

YOUR WELLNESS PARTNER



Your company gets these wonderful benefits of Woodson YMCA corporate partnership for your employees:

- 127 years of expertise and service in health and wellness
- Access to monthly employee usage reports
- One free Corporate Week open house at Y for all staff
- Healthier employees with better morale, reduced absenteeism
- Togetherhood- The Y's volunteer community service work to satisfy employee engagement needs and improve morale through teambuilding



Staff Benefits:

- State-of-the-art cardio and strength equipment
- Land & Water Exercise classes for all levels
- Court sports, tracks and pools
- Free Mini Care drop-in care with Family Membership
- Equipment orientations
- Fit Start individualized exercise program with wellness coach
- Unlimited Yoga add-on
- Nationwide Membership to YMCAs in the U.S.
- Free youth membership for children enrolled in full time child care
- Shower and locker room facilities

Specialized Needs:

- Diabetes Management class sessions
- Exercise for Better Movement designed for those with MS, Parkinsons or other movement disorder
- LIVESTRONG at the YMCA for cancer survivors
- Personal training - Corporate rates provided

Learn more at www.woodsonymca.com



PLANS AND PRICING

Platinum Plan

- Must have 10 or more employees on plan **at all times**.
- If required employee number drops under 10, must pay a monthly holding fee of \$70/month.
- Joiner's Fee of \$60 waived.
- Company provides a monthly subsidy of at least \$5/month for each employee. In addition, the Y will provide a monthly subsidy of 50 percent of the company's subsidy, up to \$10 per month per employee. So if company pays \$5, the Y portion would be \$2.50 per employee each month.
- Participation in annual Corporate Week. One designated week for all of our corporate employees and their families to use the Y at no cost. Additional promotional items will be included in the week.
- Scheduled Lunch & Learn (one per year of your choice) valued at \$150
- Discounted Personal Training packages- 3 sessions for \$60 (New clients only)
- Discounted CPR/First Aid on-site training courses (save 20%)
- Customize your plan with optional add-on wellness tools/seminars

Bronze Plan

- Company makes a yearly payment on their anniversary date to the YMCA:
 - \$500 annual fee for companies that employ less than 250 employees.
 - \$1,000 annual fee for companies that employ 250 or more employees.
- Joiner's Fee of \$60 waived.
- Company is included in annual employee week (one designated week for employees of all current corporate members to use the Y at no cost. (Immediate family members included.)

Let us work with you to design a corporate wellness program that fits your business or organization. We're flexible and easy to work with. Give us a call today and see how we can partner to improve your staff's health and well-being.

Contact Carrie Hutton at
715-841-1819 for more details.



WELLNESS TOOLS

Corporate Lunch & Learns

Choose 1 Lunch & Learn on site per year as part of your plan. Additional sessions can be added onto plan to continue to motivate staff!

The Starting Point

We will cover the elements of beginner fitness and ways to incorporate activity into the day. Includes a Body Comp and BMI Assessment performed by certified fitness specialist. Participants will learn strategies for easy, effective ways to begin a healthier lifestyle.

30-40 minute seminar and Q & A.

- Proper clothing to wear during your workout
- Proper hydration during a workout
- Information on how many days a week a person should exercise and at what intensity
- Information on how much activity is needed on a daily basis
- Provide resources for employees to research in order to gain further knowledge on getting started on their new lifestyle changes

Value \$150

Choose Your Own- Group Fitness and Exercise Seminar

Participants will be offered a choice of cardio fitness and strength class suitable for the beginner on site, followed by a 20-minute presentation and Q & A on "Basic Steps to Exercise".

Class examples: Zumba, Strength & Conditioning, Yoga, CardioBox or a class more focused on gentle stretching.



- A customized fitness and wellness presentation on the basic steps to exercise and how to incorporate exercise into your daily routine.

- We will provide tools for employees to create a successful exercise plan in order to achieve better health and wellness.

Value \$150

Getting Fit in the Kitchen

Participants will learn how to improve their wellness through healthy eating. Learn how to make good food choices for weight loss and maintenance. Reach your goals with nutrition and fitness education led by a certified wellness professional.

30-40 minute seminar and Q & A.

Your employees will receive education on healthy eating. Topic options below:

- o Healthy meals on a budget
- o Defeating weight gain
- o Diabetes prevention
- o Diabetes management
- o Step away from the sugar
- o Fat: friend or foe
- o The impact of nutrition on disease prevention
- o You want me to eat when??
- o Eating with a plan



Value \$150

WHAT? I Can Workout at My Desk!

Presentation will include exercises and stretches that employees can perform in their work spaces. We touch on injury prevention and incorporating more active time into the work day to keep employees focused and to make them aware of proper body alignment. A complete packet of all exercises will be provided to the employee.

30-40 minute seminar and Q & A.

- Presentation will include exercises and stretches that employees can perform at their desk without causing any interruption in their work day
- We will demonstrate all exercises and employees will follow along. All exercises led by a fitness specialist or a certified personal trainer.
- A complete packet of all exercises will be provided to the employee.

Value \$150

BETTER LIVING BETTER WORKPLACE

Why Participate? It Pays.

**2 Words:
Employee Retention!**
Healthier, happier staff have
positive morale, feel valued
and more loyal to the employer.

One study reports that obesity alone has been estimated to cost employers almost \$2,500 per employee per year, including direct medical expenditures and absenteeism.

Source: "The costs of obesity among full-time employees." Finkelstein E, Fiebelkorn C, Wang G.



- The average employee misses 8.4 days annually due to illness or injury, totalling over \$63 billion nationwide.

- 59 percent of employees don't get adequate exercise, resulting in problems like high blood pressure, high cholesterol, obesity and heart disease.

Source: Health Affairs- 2010

If your company is like most:

- A quarter of your employees have high blood pressure or smoke
- Half have high blood cholesterol or are not physically active
- Two thirds are overweight, 23% of which are considered obese
- Nearly three fourths of health care costs are for preventable lifestyle diseases

Regular exercise 8 times or more per month reduces healthcare costs by 33% by the second year.

Source: Medica Insurance Study- 2007



A company gains an average of \$5.81 for every dollar invested in health management programs.

They reduce sick-leave absenteeism by an average of 26.8 percent. They reduce health care costs by 26 percent.

They reduce worker's compensation and disability management claims costs by 32 percent.

Source: Occupational Health & Safety