



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORPORATE MEMBERSHIP AT THE Y!

BUILDING A HEALTHY WORKFORCE

- ✓ Increased Productivity
- ✓ Decreased Employee Absenteeism
- ✓ Employee Stress Relief
- ✓ Better Time Management
- ✓ Improved Memory Retention
- ✓ Reduced Health Care Costs

WHY OFFER A CORPORATE HEALTH PROGRAM?

Healthy, happy people are good employees. A well-rounded benefits package, one that includes a YMCA Membership, is attractive to current and potential employees. An estimated 25-30% of companies medical costs/year were spent on employees with excess, often preventable, health risk.

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DID YOU KNOW?

For every 100 of your employees:

60 are overweight and sedentary.

59 do not get adequate exercise.

50 have high cholesterol.

27 have cardiovascular disease.

24 have high blood pressure.

21 smoke.

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

THE MANY BENEFITS OF A YMCA MEMBERSHIP

- | | |
|----------------------------------|-----------------------------|
| Full Use of the Facility | Sauna/Steam Room |
| Group Exercise Classes | Kid Zone |
| Open Swim | Activity Center |
| Lap Swim | Program Discounts |
| Cardio Area | Priority Registration |
| Free Weights | Racquetball & Pickleball |
| Strength Equipment | Basketball Gym |
| Walking Track | Positive Family Environment |
| Giving & Volunteer Opportunities | Member Success Meeting |

CORPORATE MEMBERSHIP PLANS

The Kishwaukee Family YMCA offers an employee wellness program with two options. We hope that one of these options will be perfect for your company. Each level requires a minimum of only 10 new YMCA Memberships

Option 1

- ✓ 20% Reduction off monthly membership dues.
- ✓ 100% Waived joining fee
- ✓ Companies will payroll deduct each employee's membership dues Companies may also pay a portion of the employee's dues.
- ✓ The YMCA bills the company monthly in arrears for all employee's memberships.
- ✓ Employees must sign up for the YMCA through the company's HR department

Option 2

- ✓ 10% Reduction off monthly membership dues.
- ✓ 100% Waived joining fee
- ✓ Employees pay the YMCA directly through individual bank draft.
- ✓ Employees sign up at the YMCA.