

# GREAT AMERICANS GET ACTIVE!

MY CHALLENGE

THE PROGRAM

HEALTH CHALLENGE

STAYING HEALTHY

MAKING EXERCISE FUN

DISCUSSION



Take the  
**Get Active Challenge**

Regular physical activity can reduce your risk of cancer, and that's a step everyone can take! Commit to get fit. Join the challenge today!

→ Learn More

Take the Challenge

Create An Account ▶

Current Participants

Email Address

Password

Remember Email Address

Log In ▶ [Forgot Email / Password](#)

Did you know you benefit from even small amounts of moderate activity throughout the day? Regular physical activity is easier to fit in than you may realize and can significantly lower your lifetime risk for cancer.

The **Great American Get Active Challenge** is a 10-week online physical activity program that helps you set goals and maintain an active lifestyle.

**Ready to accept the challenge? It's easy. Here's how to get started:**

1. Go to [www.cancer.org/GreatAmericans](http://www.cancer.org/GreatAmericans)
2. Click the **GET ACTIVE** button
3. Click **Get Started**.
4. Click **Create An Account**
5. Choose Your Challenge (Individual or Team)
6. Choose Your Dates
7. Complete the pre-challenge survey
8. Begin logging your points



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

**Hope.Progress.Answers.®**