



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY EMPLOYEES ARE GOOD BUSINESS



OUR PROGRAM IMPROVES THE WELLNESS OF 85% OF PARTICIPANTS*

By helping your employees stay healthy; your company can improve overall productivity save money on health care costs and help employees stay healthier, so they miss fewer days of work due to illness. See how a YMCA corporate wellness program could work for your company.

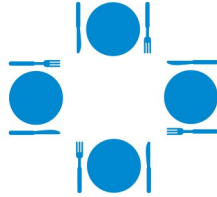
****Based on results from past YMCA group wellness programs***

THERE IS STRENGTH IN NUMBERS

IN THE TYPICAL AMERICAN WORKPLACE:



80%
Under-
Exercise



60%
Are over-
weight and
sedentary



50%
Have high
cholesterol



27%
Have cardi-
ovascular
disease



24%
Have high
blood
pressure

HEALTHY LIVING AT THE YMCA

The YMCA's corporate wellness program makes it easier than ever for your employees to be active, healthy and more productive.

Being healthy means more than simply being physical active. It's about getting healthy from the inside out. The Y is a place where you can

BENEFITS TO BUSINESSES

INCREASED WORKPLACE PRODUCTIVITY

Healthy and happy employees show up more, are sick less, and have lower stress levels. Exercise is also associated with improvements in attention, memory and focus.

POSSIBLE REDUCTION IN HEALTH CARE COSTS

The majority of health care expenses are attributed to preventable chronic diseases and conditions such as diabetes, obesity and heart disease. Through an active lifestyle and healthy diet choices the majority of cost associated with insuring employees could be reduced.

PERSONAL TRAINING AND WELLNESS COACHING

GROUP PERSONAL TRAINING

Combine the focus and expertise of working with a personal trainer and the fun of a group workout! Sessions can be conducted at the YMCA, or on-site at your facility.

OUR TRAINERS PROVIDE:

- Expertise and quality exercise sessions
- Emphasis on safe exercise technique
- Modifications for all ability levels
- Basic Wellness Coaching
- Fun, motivational coaching

EACH SESSION INCLUDES:

- Warm up, flexibility and cool down sessions
- Core strength
- Full body strength
- Cardio conditioning
- Occupational injury-prevention, specific to your work-site (office staff, drivers, production floor, etc.)



MEASURING IMPROVEMENTS IN HEALTH

INBODY

Set goals, see progress

Your scale only tells you how much you weigh– the InBody tells you how much of that weight is muscle, and how much is fat.

- Total Muscle Mass
- Total Body Fat Mass and %
- Accurate Total Body Weight
- Calorie needs for fat loss/muscle gain
- Hydration status
- Set goals and keep track of losses in fat and gains in muscle!



FUNCTIONAL MOVEMENT SCREEN:

Prevent job-related injuries



The FMS is a tool that screens basic movements to identify weak links. Employees who score low on the FMS are at increased risk for work-related injuries, costing employers an average of \$28,000 annually. Employees who correct these imbalances are less likely to sustain a work-related injury.

A 10-minute screening reveals:

- Where your body moves efficiently
- Where your body is at risk for injury
- How to reduce your risk of injury with individualized exercises





CUSTOMIZABLE FOR YOUR BUSINESS

PREMIUM PACKAGE: 90 Day Program

Per Participant:

- 3 InBody Measurements
- 1 Movement Screen and Correctives
- 1 Lifestyle Consultation with a Certified Trainer (per individual)

Per group:

- 1 group exercise session per week

Cost Per Participant:

Under 50 Participants: \$35

50-100 Participants: \$25

Over a \$100 Value!

PLATINUM PACKAGE: 120 Day Program

Per Participant:

- 4 InBody Measurements
- 2 Movement Screens and Correctives
- 2 Lifestyle Consultations with a Certified Trainer

Per group:

- 2 group exercise session per week

Cost Per Participant:

Under 50 Participants: \$99

Over 50 Participants: \$80

Over a \$275 Value!