

A partnership with the YMCA can help your company become healthier and more successful.

## BE A PART OF A COMMUNITY

OF PEOPLE WHO CARE ABOUT THE HEALTH AND WELL-BEING OF OTHERS. WHERE PEOPLE ARE ACCEPTED FOR WHAT THEY ARE AND CHALLENGED TO BECOME SOMETHING BETTER. WHERE MOMS AND DADS CAN GET IN SHAPE. WHERE KIDS CAN MAKE NEW FRIENDS AND GAIN NEW SKILLS. WHERE YOU CAN NURTURE YOUR SPIRIT, MIND AND BODY IN WAYS YOU NEVER IMAGINED.

## 12 GREAT REASONS TO JOIN THE Y:

1. Free Group Exercise Classes
2. Free Orientation Program
3. Unlimited use of cardio equipment, free weights, strength training machines, racquetball courts, walking/running track and gymnasium.
4. Infrared Sauna
5. Fun Zone Child Watch
6. FREE Screenings & Seminars by St. Mary Medical Center
7. 24-hour Facility Access\*
8. Nationwide access to YMCAs across the country
9. Reduced rates on most programs

\*24-hour access available to those 18+ with separate agreement and one-time fee.

# YOUR EMPLOYEE WELLNESS CONNECTION



## TOGETHER, WE CAN...

- Work to promote health and wellness in the workplace.
- Make positive changes for a healthy environment.
- Motivate employees to adopt and keep a healthy lifestyle.

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BUILDING A HEALTHY WORKFORCE

### Workplace Wellness



**PORTAGE TOWNSHIP YMCA**

## DID YOU KNOW?

For every 100 of your employees,

-  **60** are overweight and sedentary.
-  **59** do not get adequate exercise.
-  **50** have high cholesterol.
-  **27** have cardiovascular disease.
-  **24** have high blood pressure.
-  **21** smoke.

Source: U.S. Department of Health & Human Services

# WHY EMPLOYEE WORKPLACE WELLNESS IS VITAL

Employees are a company's most valuable asset. A growing body of evidence suggests that investing in the well-being of your workforce will yield powerful results.



## Better Health

leads to better work performance and a sense of well-being

## Positive Attitudes

improve company-wide morale

## Healthy Workforce

reduces overall healthcare costs

## Wellness

means lower turnover rates and absenteeism

## People with balanced spirit, mind and body

handle stress and tension better

# BUILT FOR YOU!



Following a FREE workplace wellness assessment our expert Y staff will customize a plan suited to meet the health and wellness needs of your employees.

Examples of our programs and services include:



### YMCA PROGRAMS:

- Wellness for Life Coaching
- Group Classes (exercise, yoga...)
- Personal Training
- Disease Prevention and Management
- CPR, AED, Oxygen, and First Aid Certification
- Personal Finance Management



### YMCA SERVICES:

- Workplace Wellness Assessments
- Ergonomic Assessments
- Lunch n' Learn Series
- Health Fairs
- Employee Participation Incentive Plans
- Corporate Sport Challenge and Team Building
- Fitness Center Management

# YMCA'S CORPORATE MEMBERSHIP



Take the first step toward a healthier workplace when you offer a YMCA corporate membership as part of your employee benefit package.



### COMPANY ADVANTAGES:

- Assistance promoting Y corporate membership program
- Minimal time commitment
- Easy to implement
- Payroll Deduction Partnership
- Flexibility to tie into an overall wellness plan or operate independently



### EMPLOYEE ADVANTAGES OF JOINING AS A CORPORATE MEMBER:

- FREE week pass during open enrollment month
- Joiner fee is waived
- Membership fees are waived during the open enrollment month
- Reduced membership rates
- Convenient payment option