

The Post-Standard is looking for the "Picture of Healthy" to be on the cover of our March Healthy Central New York magazine. Anyone who would like to submit themselves for consideration should send a photograph of themselves and contact information to [asmith@syracuse.com](mailto:asmith@syracuse.com) or Amber Smith, Healthy Central New York, P.O. Box 4915, Syracuse, NY 13221. Deadline is Jan. 31. We'll notify the winner and schedule a photo shoot.

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Check out my blog at:  
<http://blog.syracuse.com/healthfitness>