Workplace Wellness Tips:

ACE Fitness Facts

Get the facts on popular health and fitness topics in a concise, one-page format. Our ACE Fit Facts contain valuable information on a wide range of subjects, from nutrition to exercising outdoors, strength training, exercising with diabetes, weight management, workplace wellness and more. Educate your co-workers or members at your health club with trusted, unbiased facts.

http://www.acefitness.org/acefit/fitness-facts/

ACS Healthy Living

Healthy Living is a monthly electronic newsletter produced by the American Cancer Society that teaches the importance of making healthy lifestyle choices.

http://www.acsworkplacesolutions.com/healthyliving.asp

ACSM Current Comment Fact Sheets

ACSM offers a wealth of credible health and fitness information to individuals with an interest in sports medicine and exercise science. Our Current Comment fact sheet series offers expert perspectives -- often that of ACSM members -- on trendy or controversial topics in the field.

http://www.acsm.org/access-public-information/brochures-fact-sheets/fact-sheets

Go4Life Tip Sheets

Looking for information about exercise and physical activity? Find it in one of our **Go4Life** tip sheets. These tip sheets are filled with information about the benefits of exercise, how to stay motivated, staying safe while exercising, and nutrition tips.

Help your clients, family, and friends **Go4Life!** Our tip sheets are available to print, download, or share via social media.

http://go4life.nia.nih.gov/tip-sheets

Health Benefits Group Monthly WellNotes

http://www.hbgaz.com/blog/

The Heart Truth Campaign Materials and Tips

Make a difference in women's lives by spreading *The Heart Truth®* in your community. The program materials are easy to use in a wide variety of settings, whether you represent a health care facility, business, non-profit organization, government agency, or community group. In fact, anyone who wants to make a difference in women's lives can help spread *The Heart Truth*.

http://www.nhlbi.nih.gov/health/educational/hearttruth/materials/#tipsheets

Let's Move

http://www.letsmove.gov/action

Move For Life!

101 low cost ideas for worksite wellness

http://www.adph.org/strategicalliance/assets/WorksiteWellnessWBResourcesC.pdf

Weight-control Information Network Tips

http://win.niddk.nih.gov/publications/index.htm#flyer

WELCOAz Blog

http://www.welcoaz.org/category/healthblog/