

Live Like Your Life Depends On It.



Live Well
MESSAGE ALLIANCE



“Who said life
shouldn't be a
walk in the park?”

health.mo.gov



Move More:

If you are not already physically active, start small and work up to 30-60 minutes of moderate physical activity most days of the week.

You can increase activity in your daily routine by walking the stairs, parking farther away and doing yard work and household chores.

It's good for both the mind and body.

Visit health.mo.gov for more information.

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