



## THE NUTRITION AND PHYSICAL ACTIVITY POLICY PLANNER

CREATE A CULTURE OF WELLNESS, IMPROVE HEALTH, AND HELP REDUCE RISK OF CANCER FOR EMPLOYEES, USING THIS UNIQUE TOOL TO ASSESS AND ADDRESS WORKSITE POLICIES.

### BENEFITS:

- ▶ UNDERSTAND HOW YOUR CURRENT NUTRITION AND PHYSICAL ACTIVITY POLICIES, BENEFITS, AND PROGRAMS COMPARE TO BEST PRACTICES.
- ▶ LEARN STEPS YOU CAN TAKE TO CREATE NEW, OR IMPROVE EXISTING, NUTRITION AND PHYSICAL ACTIVITY-RELATED POLICIES, BENEFITS, AND PROGRAMS.
- ▶ USE YOUR RESOURCES EFFICIENTLY BY IMPLEMENTING EVIDENCE-BASED RECOMMENDATIONS THAT SUPPORT YOUR CULTURE OF WELLNESS.

### HOW DOES THE ONLINE TOOL WORK?

The Nutrition and Physical Activity Policy Planner online tool is easy and convenient. Simply follow these steps:

- Register at [acsworkplacesolutions.com/nupa-planner.asp](http://acsworkplacesolutions.com/nupa-planner.asp).
- Complete the Nutrition and Physical Activity Inventory (approximately 30 minutes to complete).
- Receive your company's detailed, customized report to learn what actions are recommended, and what resources are available, specific to your company's needs.
- Access the supporting tools and resources for improving your employees' health and worksite environment: templates, case studies, links to additional resources, and more.

### WHAT CAN YOU EXPECT?

After completing the inventory assessing your current policies, programs, and benefits, an action-oriented report will guide you through implementing and evaluating evidence-based practices. We also provide a resource library to support your nutrition and physical activity efforts.

Since the Nutrition and Physical Activity Planner is exclusively online, you can register, complete the survey, and generate the report at your own pace. If you have questions along the way, you can reach us using the Contact Us feature on the website.



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