

Live Like Your Life Depends On It.



“Being active is
more fun
than I thought.”

health.mo.gov



Who says you have to hit the gym to stay in shape? A simple, enjoyable walk helps me get in at least 30 minutes of exercise every day. I even started including my husband and kids.

Now my motto is: the family that plays together, stays healthy together.

Being active for 30 minutes or more on most days of the week can help you feel great!

Visit health.mo.gov for more information.

Live Like Your Life Depends On It.



AFFIRMATIVE ACTION EMPLOYER / SERVICES PROVIDED ON A NONDISCRIMINATORY BASIS.