

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](http://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:

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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