

Healthy Eating in 3 Ingredients



Join the LBT Walking Challenge!

Monday, Jan. 12, 2026 - Saturday, Jan. 31, 2026

Move the equivalent of 10,000 steps per day to
complete the challenge.

The first 13 participants with the most steps will
receive a \$10 gift card.

Have questions? Contact Human Resources
Benefits Coordinator Ingris Lopez at
ilopez@lbtransit.com.

<https://lbtransit.thrives.app>

