

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

JH SPECIALTY

“ JH Specialty is proud to have the opportunity to extend YMCA memberships to our employees. Our **PEOPLE ARE OUR BIGGEST ASSET**, and we believe in helping them add physical fitness to their routine.”

– John Henry, CEO

FORT WAYNE METALS

“ Our corporate membership with the YMCA gives our employees a venue in which to **STAY FIT** and participate in **FUN ACTIVITIES** such as the Corporate Challenge – not to mention the **EASE OF PAYROLL DEDUCTION**. ”

– Julianne Eley

ALLSTAR COMMUNICATIONS

“ Partnering with the Y's corporate wellness plan allows Allstar to **POSITIVELY INFLUENCE** the lives of our employees. It **SHOWS THAT WE CARE** about them as more than just an employee.”

– Jay Kimes

For a complete list of our current corporate members, visit fwymca.org.

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.



Contact:

YMCA of Greater Fort Wayne
347 West Berry Street, Suite 500
Fort Wayne, IN 46802
260.918.2148
HereForYou@fwymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE

Workplace Wellness



YMCA OF GREATER FORT WAYNE

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
- \$75 enrollment fee is waived
- Membership fees are waived during the open enrollment month
- Reduced membership rates
- Convenient payment option