



› The Power of Steps

A Movement Challenge

Monday, March 2, 2026 –
Sunday, March 22, 2026

Move toward better health by completing **10,000 steps per day** during the challenge period.

The first 20 participants with highest total steps from:

- Maintenance
- Operations
- Staff

Will receive **LBT surprise swag!**

Join the Challenge

<https://lbtransit.thrives.app>



Questions?

Contact HR Benefits Coordinator Ingris Lopez at ilopez@lbtransit.com.

beWell

terry**be**rry
Engage · Reward · Succeed