



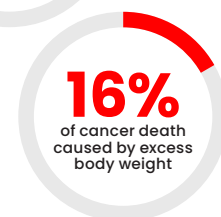
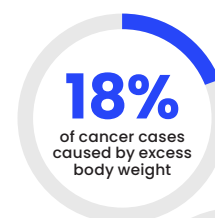
Living an active healthy lifestyle, and encouraging employees to do the same, can lead to a longer, healthier life.

Cancer impacts us all, including the people you work with every day. Approximately 1 in 2 men and 1 in 3 women will develop cancer in their lifetime. How many of them do you work with every day?

Your company, and the wellness initiatives you offer your employees, can make a tangible impact. Every cancer. Every life.

When your workforce is healthy and active, they can help reduce their risk of several types of cancer. About 18% of cancer cases and 16% of cancer deaths can be attributed to a combination of excess body weight, physical inactivity, unhealthy diet, and alcohol intake.

By encouraging employees to participate in workplace wellness programs, promoting healthy food choices, and discouraging risky behaviors like tobacco use, your company's health will benefit, too. When workers are eating right and getting enough exercise, they will likely miss less work due to illness. They will also have higher productivity and, typically, greater workplace satisfaction, which leads to improved talent retention rates. Helping to ensure your workforce is happy and healthy can translate to increased profits and accelerated growth.



A healthy eating pattern paired with recommended amounts of exercise can help reduce cancer risk and control weight.



In the United States, the percentage of adults who have excess body weight or obesity has soared over the past several decades. Studies show that with increased weight comes an increased risk of developing 13 types of cancers including postmenopausal breast, colon, endometrial, liver, kidney, and pancreatic cancer.

Regular exercise can help reduce the risk of several cancer types, in addition to many other health benefits, including helping to maintain a healthy weight.



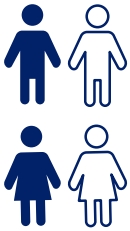
There are many health benefits to getting your body moving through exercise. Evidence also shows extended leisure-time sitting, no matter how much exercise you get otherwise, can have a negative impact on health, including cancer risk, obesity, type 2 diabetes, and heart disease.

The American Cancer Society recommends limiting the amount of time spent sitting, especially in front of a screen. For many office workers, this can be a challenge – but with the right support from their employers, it is possible to build healthy habits.

We are helping to uncover the repercussions of lifestyle factors on cancer outcomes.

As the largest nonprofit funder of cancer research in the US outside of the federal government, the American Cancer Society has invested more than \$3.1 billion in cancer research since 1991.

Our comprehensive research initiatives seek to not only develop new and more effective treatments for cancer, but also explore the connections between cancer incidence rates and factors like activity level, lifestyle factors, gender, age, racial and ethnic background, access to care, and more.



1 in 2 men and 1 in 3 women will develop cancer during their lifetime.

Women who lose weight after age 50 and keep it off have a lower risk of breast cancer than women whose weight stays the same.



More than 2 out of 3 women in the US have excess body weight or obesity.

Adults should aim for 150–300 minutes of moderate-intensity exercise or 75–150 minutes of vigorous-intensity exercise weekly, or a combination of the two.



Excess body weight is associated with a higher risk of **13 types of cancer**.

While the connection between overall physical health & wellness and cancer is becoming clearer, we are still exploring exactly how far this connection may go.

ACS Cancer Prevention Study–3 (CPS–3):

Our CPS-3 studies are researching a racially/ethnically diverse US cohort of 300,000 participants who were cancer free when they enrolled. Over time, participants are routinely surveyed about their lifestyle choices, including exercise and eating habits. Survey questions even seek to explore the effectiveness of different modes of physical activity, including HIIT (High Intensity Interval Training) and other types of exercise. Surveys are ongoing.

HEALED (Health and Energy through Active Living Every Day) After Cancer Intervention Study:

This year-long behavioral intervention engages CPS-3 participants, aiming to increase physical activity and reduce sedentary behaviors among cancer survivors using a web-based support tool.

Foundational Sleep Research Study:

Working in collaboration with Sleep Number, a wellness technology company, the American Cancer Society is conducting multi-year foundational sleep research to analyze the impacts of quality sleep on cancer incidence rates and outcomes.

ACS Accelerometry Sub-Study of CPS3:

Using activity monitors, this sub-study seeks to understand how physical activity and sitting time affect health. Currently, 20,000 participants are being selected from CPS-3 participants.



How can your organization help?

Take small steps to create lifelong impacts.

No matter where you are starting, even small steps represent progress toward improved workplace wellness. If you aren't sure where to begin, work with your HR team to develop a workplace wellness taskforce designed to recommend employee-driven wellness initiatives.



Create incentivized programs that encourage walking or other exercise.



Offer office employees the option to select a standing desk.



Ensure your facility is a tobacco-free space.



Provide water instead of sugary drinks in break rooms and other common areas.



Partner with a gym, yoga studio, or other fitness facility to offer employees discounted or free membership.

Use your brand to make change possible.

Cancer impacts all of us, including your team members. Partnering with the American Cancer Society is one way your organization can show its dedication to addressing the issues impacting your employees.

As the only organization that integrates advocacy, research, and direct patient support to address the cancer burden, the American Cancer Society is the partner of choice to help your organization address health issues that employees care about.

Our team of experts build uniquely customized partnerships crafted to meet your organization's business and philanthropic objectives. Through a collaborative approach, we effectively identify and deliver programs for your customers, employees, suppliers, and communities.

Your partnership can lead to a healthier workforce.

To learn more about our partnership opportunities, visit cancer.org/becomeapartner.