

# HealthyLiving

A Monthly e-Newsletter with Healthy Ideas for a Healthy Workplace

## What is *Healthy Living*?

*Healthy Living* is an electronic newsletter designed to help employees understand the importance of being physically active, eating nutritious foods, maintaining a healthy body weight, and avoiding the negative effects of stress. It is distributed monthly and available in both English and Spanish. All content in *Healthy Living* is carefully edited by the American Cancer Society's scientific staff to ensure the most up-to-date and accurate information is being provided to your employees.

## The American Cancer Society in the Fight Against Cancer

Good health and productivity go hand-in-hand. Overweight, lack of physical activity, poor nutrition, and poor health habits take an enormous toll on American businesses. The employer costs associated with excess weight are substantial, and nearly one-third of working-age Americans are obese. Research has revealed that individual lifestyle choices have an impact on our health, longevity, and our day-to-day performance. Together, we can save lives by helping people stay well, helping people get well, by finding cures, and by fighting back against cancer.

## Your Company's Role

- Register to receive the e-newsletter through [FightCancer.org](http://FightCancer.org) or [www.acsworkplacesolutions.com](http://www.acsworkplacesolutions.com).
- Distribute *Healthy Living* to employees by means of email or print.
- Encourage employees to register for the e-newsletter through [FightCancer.org](http://FightCancer.org).



## Benefits to Your Company

**Enhance your brand image.** The American Cancer Society is the largest voluntary health organization in the world, with 96 percent brand name recognition. Leveraging the American Cancer Society brand with your own provides significant opportunities to influence employee behavior.

**Boost employee morale.** Regular health communications such as *Healthy Living* make available information on general health and wellness topics that build awareness, increase knowledge, teach skills, motivate, and reinforce a person's desired health action. Providing your employees the opportunity to read health content on a monthly basis will help you build a staff of dedicated, healthy, and motivated people.

**Help in the fight against cancer.** Maintaining a healthy weight, being physically active, and eating well are important ways to reduce cancer risk. Access to health information can help raise employee awareness of health risks and solutions, provide motivation and skills needed to reduce health risks, and affect or reinforce attitudes toward these health risks. With health communication available, employees are able to make choices that relate to living a healthy lifestyle.

For more information, visit [www.acsworkplacesolutions.com](http://www.acsworkplacesolutions.com), or call 1-800-ACS-2345.

1.800.ACS.2345  
[cancer.org](http://cancer.org)



*"Healthy Living reinforces my opinion that the American Cancer Society is more than a cancer organization. The American Cancer Society is taking steps to change the way people live their lives."*

– Corporate Executive