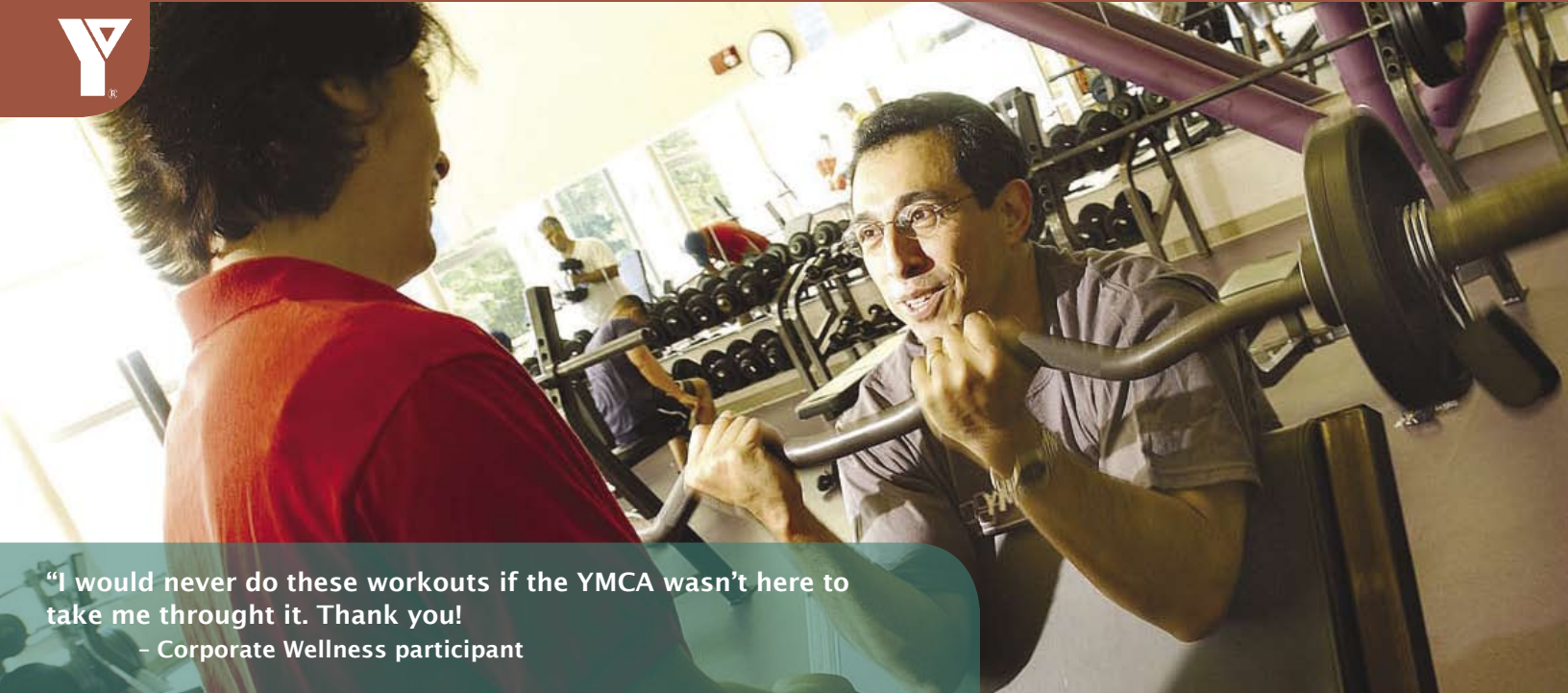


SPIRITMINDBODYYMCA



Corporate Wellness Opportunities

THE YMCA DIFFERENCE



“I would never do these workouts if the YMCA wasn't here to take me through it. Thank you!
- Corporate Wellness participant

Bigger Picture Vision and Mission

- ▶ The YMCA of Central Ohio has put over 4.5 million dollars towards the health of the community.
- ▶ The YMCA has over 150 years of leadership in health and wellness across the globe.
- ▶ The YMCA is an innovator in state-of-the-art health, wellness, and recreational programming; many activities, such as basketball and volleyball, were started or developed at a YMCA.

Local to Nationwide Facilities

- ▶ The YMCA of Central Ohio has 17 indoor and outdoor pools, 11 exercise facilities, rehabilitation services and countless community partnerships.
- ▶ Outdoor Adventure opportunities include high ropes course, zip line, climbing wall, equestrian facility, retreat and picnic grounds rentals and camp amenities.
- ▶ The YMCA AWAY (Always Welcome at Any Y) program, allows members to utilize YMCA facilities nationwide and around the world.

YMCA's People Engagement Model

- ▶ Engages *Spirit, Mind, & Body*
- ▶ Emphasizes meaningful, one-on-one connections with members and the whole community
- ▶ Motivates people to be healthy and to stay healthy

The YMCA in action...

Locally

Last year the YMCA put \$4.5 million into the community, benefiting over 44,000 Central Ohioans.

Nationally

There are 2,663 YMCAs in the United States. Our organization serves the health needs of millions of Americans from all income levels.

Globally

YMCA is at work in more than 120 countries with programs from health education to youth leadership to disaster response.

Our mission

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body.



Thirty to sixty percent of employer healthcare costs are preventable.¹

Health promotion can...

▶ Improve worker satisfaction

Active employees report higher job satisfaction than non-active employees.³

▶ Increase productivity

When compared to the average office worker, whose efficiency decreases 50% for the final two hours of the working day, exercise adherents work at full efficiency all day, amounting to a **12.5% increase in personal productivity.**²

▶ Reduce costs

Thirty to sixty percent of employer healthcare costs are preventable.¹

▶ Increase return-on-investment

Low estimates of wellness programs suggest ROI of 3:1. **That's 3 dollars returned for every dollar invested.** Some studies suggest that with health and productivity management you might see returns as high as 6:1 or even 15:1.¹

Health and wellness programs have been shown to:

- ▶ Improve job performance
- ▶ Boost morale
- ▶ Lower absenteeism and turnover
- ▶ Decrease disability days
- ▶ Reduce medical costs

¹ Published in 2007 by Wellness Council of America [WELCOA], in a WELCOA expert interview.

² As stated in a NASA research study, and referenced by the Public Health Agency of Canada.

³ Public Health Agency of Canada.

Services and payment packages are customized to meet your business needs.

CORPORATE PARTNERSHIP



“I feel great, and I’m starting to feel changes. This is a great class and really fun.”

– Corporate Wellness participant

Wellness Design and Planning

- ▶ The YMCA provides assistance in planning to support cost-saving strategies in fitness facility management, program design and wellness incentives.
- ▶ Provides support through the steps of assessment, planning, implementation and evaluation.

Fitness Facility Management

- ▶ The YMCA can manage your on-site fitness facility; providing group exercise classes, personal training, facility design, staff supervision, and more.

Program Implementation, Management and Reporting

- ▶ A full compliment of wellness programs can be designed and delivered to your employees, including exercise programs, competitions, incentives, healthy living seminars and nutrition programs.
- ▶ As programs are delivered to your employees, the YMCA will work with your wellness committee to design meaningful progress reports.

Employee Engagement

- ▶ No matter the level of fitness experience or skill, the YMCA can create a plan to positively engage your employees.
- ▶ We offer individualized wellness coaching, including health risk and fitness assessments, personal training, and customized fitness recommendations.
- ▶ The YMCA can collaborate with your benefits team and our community partners to support your employees’ wellness needs and interests.

YMCA Service Teams

- ▶ The **Account Management Team** works with you to define and to meet your goals.
- ▶ The **Y Membership Connections Team** partners with you and your employees (and their families) to ensure that they meet their goals, feel connected, and are successful.
- ▶ **Cross-functional Steering Committees** help you manage the needs of the organization, the employees, and their families.

ENGAGING STRONG FAMILIES



“This may be the first generation of children who are not going to live as long as their parents.”

– Dr. George Blackburn, Harvard Medical School

Opportunities for Every Family

Give your employees a gift of health by encouraging them and their families to eat healthy, exercise and spend time together every day.

The YMCA offers programs and services to support every family in their quest to adopt a healthy, active lifestyle.

Your retirees can also benefit from the YMCA's Active Older Adult programs.

Classes for Every Schedule

YMCA programs provide all families with accessible, fun ways to develop lasting health and wellness behaviors. Overwhelming responsibilities and hectic schedules faced by today's families should not be obstacles on the road to a healthy lifestyle. No matter how busy one's day is, there is likely a class, at a convenient time, at the YMCA.

What the YMCA can provide your employees and their families

Fitness/recreational

- ▶ *Y Kids Are Fit*
- ▶ Open swim & gym
- ▶ Parent/child programs
- ▶ Climbing walls
- ▶ Family activity centers
- ▶ *Active Older Adults* programs
- ▶ Corporate Challenge
- ▶ Adult and youth sports leagues

Social/recreational

- ▶ Family nights
- ▶ Summer day camps
- ▶ Resident camps
- ▶ Family camping weekends
- ▶ Youth and teen after school programs
- ▶ *Y-Tribes* (parent/child club)
- ▶ *Future of America* and *Teen Leaders* (middle school and teen leadership programs)
- ▶ Special events

Family support and resources

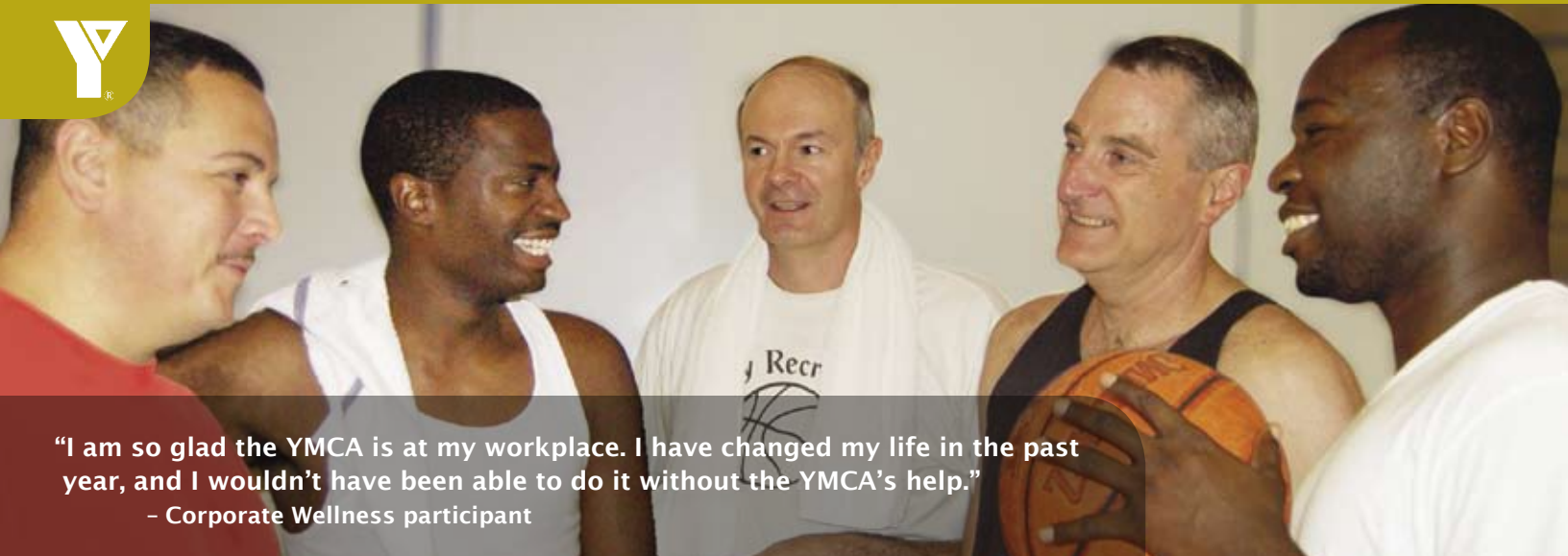
- ▶ Preschool child care
- ▶ Before & after school care
- ▶ *ECRN+* (special needs programs and support)
- ▶ Health screening
- ▶ Referrals to partner agencies

Volunteer opportunities

- ▶ Community service
- ▶ Sports team coaching
- ▶ Board positions
- ▶ Adult & Peer mentorship
- ▶ Consulting boards
- ▶ Facility and grounds beautification
- ▶ Office administration
- ▶ Special events



YMCA Activate America™ is a national initiative that is rallying YMCAs across the country to further enhance their service and support to kids, adults and families who want to live a healthy lifestyle, but struggle to do so. As a part of Activate America, the YMCA of Central Ohio is committed to efforts that promote healthy living and intensifying our collaboration with other corporate and community partners to magnify the benefits for central Ohioans.



“I am so glad the YMCA is at my workplace. I have changed my life in the past year, and I wouldn’t have been able to do it without the YMCA’s help.”

– Corporate Wellness participant

Options for Employees & their Families

Services and payment packages are customized to meet your business needs. Working together we can create a healthier workforce by first identifying your needs, interests and options, then providing:

- ▶ Consulting to help meet short and long term wellness goals
- ▶ On-site exercise classes
- ▶ Customized wellness seminars
- ▶ YMCA fitness facility management
- ▶ Health fairs, health risk screenings, fitness evaluations
- ▶ YMCA staff coaching, support and behavior change opportunities
- ▶ Access to YMCA experts in the fields of fitness, child care, sports and swimming
- ▶ Corporate team building and company events on-site or at the YMCA
- ▶ Access to YMCA network of community partnerships with 150 years of wellness services
- ▶ Leadership opportunities including volunteer options, boards, committees and fund-raising
- ▶ Family fun events held at YMCA branches or camps
- ▶ Employee engagement through incentives, challenges and health tips.
- ▶ Additional services upon request

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Easy Steps

to begin your Corporate Wellness Relationship with the YMCA:

- 1** Call your YMCA to discuss Corporate Wellness Opportunities.
- 2** Meet with YMCA staff to determine your workforce’s wellness needs.
- 3** The YMCA customizes a wellness package based on your needs.
- 4** Get moving!