



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORTING HEALTHY OUTCOMES

NOBLE COUNTY FAMILY YMCA CORPORATE WELLNESS PROGRAM

noblecoymca.org

HEALTHY LIVING AT THE Y

The Noble County Family YMCA's Corporate Wellness Program makes it easier than ever for your employees to be active, healthy and more productive.

ABOUT THE Y

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body.

The Y is a place where you can work toward that balance by challenging yourself to reach new fitness goals, learning a new hobby or skill, fostering connections with friends through our lifelong learning programs, or bringing your loved ones closer together through our family-centered activities.

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.



* U.S. Department of Health and Human Services
 ** National Wellness Association
 † preventdisease.com, 2/19/2007
 ‡ The Art of Health Promotion, 2003: 6(6): 1-16
 †† Journal of Occupational and Environmental Medicine

CORPORATE WELLNESS PROGRAMS

- ★ **Healthy Beginnings Partnership**
 - Two-week membership for employees to try the Y
 - 50% off the joiner fee

- ★★ **Healthy Steps Partnership**
 - Two-week membership for employees to try the Y
 - 50% off joiner fee
 - 10% off the monthly membership dues
 - Program requires participation of at least 10 employees and payment via payroll deduction.
 - Company will allow the Y onsite at their location once a year to promote memberships, programs, and services.

- ★★★ **Healthy Returns Partnership**
 - Two-week membership for employees to try the Y
 - \$0 joiner fee
 - 15% off the monthly membership dues
 - Program requires employer contribution of at least 15% toward employee's monthly membership dues.
 - Participation of at least 10 employees is required.
 - Company will allow the Y onsite at their location once a year to promote memberships, programs, and services.



“Wellness programs can save employers as much as \$7 for every \$1 spent, according to a new study by the Massachusetts Business Roundtable”

~ Boston Globe
 March 3, 2013

