

WELLNESS PROGRAM BENEFITS:

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Increased workplace productivity and employee well-being – employees who exercise regularly, as little as 30 minutes of physical activity several times a week, tend to be more positive, have more energy and are more productive while at work.

Containment of health care costs – positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent costly medical conditions such as diabetes, obesity, cardiovascular disease and asthma.

Decreased absenteeism – Encouraging healthy, active lifestyles among employees helps to prevent costly medical conditions and can reduce absenteeism, as well as the drain it causes on company morale and resources.

Improved recruitment and retention – many employees view a health program as an added perk that makes them feel valued by their employer. These programs help to attract and retain the best talent and, thereby, help to decrease the time, energy and money needed to recruit, hire and train new workers.

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For more information or to take advantage of the wonderful program we offer to employees, please contact:

SUMMIT YMCA

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www.theSAY.org

www.facebook.com/summitarea.ymca

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The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY EMPLOYEES PRODUCTIVE COMPANY

**CORPORATE MEMBERSHIP
WELLNESS PARTNERSHIP PROGRAM**



TAKING CONTROL OF YOUR COMPANY'S HEALTH

At the **Summit Area YMCA**, we are committed to helping people grow in spirit, mind and body. We're more than a swim and gym. We're a cause and a community that gives members a supportive environment that motivates individuals to take control of their health and well-being. We offer a wide array of programs, services and volunteer opportunities to help them stay healthy and connected.

Through the **YMCA Corporate Membership program** we'll partner together to improve the well-being of your employees and your company - by inspiring wellness and productivity, a valuable corporate outcome.

A review of 36 peer-reviewed studies of wellness programs in large firms found that average employer medical costs fell \$3.27 for every dollar spent on wellness programs, and costs for days that employees were absent fell an average of \$2.73. Similarly, a 2005 meta-analysis of 56 published studies of health promotion programs at organizations of all sizes resulted in an overall reduction of about 25 percent in sick leave, health plan costs, and workers compensation and disability costs.

(Health Affairs, 2012)

HOW IT WORKS

Through the YMCA Corporate Membership Program, employers offer employees an attractive benefit that encourages health and wellness. Our Membership Team will work with each employer to develop a program that might include activities such as a fitness challenge designed specifically for your company organized and orchestrated by the Y, a Lunch & Learn series, walking routes mapped out for wellness at work, and Y representatives at your company's health and wellness events.

Employees will enjoy our state-of-the-art Wellness Centers and the numerous free classes and programs at our two locations. As Y members, your employees will be able to use all New Jersey YMCAs through our YMCA reciprocity program.

Additionally, employees will have priority registration for each program session throughout the year, which offers enrichment classes, swim lessons, sports leagues and clinics and more to children, teens, adults and seniors.

Our Membership Team will team up with a representative from your company to coordinate the employee memberships and, upon request, provide reports to track employees usage.

A WIN-WIN PARTNERSHIP

EMPLOYEE BENEFITS:



Y MEMBERSHIP

to motivate and inspire healthy living

ACCESS to YMCA facilities, including 2 pools and full-size basketball courts*, and state-of-the-art Wellness Centers.



*Facilities and membership dues vary by location.



FREE GROUP EXERCISE

classes including yoga, barre, aqua exercise, Zumba, indoor cycling.

Meaningful opportunities to **VOLUNTEER** their time, talent and treasure.



EMPLOYER CRITERIA:

- Maintain a minimum of 10 individual employees enrolled in the program
- Employers pay 15% off adult and family memberships each month in one payment. Auto pay may be used for membership payment.
- Designate a company representative as program liaison

YMCA PROVIDES:

- Reduced employee membership fees for company partners
- Wellness program materials for employee distribution
- Participation usage reports to company
- Y representatives for company health related events
- Corporate team-building opportunities
- Include employees in Y communications to keep them connected and motivated.

