

Date

Dear [*Employee, Staff, and Faculty Member*]:

[*Company Name*] is proud to join with the American Cancer Society to promote the Great American Get Active Challenge. The Get Active Challenge is a 10-week online physical activity program that helps you set goals and maintain an active lifestyle. Not only does the Get Active Challenge help encourage you to adopt physical activity as a lifestyle behavior, it offers unique tools and resources to help you achieve your goal in a fun and enjoyable way. You can include friends and family in the 10-week challenge and you can decide whether you participate as an individual or create your own team.

The American Cancer Society recommends that people engage in regular physical activity for at least 30 minutes five or more days per week (45 to 60 minutes of physical activity is preferable). About one-third of all cancer deaths that occur each year in the U.S. could be prevented through healthier diets, more active lifestyles, and maintaining a healthy weight.

Although the 2009 Get Active Challenge begins on May 21, it is a year-round effort to help motivate us to be more physically active at any time. No matter when you start, exercise improves health. You can have more energy, feel better, and lower your stress level...all while reducing your risk of disease.

How can you participate in the Get Active Challenge? It's easy. Visit www.cancer.org/GreatAmericans to learn more and accept the 2009 Great American Get Active Challenge!

Sincerely,

[*Name*][*Title*]