

# Benefits to . . .

## the employer

- Your employees who join the Y will be more mentally alert, miss less work, and have a better self-image and sense of well-being than those individuals who do not participate in physical activities.
- Your employees will also feel better about you, as their employer, for making the Health Partners Membership program available.

## the employee

- Convenient location
- Access to all health and fitness programs and services offered by the Y
- Opportunity to start, and stick with, an exercise program with the personal assistance of well-trained, dedicated Y staff
- Convenience of on-site child watch
- Overall family health and well-being

### **YMCA Mission:**

The YMCA is dedicated to building strong kids, strong families, and strong communities through programs that develop values of caring, honesty, respect, and responsibility. The YMCA serves all people, regardless of age, religion, sex, or financial means and is committed to helping all people develop a healthy mind, body, and spirit.

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# HEALTHY PARTNER MEMBERSHIP



Business today is  
tougher than  
ever...your  
workforce should  
be as well!

As a leader in your company, you know that a healthy, happy and productive workforce is key to your success. Through Healthy Partner Memberships at the YMCA, employees can get fit, stay fit and save money—all while helping your company improve its fiscal fitness.

For employees to join the YMCA, the company chooses an open enrollment day (s). YMCA staff will come to your workplace at a time that fits your schedule to enroll employees as members and complete the application process. Thereafter, the company's contact person will be equipped with information and materials to enroll employees.

There are even two plans for employees to choose from.

## Two plans to choose from ...

### Plan A

For companies choosing "payroll deduction" as the method of payment, employees receive a 10% discount on their monthly adult/family membership rate. The joiner's fee will also be waived! Again, there is no cost to the company. Some companies choose to subsidize a portion of the membership dues to demonstrate their investment in their employees' improved health. A minimum of 10 employees must be enrolled at all times. In addition, local companies will receive the lower resident rate as a community partner.

### Plan B

Companies who enroll 10 or more employees, and who keep 10 or more employees enrolled as YMCA members, can offer \$50 off towards the joiner's fee. Employees can then have their monthly fee automatically bank drafted from their personal checking accounts or through monthly credit card withdrawal. In addition, your employees will receive the lower resident rate as a community partner.

### Why should my company participate?

Health and lifestyle profile: the typical company

- 80% under-exercise
- 60% sit all day to do work
- 30% are overweight
- 35-45% experience job burnout due to high stress
- 30% have cardiovascular disease
- 30% smoke
- 30% are prone to lower back pain
- 15-25% have hypertension/ high blood pressure

These statistics show risk for chronic diseases, heart disease and cancer that lead to an increase in medical claims, sick days, absenteeism, turnover and training costs, and an overall decrease in productivity.

Don't be like the typical workplace! Participating in YMCA Health Partner Membership can help reduce your employees' risk for these conditions.

(Sources: Merritt Athletic Clubs, Inc., American Heart Association, Centers for Disease Control and Prevention, National Center for Health Statistics, and Stay Well Health Management Systems.)

## Facilities & Services

- Adult Changing Lounge
- Adult Sports
- Aerobic/Fitness Classes
- Exercise Programs
- Child Watch
- Double Gymnasium
- Family Changing Room
- Family Social Center
- Free Weights
- Indoor Running/Walking Track
- Indoor Competitive Pool
- Infant Programs
- Multipurpose Rooms
- Outdoor Camp
- Saunas & Steam Room
- Summer Day Camp
- Swim Lessons
- Teen Programs
- Theater
- Toddler Programs
- Volunteer Opportunities
- Warm Water Therapy Pool
- Whirlpool
- Youth Programs
- Youth Sports
- 4 Sites to Choose From!