Weightlifting doesn’t always require barbells.

One hour of physical activity every day boosts your health and your mood. Best of all, it doesn’t require any special equipment. Activities like carrying in groceries, playing tag with your kids and raking leaves count, too.

It ALL Adds Up: 1 HOU R of Physical Activity

Make the healthy choice every day...

Visit healthybydesignyellowstone.org to learn more.