

# Live Like Your Life Depends On It.



Live Well   
MESSAGE ALLIANCE

“It’s never too late  
to feel great.”

[health.mo.gov](http://health.mo.gov)



We didn't used to be very active. But then we learned how a little exercise can make a big difference in how we feel. So we walk, dance or just get silly. As long as we're moving, we're improving our health so, with some luck, we can play and stay together for a long, long time.

Visit [health.mo.gov](http://health.mo.gov) for more information.

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