





# 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.

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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



**Decatur County Family 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!

