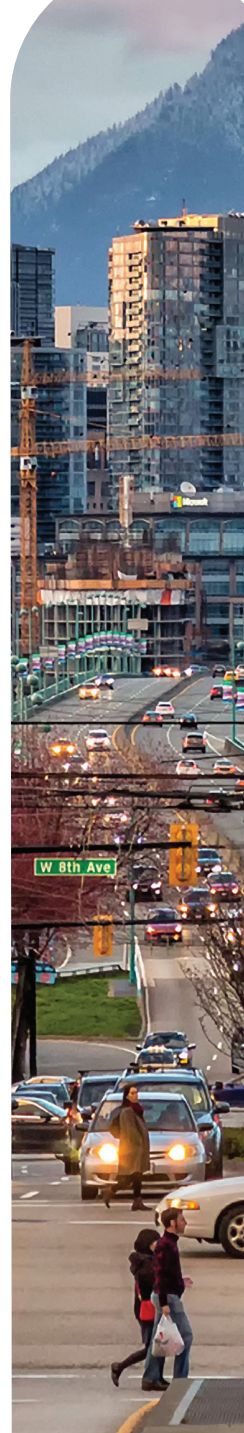
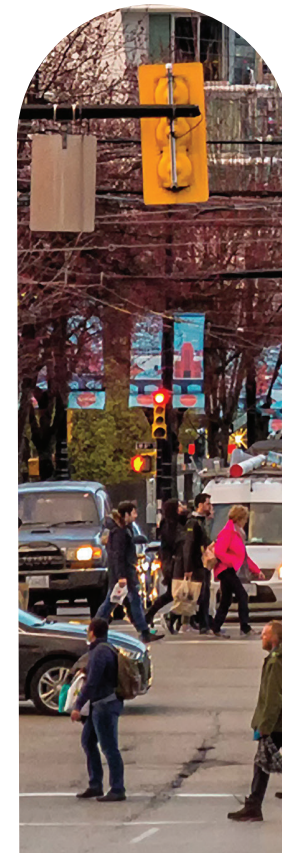
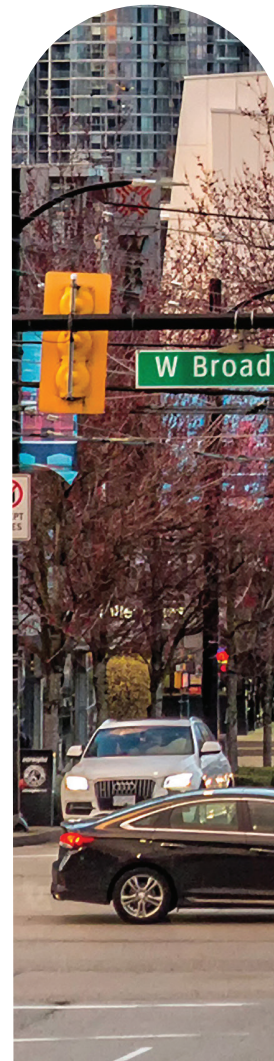


# Commuting by walking or biking helps maintain a healthy weight.

**How do you commute?** Tell us at [myhealthmycommunity.org](http://myhealthmycommunity.org). You can win a **\$500 gift card**.



Your voice for a healthier community

