

Live Like
Your Life
Depends On It.

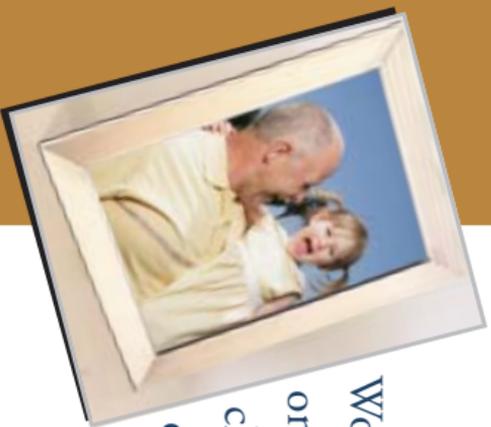


Live Well
MESSAGE ALLIANCE



*Worth a million
hours in front of
the TV.*

health.mo.gov



Would you trade a night on the couch with a bag of chips for a day like this? Put down the remote and take a walk. Exercise can add years of great times like this to your life.

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

Visit health.mo.gov for more information.

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