

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

YOUR EMPLOYEE WELLNESS CONNECTION

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.

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

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE

Workplace Wellness



DUNELAND 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.



BUILT FOR YOU!

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

Examples of our program and services include:

DUNELAND YMCA PROGRAMS:

- Wellness for Life Coaching
- Group Classes (exercise, yoga, etc.)
- Personal Training
- Disease Prevention and Management
- CPR, AED, Oxygen and First Aid Certification

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

COMPANY AVANTAGES:

- Assistance promoting Y corporate membership program
- Minimal time commitment
- Easy to implement
- Payroll Deduction Partnership
- Flexibility to tie into an overall wellness plan or operate independently

EMPLOYEE ADVANTAGES OF JOINING AS A CORPORATE MEMBER

- FREE week pass during open enrollment period
- Joiner fee is waived
- Membership fees are waived during the open enrollment month
- Reduced membership rates
- Convenient payment options