

Turnkey Programs

ACE Fit Fitness Exercise Programs

<http://www.acefitness.org/acefit/fitness-fact/3/exercise-programs/>

American Cancer Society Active for Life program

This 10-week program encourages employees to be more active on a regular basis by setting individual goals and forming teams for motivation and support.

<http://www.activeforlife.org>

American Heart Association Wellness in the Workplace

http://www.startwalkingnow.org/start_workplace.jsp

CDC Healthy Workforce

Lowering costs, improving safety, health and productivity

No matter the size of your business, promoting safe and healthy practices can increase profitability and productivity. Learn how the Centers for Disease Control and Prevention (CDC) helps you improve organizational safety, health and productivity; attract and retain a high-performing workforce; and minimize healthcare costs.

<http://www.cdcfoundation.org/businesspulse/healthy-workforce-infographic>

CDC Total Workforce Health: Let's Get Started

<http://www.cdc.gov/niosh/twh/letsgetstarted.html>

CDC Healthier Worksite Initiative Toolkits

General Workforce Health Promotion

Nutritious Eating

Physical Activity

Preventive Health Screenings

Healthy Choices

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/index.htm>

Other CDC Preventative Health Screenings Toolkits

<http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/screenings.htm>

Get Up & Go Physical Activity Challenge

https://www.uhctools.com/t4w_getup_go2

President's Council on Fitness, Sports and Nutrition
<http://www.fitness.gov/be-active/useful-resources/>

Walker Tracker
<http://walkertracker.com>

WELCOA In-Tune Incentives Campaign (Stress)
<https://www.welcoa.org/resource-category/incentive-campaigns/>

WorkWell NC Turnkey Programs (Eat Smart, Move More)
<http://www.eatsmartmovemorenc.com/Worksites/Turnkeys/Turnkeys.html>