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.

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**BUILDING A HEALTHY WORKFORCE**

**Workplace Wellness**

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:**

WENDY SPITZNAGEL

YMCA of Greater Fort Wayne

347 West Berry Street, Suite 500

Fort Wayne, IN 46802

260.918.2148

Wendy_Spitznagel@fwymca.org

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**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

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

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.