

YMCA OF PUEBLO

CORPORATE WELLNESS PROGRAM



HEALTHY Employees.
Business.



THE BEST CORPORATE INVESTMENT

Are you ready to make the best investment decision for your employees and your company?

Here's what studies show us:

- Exercise helps achieve higher mental concentration and alertness.
- Participants enjoy work more than non-participants. It's a morale booster and rapport builder among coworkers.
- Exercise improves reaction time, memory and decision-making ability.
- Participants are more productive, have more stamina AND are sick less often.
- Exercise induces sounder sleep, allowing for a better handle on stress.

 **11k+**

estimated healthcare costs paid per employee in 2012.

 **\$5.82**

Expected return for each dollar invested.

 **34%**

fewer workers comp claims from members of fitness programs.

YMCA OF PUEBLO

Finding the right program fit for you.

WHY THE Y?

*The YMCA is the nation's leading nonprofit organization, committed to **strengthening communities** through youth development, healthy living and social responsibility. The Y works alongside community partners to ensure **everyone in Pueblo County** has access to the resources they need to pursue a healthy lifestyle.*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The perks of belonging.

MEMBER BENEFITS



AMENITIES



Basketball Courts, Child Watch, Computer Lab, Driving Range,
Game Center, Locker Rooms, Main Activity Pools, Public Library,
Rock-Climbing Wall, Strength + Conditioning Area, Steam Rooms, Therapy Pool



REDUCED PROGRAM RATES



Before + After School Programs, Birthday Parties, Dance Lessons, Day Camp,
Martial Arts Programs, Personal Training, Rock Climbing Lessons,
Room Rentals, Summer Camp, Swimming Lessons, Toddler Programs,
Tween Programs, Youth Clubs, Youth Sports Leagues, Adult Sports Leagues



CORPORATE WELLNESS PROGRAM OVERVIEW

Becoming a Corporate Wellness Program participant creates a partnership between your organization and the YMCA of Pueblo. This program enables your employees to utilize everything the Y has to offer. They'll enjoy all the benefits of being a member while working towards a healthier spirit, mind and body.

The next two pages provide all the details on our partnership-- including how we at the Y will work to bring you the wellness program you deserve.

HOW WE'LL WORK TOGETHER.

PARTNERSHIP CHECKLIST

- ✓ YMCA of Pueblo will work directly with your company's representative(s) to promote health and wellness within the workplace.
- ✓ Your company will subsidize a portion of the employee's Y membership each month. The Y will match .50 cents on each \$1, up to \$10 each month, per employee.
- ✓ YMCA joining fee waived for employee [one-time offer].
- ✓ Employee is eligible to participate in the **Y Rewards Program**.
- ✓ YMCA will work with your company rep to design fun and healthy employee challenges + campaigns.
- ✓ Employees are eligible for an individual session of our **My Fit Plan**, including:
 - ➡ One-on-one conversations with a certified personal trainer to gather general fitness information.
 - ➡ Basic introduction of selected cardio equipment, including determination of target heart rate + perceived rate of exertion.
 - ➡ Printouts for stretches and core strength exercises.
- ✓ YMCA will provide your company with monthly utilization reports.
- ✓ Your company can opt for quarterly, complimentary, on-site group exercise classes--led by a certified group exercise instructor.

WORKERS COMP CLAIMS
PER 100 EMPLOYEES

\$51,021
[obese employee claims]

vs.

\$7,503
[normal weight employee claims]

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WORKING TOGETHER, CONTINUED...

- ✓ You may choose to coordinate with YMCA staff members for lunch + learn sessions at your work site. [Look right for a sneak peek.]
- ✓ Your company may choose one week to promote your organization at the Y.
- ✓ Non-member employees can "Try the Y" free during your company's promotion week.
- ✓ Member pricing on all YMCA programs + classes.
- ✓ 50% off the base entry fee for Corporate Cup.
- ✓ Reserve Camp Jackson space for your next team-building company retreat (lodging available).

LUNCH + LEARN TOPICS:

- X Active at Work
- X Environmental Wellness
- X Foundations of Nutrition
- X Meal Planning 101
- X Healthy Sleep Habits
- X Time Management
- X Procrastination/Initiative
- X Mindfulness
- X Best Local Activities for Health
- X Goal Setting for Professional + Personal Success

YMCA OF PUEBLO

**CAN'T
WAIT**

TO WORK TOGETHER.

THANKS! FOR ALL YOU DO TO
MAKE PUEBLO GREAT.