

Community Benefits

The Y works to strengthen the community. We nurture the potential of children and help people of all ages be healthy, confident, connected and secure. So when you join the Y, you create meaningful change, not just for you, but for the entire community.

Why No Discounts

The Corporate Wellness Program is not a discount program. Others may offer discounted memberships, but as a non-profit charitable organization, pricing for YMCA memberships is based on fair and reasonable costs for quality programs and facilities. Our subsidy dollars are spent on those truly in need, which is consistent with the Y's mission. Therefore, our philosophy is to offer a value-added program instead of a discounted membership.

How to Be Involved

To participate in this, your business must do one of two things

- 1) Commit to at least \$10 per month toward an employee's YMCA membership or
- 2) Offer a health insurance plan that gives a fitness program membership benefit that the Y is involved with.

* The Y will waive the joining fee for all corporate members.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BUILDING A HEALTHY WORKFORCE

**YMCA OF THE PRAIRIE
Corporate Membership Program**



YMCA MEMBERSHIP IS GOOD FOR BUSINESS



Companies with health promotion can see a return of \$3-\$6 for every \$1 invested over a 2 to 5-year period. Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems.

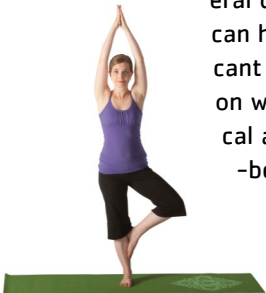
— American Journal of Preventative Medicine.

Reduced Health Care Costs

The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and high blood pressure. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

Increased Productivity

Workers who exercise regularly tend to have more energy and be more productive while at work. As little as 30 minutes of physical activity several days a week can have a significant positive impact on workers' physical and mental well-being.



Helping Your Employees Live Better

Through a YMCA OF THE PRAIRIE membership, your workforce has access to the following resources:

- Wellness Center with top-quality cardio and weight machines.
- Forty group exercise classes offered each week.
- Indoor Swimming Pool
- Child Watch so parents with young children can exercise
- Cardio Arcade to encourage people of all ages to have fun while exercising
- Gymnasium with six basketball hoops
- Walking/Running Track
- Youth and Adult Programs
- Free drop-in classes for kids and adults (Leap & Learn, Yoga, Group Exercise)
- Reduced rate on programs
- FREE orientation to wellness activities at the Y
- Opportunities for volunteerism and community involvement

Corporate Benefits

1. **Corporate Wellness Week** — Our corporate members benefit from a free trial week of membership for all employees. This sample week may just be the encouragement that your employees need to take the first step toward living healthier.
2. **Exercise Challenges** — Employees will be encouraged to participate in YMCA exercise challenges as individuals or as a group. We organize an annual Hold It For the Holidays Challenge. Let us do the organization and you just encourage your employees to participate.
3. **Communication**
The Y will send you tips or other information for your internal employee newsletter as requested as well as deliver or e-mail flyers to your place of business highlighting more ways to stay active at the Y.
4. **Usage Tracking (Optional)**

5. Payroll Deduction

For businesses involved in our Corporate Wellness program, the Y will offer payroll deduction. The business will need to designate a business contact person to monitor this process monthly.

6. Worksite Wellness Assessment

The YMCA has a worksite wellness assessment available to our corporate partners to help you determine the health of your worksite.

7. Weight-loss Programs

People trying to lose weight have a better chance at success if they have a supportive environment. Encourage your employees to participate as small groups in YMCA weight-loss programs, such as Lighten Up the Prairie.

