



# HEALTHY WORKFORCE, HAPPY EMPLOYEES

**CORPORATE WELLNESS  
SAN ANGELO YMCA**





# WORKPLACE WELLNESS IS GOOD FOR BUSINESS



## Reduced Health Care Costs

The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases 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 worker's 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.



# THE Y. SO MUCH MORE THAN A GYM

Through a San Angelo YMCA corporate membership, your company will become a part of an organization that is more than a fitness club. It's about belonging to a community that is committed to bringing the best to everyone, for a better us.

## GETTING STARTED

Workplace Wellness at the YMCA is built around you. Fully customizable. That is the secret of our Workplace Wellness programs. You know your employees best and you know the health challenges that are specific to your environment. We will work with you to design a program that fits your goals, your employees' needs and your budget!

Your first step is contacting Angel Flores, at 325-655-9106 or [aflores@ymcasanangelo.org](mailto:aflores@ymcasanangelo.org)

- **Minimum of 5 employees required**
- **Discounts offered based upon # of enrolled employees**
- **Employer subsidy available**
- **Additional workplace incentives available**
- **NO CONTRACTS**

## FREE

- Unlimited FREE group exercise classes with more than 35 offered weekly, including Insanity, cycling and classes in the pool.
- Fitness assessment and consultation
- Babysitting while you workout
- Member appreciation events
- Open swim, lap swimming and water exercise classes
- Open gym basketball and pickle ball

## DISCOUNTS

- Swim lessons
- Youth sports
- Child care programs

## FACILITY FEATURES

- 2 gyms (1) full sized court, (1) 1/2 court)
- Men's & Women's locker rooms
- Family changing room's
- 6 lane pool, sauna, steam room and whirlpool
- Cardio center, free weights and circuit training equipment



# HELPING YOUR EMPLOYEES LIVE BETTER

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



## BE PART OF SOMETHING BIGGER

As a part of the SAYMCA family, your employees become a part of a community focused on bringing the best to everyone. Your employees can use their awesome talents in various ways:

- Assist as a program volunteer
- Coach a youth sport
- Volunteer at special events throughout the year

## ONE PLACE FOR ALL

The SAYMCA has a special offer for your employees:

- No joiners fee if the employee joins during the open enrollment period
- Reduced monthly membership fees
- Need-based scholarship options available
- No contracts or cancellation fees
- Opportunities for on-site fitness classes
- \*FREE babysitting while you work out

## WE SUPPLY THE BENEFITS

- FREE "Try the Y" week for your company (Flyers are available to distribute)
- Representation at the company health fairs
- On-site membership enrollment
- FREE day passes
- Electronic advertisements for company newsletters or websites
- Additional workplace incentives available

\*Child watch is available for all family type memberships



## **It's time to talk about Workplace Wellness!**

Contact Angel Flores at  
aflores@ymcasanangelo.org or 325-655-9106 for more information.



### **SAN ANGELO YMCA**

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