CalFresh Social Media Static Social Post Copy Physical Activity #1

Being healthy doesn’t have to feel like a mountain to climb, but rather, something attainable and enjoyable for you and your family! Get an at-home fitness routine started with simple, equipment-free exercises such as lunges, chest press, back rows, and more! 💪🏽 Visit UncoverHealthyHabits.com for exercise how-to’s and join others in creating healthier families and communities. To learn more, visit UncoverHealthyHabits.com. #CalFreshHealthyLiving and #UncoverHealthyHabits