

TOGETHER, WE CAN...

A Corporate Wellness Program is an investment in your company's most valuable resources—your employees. Through keeping staff engaged in healthier lifestyles, companies can foster an atmosphere with better overall employee work performance and productivity. People with an active lifestyle are better able to handle stress and tension. Putting a focus on wellness has lasting results.

Platinum Plan

- 10 or more employees on plan
- Joiner's Fee of \$60 waived
- Company provides a monthly subsidy of at least \$5/month per employee. YMCA provides 50% match, up to \$10 per month per employee
- Participation in annual Corporate Week (Immediate family members included)
- Scheduled Lunch & Learn yearly valued at \$150
- Discounted Personal Training, CPR/First Aid
- Customize your plan with optional add-on wellness tools/seminars

Bronze Plan

- Joiner's Fee of \$60 waived
- Company makes a yearly payment on their anniversary date to the YMCA:
 - \$500 Annual Fee < 250 employees
 - \$1,000 Annual Fee > 250 employees
- Participation in annual Corporate Week open house (Immediate family members included)

YOUR WELLNESS PARTNER

Find out how we can help deliver a healthier workforce for your company.

PLEASE CONTACT:

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Y LOCATIONS

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY EMPLOYEES GOOD BUSINESS



WOODSON YMCA
CORPORATE WELLNESS

HEALTHIER, HAPPIER EMPLOYEES



See how good wellness feels! Our mission is to help you and your team achieve a balance of spirit, mind and body by encouraging good health.

Benefits for Employee:

- Support to adopt and keep a healthy lifestyle with FREE equipment orientations and wellness coaching consultations in Fit Start program
- More affordable access to the YMCA facilities and programs
- Lap and open swimming, use of whirlpools, steam rooms and sauna
- Innovative cardio equipment and strength training equipment
- Use of indoor tracks and gym
- Easy enrollment and ongoing reward for healthy lifestyle choices through workplace savings

WHY PARTNER WITH THE Y?

Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

Group Exercise Classes

Over 60 class formats to choose from including Cardio, Strength, Water Exercise, SilverSneakers specialty classes and Yoga.

Mini Care

Free child watch service for up to two hours per visit, included with family membership

Member-priced Swim and Sports Lessons

Something for every ability level whether your child wants to learn something new or improve existing skills.



Lunch & Learns

A variety of wellness topics delivered at your workplace, once per calendar year to reach as many staff as possible, even for multiple shifts.

Personal Training & Fitness Coaching

Group or individual fitness training sessions with discounted corporate rate.

Safety Trainings

CPR/AED, First Aid with discounted corporate rate.

Attendance at Your Health Fair

A positive presence to highlight health and wellness topics.

WORK AND WEIGHT GAIN

55 percent of U.S. workers feel they are overweight, and 44 percent of workers say they've gained weight in their present job. 25 percent reported gaining more than 10 pounds.

Transportation: 49 percent
Health care: 48 percent
Financial services: 46 percent
Sales: 46 percent
Retail: 40 percent
Manufacturing: 39 percent
IT: 38 percent



Industry/job type by weight gain-
National CareerBuilder Harris Poll Survey- 2016

\$8.65 Billion a Year

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**Cost to employers of
obesity-related absenteeism,
loss of productivity**

TRANSFORM YOUR WORKFORCE! YMCA CORPORATE WELLNESS

Benefits for Employer:

- Reduced Absenteeism
- Improved Workplace Retention
- Reduced Healthcare Costs
- Usage Reports Available
- Valuable Recruitment Tool

BOTTOM LINE = Healthier, happier staff have positive morale, feel valued and are more loyal to YOUR company!