

# Live like Your Life Depends on it.

Live Well  
MESSAGE ALLIANCE



[www.dhss.mo.gov/ChronicDisease/Campaign.html](http://www.dhss.mo.gov/ChronicDisease/Campaign.html)

follow my doctor's orders	Today I will	<b>be tobacco free</b> <b>SCHEDULE MY CHECK-UP</b>	break from the ordinary
	take time for myself		
	<i>try something new</i>		
	eat more fruit		
	take the stairs		
	<i>call a friend</i>		
	work up a sweat		
	<i>eat my veggies</i>		
go for a walk			