

A partnership with the YMCA can help your company become healthier and more successful.

KTH PARTS INDUSTRIES, INC.

“Overall associate wellness is critical to the success of KTH, and the Champaign Family YMCA is a great corporate wellness partner. Our associates have the opportunity to enjoy the many benefits of the Y, including health and fitness activities, daycare services, and family-centered events. And membership is made even easier through automatic payroll deduction.”

– Andrew Donahoe

CT COMMUNICATIONS

“Partnering with the Y's corporate wellness plan allows CT Communications to encourage a healthy lifestyle for our employees. Our employees are our biggest asset and we want them to know we care about them beyond employment. The Y is simply an extension of the benefits we offer to our employees in order to stay active and participate in extracurricular activities.”

– Brett Spriggs

For a complete list of our current corporate members, visit champaignfamilyymca.org.

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.



Contact:

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE

Workplace Wellness



CHAMPAIGN FAMILY YMCA

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

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.



Better Health

leads to better work performance and a sense of well-being

Positive Attitudes

improve company-wide morale

Healthy Workforce

reduces overall healthcare costs

Wellness

means lower turnover rates and absenteeism

People with balanced spirit, mind and body

handle stress and tension better

BUILT FOR YOU!



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

Examples of our programs and services include:



YMCA PROGRAMS:

- Group Classes (exercise, yoga, cycling, and many others...)
- Personal Training
- Disease Prevention and Management
- CPR, AED, First Aid, and Lifeguard Certification



YMCA SERVICES:

- Workplace Wellness Assessments
- FREE Child Watch (babysitting)
- Social/Family Events
- Health Fair involvement
- Fitness Challenges
- Corporate Sport Challenges and Team Building
- BCI/FBI Background checks
- Membership Discounts on Youth Programming and Special Events

YMCA'S CORPORATE MEMBERSHIP



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



COMPANY ADVANTAGES:

- 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 to "Try the Y" before committing
- Waived \$60 joining fee!
- Convenient payroll deduction option
- Become a valuable part of the Y's Cause in strengthening community through volunteerism