



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY, HAPPY WORKFORCE

CORPORATE MEMBERSHIP PROGRAM  
YMCA OF SOUTH COLLIER

The Y.™ For a better us.

# YMCA MEMBERSHIP IS GOOD FOR BUSINESS

Healthy, happy people are good employees. Working parents need quality, safe child care they feel good about. A well-rounded benefits package, one that includes a YMCA of South Collier membership, is attractive to current and potential employees.

An estimated 25-30% of companies' medical costs per year were spent on employees with excess, often preventable, health risks. **Other benefits that companies see include:**



## REDUCED HEALTH CARE COSTS:

The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and high blood pressure. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

## INCREASED PRODUCTIVITY AND MORALE:

Workers who exercise regularly tend to have more energy and be more productive while at work. As little as 30 minutes of physical activity several days a week can have a significant positive impact on workers' physical and mental well-being.

## DECREASED TURNOVER AND INCREASED RECRUITMENT POTENTIAL:

Many employees view health promotion programs as an added perk that makes them feel valued and appreciated by their employer. Employees who feel valued are less likely to seek employment elsewhere, decreasing turnover and the time and money needed to recruit, hire and train new workers. Similarly, a well-being program can serve as a valuable recruiting tool as you seek to attract the best possible talent to your organization.

## DECREASED ABSENTEEISM:

Employees suffering from a chronic health condition are more likely to miss work than healthy employees. Helping workers make positive lifestyle changes can reduce absenteeism and the drain it represents on company morale and resources.





**Companies with health promotion programs can see a return of \$3 – \$6 for every \$1 invested over a 2 – 5 year period.**

*- American Journal of Preventative Medicine*

### **BENEFITS THE LOCAL COMMUNITY**

The Y is the unparalleled cause for strengthening community. We nurture the potential of children and help people of all ages be healthy, confident, connected and secure. So when you join the Y, you create meaningful change not just for you, but for the whole community.

### **HELPING YOUR EMPLOYEES LIVE BETTER**

Through a YMCA of South Collier corporate membership partnership, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

#### **Member Benefits Includes:**

- State-of-the-art fitness center with cardio and free weights.
- Group and Water Exercise Classes, including Pilates, Zumba, BODYPUMP, Yoga, Spin and more!
- Child care for up to two hours in our Kids' Zone
- FREE Wellness Orientation
- Family-Focused Activities
- Savings on Programs
- A community of friends and support!

### **FAMILY FRIENDLY**

Child care, summer day camp, swim lessons, and youth sports leagues are just a few of the resources provided to Y families. Members enjoy reduced program rates that make it easy to get the whole family engaged.

### **GETTING STARTED**

Membership at the Y means your employees will get the support they need to achieve their health goals. Benefits coordinators or designated Human Resources representatives are encouraged to contact the YMCA of South Collier to set-up a corporate membership partnership for your company.

#### **Here's the breakdown of our corporate membership rates:**

# EMPLOYEES	DISCOUNT	JOINER'S FEE
1-10	No Discount	\$0
11-25	5%	\$0
26+	10%	\$0

### **QUESTIONS?**

To begin your corporate membership partnership or for more information, email us at [membership@marcoy.org](mailto:membership@marcoy.org).

# GET INVOLVED

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## JOIN US TO STRENGTHEN OUR COMMUNITY

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### GIVE TO HELP ALL THRIVE

Visit [www.marcoymca.org/ymca-donate](http://www.marcoymca.org/ymca-donate) to support our mission.

### VOLUNTEER TO STRENGTHEN YOUR COMMUNITY

Email [membership@marcoy.org](mailto:membership@marcoy.org) to learn more about volunteering opportunities.

### FOLLOW US

Check **Facebook**, **Twitter** and **Instagram** for the latest updates on everything happening at the YMCA of South Collier.



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