

Active For Life

A Workplace Physical Activity Program

Workplace Solutions

From the American Cancer Society

What is Active For Life?

The American Cancer Society Active For LifeSM program is a proven 10-week employee wellness program designed to increase regular physical activity and other healthy behaviors. These behaviors can lead to improved individual job performance and company morale, as well as lower absenteeism and turnover, fewer disability days, and lower medical costs. Active For Life is successful because participants set their own personal goals and benefit from the social support of belonging to a team.

The American Cancer Society in the Fight against Cancer

About one-third of all cancer deaths that occur each year in the United States could be prevented by eating right, maintaining a healthy weight, and adopting a more active lifestyle. By providing your employees with access to the American Cancer Society Active For Life program, you can help them take steps to stay well and get well by becoming more physically active.

Your Company's Role

- Registering for the Active For Life program through your American Cancer Society relationship manager
- Identifying organizational leaders to manage the planning, implementation, and promotion of your Active For Life campaign
- Encouraging employee participation in Active For Life and motivating them toward achieving their physical activity goals



Program Features

- Active For Life accessibility to both offline and online users
- Weekly wellness newsletters to support the 10-week campaign
- Optional weight and nutrition trackers available
- Detailed reports available for all user roles

For more information about how you can educate your employees about the steps they can take to stay well and get well, visit acsworkplacesolutions.com or call 1-800-227-2345.

"The Active For Life challenge has a huge impact on employee morale, not to mention the health benefits participants receive from getting active. You can really see a change in everyone's attitude during the campaign. The challenge puts everyone in the organization on an even playing field, which is not something you see every day! In addition, even after the challenge concludes, teams continue to interact with each other."

– Corporate Executive



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