



# Energize Your Commute Week

August 27 – 31, 2018

**Let's get active! Transportation that is.**

**What is Active Transportation?** Any human-powered transportation.

**Want to participate?** Join us and your fellow colleagues to energize your commute! Walk, rollerblade, bike or take public transit instead of driving to/from work.

Share your energized commute using #AHSwhatsyourbalance  
#AHSenergizeyourcommute

**Please note:** Due to the wildfire smoke, follow your local advisories and recommendations for outdoor activity.