



Health  
Benefits  
Employee Services

# Active for Life Lab Challenge

- A fun way to get moving!
- Health, Benefits and Employee Services (HBE) celebrates May Fitness Month by launching the Active for Life Lab Challenge 2010, sponsored by the American Cancer Society (ACS)
- Sandia National Labs will compete against other labs in this fun, ten-week program to encourage people to be more active, eat healthier and adopt a healthier lifestyle

Health Services  
Disease Management and Preventive Health Programs  
505-844-HBES (4237)  
[hbe.sandia.gov](http://hbe.sandia.gov)



Health  
Benefits  
Employee Services

Login: sandianm

American Cancer Society® **FightCancer.org**  
No matter where you are, we can help!

Welcome to FightCancer.org, an online resource for health and wellness, presented with help from the American Cancer Society. Learn how you can reduce your risk for cancer, boost your energy, and simply feel better everyday. And if you're in charge of employee wellness at your company, be sure to check out the Workplace Programs section for helpful information and resources.

To begin, simply enter your company's login below and click "go."

LOGIN:    Remember Me

Copyright 2010 © American Cancer Society, Inc. All rights reserved.

Health Services  
Disease Management and Preventive Health Programs  
505-844-HBES (4237)  
hbe.sandia.gov



Health  
Benefits  
Employee Services

# Click on Active for Life

Click on the  
Active for  
Life link



Home | Site Map | Logout

American Cancer Society® **FightCancer.org**  
No matter where you are, we can help!

Search  GO

ASSESS YOUR HEALTH GET FIT BE SUN SMART KICK THE HABIT NEWSLETTER WORKPLACE PROGRAMS

Welcome to FightCancer.org, proudly brought to you by your company with help from the American Cancer Society!

**Active for LIFE** [Access my goals and progress](#)

Take the Great American Health Challenge! Joining the American Cancer Society's Great American Health challenge can help you get and stay on the road to looking good, feeling great and reducing your cancer risk. Learn more at <http://www.cancer.org/greatamericans>

**Healthy Recipes**  
With these easy recipes, favorite foods like chili, pizza, and even cheesecake, can deliver great taste and fewer calories.

- [Creamy Chocolate Cheesecake](#)
- [Rice with Orzo and Mint](#)
- [Crispy Shrimp Sensations](#)

**Get Involved**

**HEALTHY TIP** Sharp cheese gives extra flavor so that less can be used. This helps trim the fat.

**ASSESS YOUR HEALTH**   
How healthy is your lifestyle? Check out these helpful tools and resources.  
• [Body Mass Index Calculator](#)  
• [Great American Health Check](#)  
• [Cancer Screening Guidelines](#)  
• [More Tools >](#)

**GET FIT**   
A healthy diet and regular exercise can lower your risk of cancer, diabetes, heart disease, and stroke. Get fit - eat right, be active, and maintain a healthy weight.  
[Read More >](#)

**BE SUN SMART**   
A sunburn or tan will fade, but damage to deeper layers of skin remains and can eventually cause

**KICK THE HABIT**   
Smoking increases your risk of lung and other cancers. Quitting can add years to your life, so kick the habit,

Health Services  
Disease Management and Preventive Health Programs  
505-844-HBES (4237)  
[hbe.sandia.gov](http://hbe.sandia.gov)



Health  
Benefits  
Employee Services

# Active for Life Lab Challenge

## ACS Active for Life Point system:

- **1 Life Point** for each minute of moderate to vigorous physical activity, above usual activities  
ACS recommends that adults be active for at least 30 minutes/day, 5 or more days/week (45-60 minutes of intentional physical activity are preferable)  
30 min X 5 days = 150 Life Points  
Participants should track only intentional activity in minimum 10 minutes increments
- **1 Bonus Point** for each serving of a fruit, vegetable and water

## HBE Bonus Points

- **Healthy Lifestyle Bonus Points** (HBE Weekly email, will be forwarded to team members by team captain)
- **Make it Stick** and **Go Above and Beyond** Bonus Points (HBE Weekly email, will be forwarded to team members by team captain)

Health Services  
Disease Management and Preventive Health Programs  
505-844-HBES (4237)  
[hbe.sandia.gov](http://hbe.sandia.gov)



Health  
Benefits  
Employee Services

## Questions?

- Call Heather Morgan 505-844-4143 or email [hmorgan@sandia.gov](mailto:hmorgan@sandia.gov)
- Call Kayleen Vahle 505-284-3746 or email [kvahle@sandia.gov](mailto:kvahle@sandia.gov)

**Let's get moving!**

Health Services  
Disease Management and Preventive Health Programs  
505-844-HBES (4237)  
[hbe.sandia.gov](http://hbe.sandia.gov)