



CULTURE OF WELLNESS FEATURE

Squats for Free Subway Ticket

To celebrate the upcoming Winter Olympics in Sochi, Russia has been offering free subway tickets to individuals who complete 30 squats in two minutes. In the Vystavochnaya subway station, riders now have the option to perform squats in front of a vending machine that tracks their progress and in return they get a free ticket. Typically, a metro ticket costs about \$0.92 in American dollars, so what better way to save some money and work up a little sweat at the same time. The Russian Olympic Committee designed the squat program in hopes of "adding elements of sport into daily life."

For those with limitations or who may not like doing squats, the committee will also be promoting a healthier lifestyle in other ways such as providing exercise bikes that produce electricity to charge your cellphone and turning hanging handles on buses into exercise bands.



Take the Culture of Wellness Challenge

What better way to fit in some exercise than doing it while watching the Sochi 2014 Olympics! When a commercial comes on, try this exercise sequence: jumping jacks, pushups, lunges, and then mountain climbers. Each exercise should be done for 50 seconds. See how many complete rounds you can do during one commercial break and try to beat your record at the next commercial!

Join the Voyage!

There are many ways that you can get involved with the 2014 CORE Wellness theme Culture of Wellness. Explore our Culture of Wellness website culture.acicorewellness.com which houses our monthly feature, international recipes, links to worldly websites, and even spotlight stories of employee experiences traveling abroad. If you would like to submit a recipe or story, please contact askthepros@acispecialtybenefits.com and stay tuned for more information about Culture of Wellness each month!



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com

