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

Every day, I try and get out for a good, 30-minute walk. It's good for both the mind and the body. Plus, I know how getting out and about can help prevent chronic disease and allow me to keep on keeping on. So don't wait to get started. Take a walk in the park or get some other form of physical activity at least 30 minutes a day. You'll be glad you did.

Live Like Your Life Depends On It.

Live Well
MESSAGE ALLIANCE

For more information visit: www.dhss.mo.gov