



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WELLNESS AT WORK

KEENE FAMILY YMCA
Workplace Wellness

YOUR WORKPLACE WELLNESS PARTNER



TOGETHER, WE CAN...

- Work to promote health and wellness in your workplace.
- Motivate employees to adopt and maintain healthy lifestyles.
- Improve the health of our greater community.

Take the first step toward a healthier workplace when you offer a YMCA Membership or Wellness Program as part of your employee benefits package.

Participants in corporate wellness programs take less sick time than non-participants. They are more motivated, more productive, and incur lower health care expenses.

DID YOU KNOW?

For every 100 of your employees it is likely that,

- 69** are overweight or obese
- 79** do not get the daily recommended amount of exercise
- 32** have high cholesterol
- 25** have heart disease
- 33** have high blood pressure
- 17** Smoke

-Center for Disease Control

Full-time workers in the U.S. who are overweight or obese, and have other chronic health conditions, miss an estimated 450 million additional days of work each year compared with healthy workers -- resulting in an estimated cost of more than \$153 billion in lost productivity annually. – Gallup

WORKPLACE WELLNESS BUILT FOR YOUR BUSINESS

Workplace Membership Options

- Fully or partially subsidize YMCA memberships for your employees
- Purchase packages of 6 or 12-month memberships to distribute to employees
- Offer employee payroll deduction for YMCA membership fees
- Flexible options where employers don't pay for unused memberships.

With all our Workplace Wellness membership options we offer...

Free Reporting

We can provide you with reports on employee usage, which will allow you to track wellness success and issue wellness challenges and incentives.

Trial Memberships

We provide 2-week free trial memberships to your employees when your business commits to a membership plan.



On-Site Wellness Programs

- We'll come to you if you want. We offer exercise classes in 8-week sessions 1, 2, or 3, classes per week right at your facility.
- CPR and First Aid classes
- We offer a 12-week Health Intervention Program. Rates available for 1-9 employees and 10 or more. Program meets at the Y and includes a free facility membership for the programs duration.

Additional Services

- Personal Training
- Health Fairs
- Volunteer Opportunities
- Team Building
- Corporate Wellness/Sports Challenges

YMCA Facilities & Services

- 2 Pools- Lap Pool/ Teaching Pool
- Wellness Center- Cardio, Free Weights, & Weight Machines
- Indoor Track
- 3 Studios- 2 Group Exercise Studio & a Cycling Studio
- Racquetball & Squash Courts
- Basketball Gymnasium
- Gymnastics Center
- Adult & Family Locker Rooms
- Personal Training
- 70+ Group Exercise Classes per week
- Adult Wellness Programs
- Child Watch (Babysitting)
- Private Lessons

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Andrea Smart, Member Services Director
200 Summit Road, Keene NH 03431
603.283.5260 asmart@keene-ymca.org
WWW.KEENEYMCA.ORG