





DID YOU KNOW?


In the Typical American Workplace:

 ⇒ **80%** DON'T EXERCISE ENOUGH

 ⇒ **60%** ARE OVERWEIGHT AND SEDENTARY.

 ⇒ **50%** HAVE HIGH CHOLESTEROL.

 ⇒ **27%** HAVE CARDIOVASCULAR DISEASE.

 ⇒ **24%** HAVE HIGH BLOOD PRESSURE.

 ⇒ **21%** SMOKE.

Source: U.S. Department of Health & Human Services



TOGETHER, WE CAN....

- Work to promote health and wellness in the workplace.
- Make positive changes for a healthy environment
- Motivate employees to adopt and keep a healthy lifestyle.

SHELBY COUNTY YMCA
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Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE WORKPLACE WELLNESS



SHELBY COUNTY YMCA

WHY EMPLOYEE WORKPLACE WELLNESS IS VITAL

Employees are a company's most valuable asset. A growing body of evidence suggests that investing in the well-being of your workforce will yield powerful results.

Better Health

Leads to better work performance and a sense of well-being

Positive Attitudes

Improve company-wide morale

Healthy Workforce

Reduces overall healthcare costs

Wellness

Means lower turnover rates and absenteeism

People with balanced spirit, mind and body

Handle stress and tension better

BUILT FOR YOU!



Following a FREE workplace wellness assessment our expert Y staff will customize a plan suited to fit the health and wellness needs of your employees.

Examples of our programs and services include:



YMCA PROGRAMS:

- Group Classes (exercise, yoga, etc.)
- Diabetes Prevention Program
- Blood Pressure Self-Monitoring Program
- Weight Loss Programs



YMCA SERVICES:

- Workplace Wellness Assessments
- Lunch n' Learn Classes
- Health Fairs
- Corporate Challenge
- Team Building
- Smoking Cessation
- Corporate Open House Week



YMCA'S CORPORATE PARTNERSHIP

Take the first step toward a healthier workplace when you offer a YMCA corporate membership as part of your employee benefit package.



COMPANY ADVANTAGES:

- Assistance promoting Y corporate partnership program
- Minimal time commitment
- Easy to implement
- Flexibility to tie into current wellness plan or run independently



EMPLOYEE ADVANTAGES OF JOINING AS A CORPORATE MEMBER:

- FREE Week pass during Corporate Open House Week
- Access to certain YMCA Programs at their workplace
- Better overall health, wellness, and attitude!

