason, stay near the windows and close to the floor. If possible, signal for help.
- Assist persons including senior citizens and persons with disabilities.

ART IN CITY HALL

China Today:

Mark Leong and the Chinese Artist Network

8am-8pm, Monday-Friday. Ground Level.

December 21, 2006-March 23, 2007

In 2007 the San Francisco Art Commission Gallery has joined forces with the San Francisco-based nonprofit PhotoAlliance (www.photoalliance.org) to program Art at City Hall. Our first collaborative curatorial effort is China Today, which features two photographic exhibitions, a solo exhibition by Bay Area artist Mark Leong, and a group exhibition featuring Chinese artists represented by the Fremont-based Chinese Artist Network.

Arriving in mainland China by chance just a day after the 1989 Tiananmen Square crackdown, Mark Leong stayed to explore the contradictions of a rapidly changing but still intensely traditional Chinese society. Living in Beijing and traveling across China over the past sixteen years, he has captured images that astonish both in their power and in their access to subtle currents of everyday life - official and underground. His recent body of color work, *The Heaviness of Consumption*, documents the effects of China's growing market culture on both rural and urban Chinese.

Since the early 1990s, China has emerged from socialist isolation to open shop as the world's factory -- the source, it seems, of nearly everything manufactured on earth. Now, after a generation of profit and prosperity, the Chinese super-producers are also becoming mega-consumers. No longer limited to needs dictated (and provided for) by the Communist Party, this is a new era of personal choices and desires, broadened by the forces of technology, urbanization, globalization and the one-child policy. Everything-- from education to sex -- is a commodity. And as the wealth distributes itself unevenly across this vast population, the greatest fear is to be left behind.

New Photography, presented by Chinese Artist Network, features a wide variety of photographic works by young Chinese artists. CAN, a Fremont-based nonprofit organization, is committed to promoting the work of emerging Chinese artists through providing both exhibition opportunities and a strong Internet presence on their web site. The works in this exhibition represent a recent movement by young Chinese artists away from traditional photographic constraints toward more conceptual and experimental styles of photography. Although China has a voracious consumer culture, there are still very few galleries that exhibit cutting edge photography, so most of the represented artists are establishing their careers through exhibitions in Europe and the US.



Mark Leong, Beijing, 2004, digital color prints

Art at City Hall is presented by the San Francisco Arts Commission Gallery, a program of the San Francisco Arts Commission, and is funded by the Grants for the Arts program of the San Francisco Hotel Tax Fund.

Southwest Airlines Chinese New Year Parade

Saturday, March 3, 2007 5:30 pm
Year of the Boar - Lunar Year 4705

Named one of the top ten Parades in the world by IFEA, the Southwest Airlines Chinese New Year Parade in San Francisco is one of the few remaining night illuminated Parades in the country. Started in the 1860's by the Chinese in San Francisco as a means to educate the community about their culture, the Parade and Festival have grown to be the largest celebration of Asian culture outside of Asia. Since 1958, the parade has been under the direction of the Chinese Chamber of Commerce. Over 100 units will participate in the Southwest Airlines Chinese New Year Parade. A San Francisco tradition since just after the

Gold Rush, the parade continues to delight and entertain the many hundreds of thousands of people that come to watch it on the street or tune in to watch it on television on KTVU Fox 2 or KTSF Channel 26 6:00-8:00 p.m.

Nowhere in the world will you see a lunar new year parade with more gorgeous floats, elaborate costumes, ferocious lions, exploding firecrackers, and of course the newly crowned Miss Chinatown U.S.A. and her court. A crowd favorite is the spectacular 201' Golden Dragon ("Gum Lung") It takes a team of over 100 men and women from the martial arts group, White Crane to carry this dragon throughout the streets of San Francisco.

This year's Southwest Airlines Chinese New Year Parade promises to warm your heart and electrify your senses. Come rain or stars!

Bleacher seats are available and may be purchased online at: <http://www.chineseparade.com/>

For questions please call (415) 982-3071.

Scene and Heard

“What is your favorite vacation getaway?”

“My favorite vacation spot is on a cruise going anywhere. You get pampered, fed, waited on, entertained, and relaxed!”

Karen Hong
Office of the County Clerk



“What is your favorite lunch

“One of my favorites, although I don’t get there very often is Ananda-Fuara, the vegetarian restaurant on Market Street. Everything’s so good, and I feel like it’s all very healthy -- even if it isn’t!”

Barbara Piper
Marin Day Schools/City Hall Campus



“What are you watching?”

“I’m watching Buffet & Gates on Success on DVD starring Warren Buffet, Chairman of Berkshire Hathaway and Bill Gates, Microsoft Founder and CEO. The funny philosophical and personal conversation between these two business leaders and unlikely friends focuses on things most important to them. Buffet and Gates share an extraordinary appreciation of the qualities that matter the most in work and in life.”

Wilbur Alvites
Building Management Custodial Department



City Hall Building Management Bowling Night at Serra Bowl!



THE CITY Hall Building Management department recently enjoyed a night out at the bowling alley with family and friends. Several custodians, operations and building services employees

showed up to enjoy a night of pizza, soda and the great sport of bowling. A good time was had by all, as we had a chance to spend some fun times together and get to know one another families and loved ones. While some exhibited better skills than others, in the end no one remembered their scores...but left with good memories of this quarter’s KUDOS Committee get together. Check out the pictures below!



Breast Cancer



Did you know that EVERY THREE MINUTES, someone is diagnosed with breast cancer? In a year when approximately 40,410 women and 460 men will die of the disease, we cannot wait any longer for a cure. That is why I and thousands of others will walk this July - for 2 days and 39 miles through San Francisco. Will you participate? Stop by the Department of Elections and talk to me about how you can help find a cure by donating, joining the walk crew or my walk team. You can also visit www.avonwalk.org to find out how you can help – look for Team KFOG!!!

Thanks - Linda Tulett



BUILDING MANAGEMENT

Please do not leave food out in your office area. Food should be in closed, secured packaging and stored only briefly inside desks and drawers. Unwrapped food left out in drawers and cabinets are sure to attract pests and insects sooner than you may think. In addition, unwrapped/

unpackaged food can also create unwelcome odors. Building Management recommends cleaning out your work area once a week, making sure all sugar packets, unused food, crumbs and scraps are thrown away as soon as they are opened. Thank you for your cooperation!

EVENTS

WHAT'S HAPPENING

In the City?

Rabies Vaccine Clinic

March 4

Time: 10:00 AM - 1:00 PM

Location: 1200 15th Street (at Harrison)

Description: Animal Care and Control & SF Veterinary Medical Association co-sponsor's Rabies Vaccine Clinic. \$5 per vaccine (cash only). Vaccination certificates will be issued. Dogs over 4 months old and cats over 3 months old. Pets should be properly leashed or in a carrier, please. For More Information: Call your veterinarian.

Category: Community Event

Community Clean Team Event

March 10

Time: 9:00am - Noon

Location: Brotherhood Way & Arch St.

Description: Join The Community Clean Team to keep San Francisco clean, green and beautiful! The Community Clean Team is a citywide volunteer program that partners city agencies with residents, merchants and students to clean and beautify San Francisco neighborhoods. Volunteers sweep up litter, plant and tend to neighborhood trees, paint out graffiti and help take care of our parks. Together, we can make San Francisco a world-class city. For More Information: (415) 552-9201

Category: Community Event

Brown Bag Lunch Talks

Exciting Developments in the "Greening of San Francisco"

March 15

Time: Noon - 1:30 PM

Location: Main Library,
Room L58B (near the basement café)

Description: The Department of Building Inspection welcomes you to attend a series of informal, general information talks presented at no charge to the public and City staff. Bring your lunch; coffee and other drinks will be provided.

For More Information: Emilie Green (415) 558-6205

Category: Class/Workshop

Free Microchipping Clinic

April 8

Time: 1:00 PM - 4:00 PM

Location: 1200 15th Street (at Harrison)

Description: Friends of SF Animal Care and Control sponsors FREE to San Francisco residents microchipping for your pets. A \$15 charge for nonresidents. No appointment necessary. Pets should be properly leashed or in a carrier, please. For More Information: 822-5566

Category: Community Event

Brown Bag Lunch Talks

Sidewalks of San Francisco - A Walking Tour

April 19

Time: Noon - 1:30 PM

Location: 1660 Mission Street, Room 2001

Description: The Department of Building Inspection welcomes you to attend a series of informal, general information talks presented at no charge to the public and City staff. Bring your lunch; coffee and other drinks will be provided.

For More Information: Emilie Green (415) 558-6205





FEATURED HIKE OF THE MONTH:

Twin Peaks, San Francisco Parks and Recreation

Getting there:

Twin Peaks is almost directly in the center of San Francisco. Consult a map to get there from your location, but here are directions from two central SF roads.

- From northbound Interstate 280 in San Francisco, exit San Jose. Stay in the right lane and make the first right on Rousseau (signed to Bosworth). Drive one block and take the first right onto Bosworth. Continue on Bosworth, crossing Diamond, and then Elk (where there's a traffic light; stay in the left lane to continue straight). Bosworth breaks off to the right and then ends, while O'Shaughnessy Boulevard takes its place heading uphill. Take O'Shaughnessy to the junction with Portola, at the top of the hill. Turn right, and immediately get into the left lane. Wait at the light, then turn left onto Twin Peaks. Drive uphill and park at the first pullout on the left (just past the first sharp curve).

- From southbound Interstate 280 in San Francisco, exit Monterey. At the end of the ramp, make a sharp right onto Monterey. At the next light, turn left on Diamond.

Drive one block, then turn left onto Bosworth. Continue on Bosworth, past Elk (where there's a traffic light; stay in the left lane to continue straight). Bosworth breaks off to the right and then ends, while O'Shaughnessy Boulevard takes its place heading uphill. Take O'Shaughnessy to the junction with Portola, at the top of the hill. Turn right, and immediately get into the left lane. Wait at the light, then turn left onto Twin Peaks. Drive uphill and park at the first pullout on the left (just past the first sharp curve).

Details:

If the pullout is full, continue uphill on Twin Peaks Boulevard to the lot just past the north peak. No entrance or parking fees. There's a portable toilet, but no drinking water. There are designated handicapped parking spots, but the trail over the peaks is not wheelchair accessible. Gas, pay phone, restaurant, and stores to the northeast on Market, or south near the junction of Portola and O'Shaughnessy

Rules:

None posted. Dogs are permitted, and trails are used primarily by local runners, and visiting tourists.

(continued on next page)

STEP BY STEP

Kezar Stadium

Golden Gate Park between Kezar Drive and Frederick Street. At this handsomely rebuilt stadium, 20 rows of 35 steps ascend the bleachers above an eight-lane running track. Many runners here combine step climbs with longer jogs around the track or through the park. The stadium is open daily from dawn to dusk, except when sporting events are held; for event information, call (415) 753-7032.

Lyon Street steps

between Green Street and Broadway. This historic "stairway street," built in 1916, begins with a steep set of 62 steps, followed by a more forgiving set of 63 steps. Then a curving balustrade guides you up 35 steps into what could be the garden of a Florentine palazzo. Head up 128 more steps, past flower gardens and

Check out these San Francisco outdoor locations for stair climbing in the fresh air with panoramic views:



manicured hedges, to Broadway. An iron gate opens into the Presidio, where you can continue your running or walking workout. Or, go a block east to Baker Street, where a narrow stairway descends 206 steps to Vallejo Street and another 163 steps to Green Street.

Filbert Street steps

above Sansome Street. Another of the city's venerable stairways, it scales the sheer eastern face of Telegraph Hill in 377 steps. An initial stretch of steeply climbing concrete gives way to a charming set of wooden steps that lead through the verdant, hushed domain of the Grace Marchant flower garden and past tiny Napier Lane, a plank walk leading to 19th-century cottages. Cross Montgomery Street, and take a stairway to Coit Tower and a panoramic view of the city and bay.



Difficulty:

The two hills of Twin Peaks are easily navigated, with moderate but short ascents and descents.

These two hills towering over San Francisco, while not the highest peaks in town (Mount Davidson has that honor), are on every city visitor's short list of tourist sights. Just follow the tour bus traffic to the viewpoint on Twin Peaks Boulevard, where passengers

pile out of buses to admire the view. It is probably the best vista of San Francisco from inside the city limits, except during our foggy summer days, when visibility is nearly zero. Almost every casual guest who makes it out of the parking lot climbs the north hill and then calls it a day. The south peak is quieter, and is my choice location from which to watch the Blue Angels when they're in town. These airborne acrobats seem to use the south peak as a navigation beacon, and often fly right (and I mean right) over. On those rare occasions when snow falls in the Bay Area, head up to Twin Peaks the morning after the storm to assess accumulations on the tallest surrounding peaks. On a clear day, you'll have an excellent view of Mount Diablo and Mount Tamalpais.

Although this is a short walk, and hardly a wilderness setting, there are a number of steep ascents and descents to navigate, adding up to a brief but decent workout.

If you're lucky, you'll catch a glimpse of some of the redtail hawks who live nearby and regularly hunt the hillsides. The only other wildlife is a collection of mostly nocturnal raccoons and skunks, many small birds, a small, very shy population of cottontail rabbits and some endangered Mission Blue butterflies.

Most visitors start from the parking lot near the north peak, but to get the most out of your visit, park at the broad pullout on Twin Peaks

Boulevard. Carefully cross the road and head up the stairs. A gigantic communications transmission tower looms over the crest of the hill. The huge structure, known in my household as "the trident of doom," is an unwelcome presence to surrounding neighbors, who fear that the tower might topple in a severe earthquake. The steps, lined with coyote brush and disturbed grassland, climb steeply, but they end soon enough, at 0.06 mile. Carefully cross the road and start up the stairs of the south peak, located on the southwest corner of the hill.

Stay on the stairs, and off the hillside, to prevent further erosion. Some shrubby coyote brush cling to the red rocky dirt, where you might see buckwheat blooming in summer. At 0.14 mile, you'll reach the top of the south peak. If it's windy, you won't want to linger, but on a calm day take a few minutes to soak in the 360° view: Mount Diablo, the east bay hills, Mission district, Bernal Hill, and Potrero Hill to the east, Mount Davidson, San Bruno Mountain, and the Santa Cruz Mountains to the south, the Pacific Ocean and Farallon Islands to the west, and downtown San Francisco and Marin County to the north. When you're ready, continue downhill to the north. Watch out for a patch of poison oak crowding the trail on the left. When you reach the street at 0.19 mile, carefully cross straight to the north.

This set of stairs is carved out of the hill's red rock. The trail climbs through grassland and crests at the north peak at 0.26 mile. Here's you'll have the best views of Mount Tamalpais and the Golden Gate Bridge. This is a nice spot when fog creeps into the bay. If you want to, follow the trail to the north to its terminus at the street at 0.32 mile (or simply turn around at the top of the north peak). On the way down look for strawberry plants, yarrow, and lizardtail. From this point you can retrace your steps back to the trailhead, or carefully walk on the side of the road back to the path that heads back down to the pullout. With the way people drive on Twin Peak Boulevard, I feel safer back on the trail.

Total distance: 0.64 mile

Information obtained from: www.bahiker.com/sfhikes

The North Light Court Café

is temporarily closed.

If you have any questions, comments or ideas regarding the café, please contact:

Corry Mehigan
Building General Manager
415-554-4915
Corry.Mehigan@sfgov.org

Lesley Giovnnelli
Building Services Manager
415-554-5780
Lesley.Giovannelli@sfgov.org

What's on your iPod ???

Artist:

Hot Chip
Future Pigeon
Se

Song:

No Fit State
The Mummy
Requiem Pour Un Con

--Boris Delephine – Office of Supervisor Mirkarimi



ActiveforLIFE at CCSF

COMING SOON TO A WORKSITE NEAR YOU...

**Need help encouraging your employees to
Shape UP?**

Participate in Active for Life 2007!

What is Active for Life? Active for Life is the American Cancer Society's flexible 10-week worksite wellness program that has demonstrated success in increasing levels of physical activity among participants. The program combines individual and group strategies that help people change their behavior.

Active for Life uses an individual approach. The program encourages participants to set their own goals based on how active they are, and how active they want to become. Physical activity can be moderate (like walking, yard work or taking the stairs) or more intense (like running or tennis). Participants receive a point for each minute they are active daily and record the number of points they earn toward their total point goal. This helps people keep track of their progress, and they are then rewarded for working toward their goals.

Active for Life uses a team approach. Each participant is a member of a team led by a captain who provides support to help members reach their goals. Being part of a team provides encouragement and motivation. Teams are rewarded as members make progress toward their goals.

Active for Life helps employees reach their personal goals by teaching them the skills they need to change their behavior and providing them with social support to lead a more active lifestyle. The end result is a more productive and healthy workforce.



Does Active for Life Really Work?

The Active for Life program has been evaluated in worksites across the country since 1996. These evaluations have shown that people who participate in Active for Life programs increase their levels of physical activity. In addition, they report benefits from the program such as feeling better emotionally and physically, feeling more productive and less stressed, and having more energy. There is a high degree of satisfaction with the program and the majority of participants say they would do it again.

The bottom line: Active for Life works.

Active for Life Program Timeline

November	Identify department's AFL coordinator
December	Department-specific program planning with American Cancer Society liaison
Mid January	Team Captain Orientations, by conference call
Late January	Department kickoff events
February 5	Program start date
April 15	Program end date

Contact Priscilla Morse, CCSF Department of Human Resources, at Priscilla.Morse@sfgov.org or Brooke Rodgers, American Cancer Society, at brooke.rodgers@cancer.org for more info.