American Cancer Society

THE GREAT AMERICAN HEALTH CHALLENGE

Health Check | Get Active | Eat Right | Smokeout

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.

check | move | nourish | quit

Check

The Great American Health Check

Find out which cancer screenings are right for you based on your age, gender and family history, and discuss these with your doctor. Screening can prevent cancer or detect cancer at its earliest, most treatable stage.

Get Started

Reduce your risk of cancer– one bite at a time.

Buy our new cookbook

Learn more about how you can make healthier choices and reduce your cancer risk with the American Cancer Society Great American Eat Right Challenge this August.

Kicking Butts
Buy the book *Kicking Butts*, your guide to quitting tobacco.

Relay For Life
Get Active! Participate in the American Cancer Society's Relay For Life.

Smokeout Desktop Helpers
Download our Countdown Clock or our Craving Stopper right to your desktop for help planning your quit day or fighting the cravings.

Health Messaging Assistant
Sign up and manage your subscription to weekly email messages with information to help you reduce your risk for cancer.