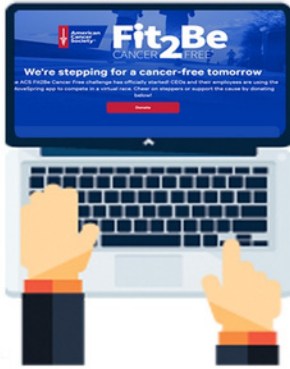


HOW IT WORKS

Choose the challenge you want to sign up for: CEO Challenge and/or Three Week Employee Challenge. Both Challenges begin on April 18, 2024.



- 1 Sign up and pay your registration fee at cancer.org/fit2be



- 2 Invite employees to cheer on CEO leadership and/or join the three week employee challenge



- 3 Begin fundraising and get ready to move starting on April 18, 2024

WHAT'S THE COST?

- CEO Challenge Entry Fee: \$2750
- 3 Week Employee Challenge Entry Fee: \$2750 + \$5,000 minimum fundraising

*Discount for both at \$4250



2024 Fitness Challenges

Staying fit can help reduce your cancer risk. To help you stay healthy, American Cancer Society is hosting a national step tracking challenge. Join CEOs and executives around the country as they step up at work, inspiring thousands of colleagues to get active in the fight against cancer.

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DID YOU KNOW?

Walking is associated with lower mortality and better longevity*, mental health, and cognitive functioning, as well as lower risk of some types of cancer.

So get moving!

**Alpa V. Patel, Senior Scientific Director, Epidemiology Research at American Cancer Society*

"Walking in Relation to Mortality in a Large Prospective Cohort of Older U.S. Adults" was named its 2018 Article of the Year by the American Journal of Preventive Medicine (AJPM).