

INVEST IN GOOD HEALTH



TWIN PIKE FAMILY YMCA CORPORATE MEMBERSHIP

Reduced Health Care Costs

The majority of US health care expenses can be attributed to 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 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.

Employees with Active Memberships	Discount	Join Fee Discount
5-9	10%	50%
10-24	15%	50%
25+	20%	50%

Companies with health promotional programs can see a return of \$3—\$6 for every \$1 invested over a 2—5 year period. Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems.

—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 Twin Pike Family YMCA corporate membership, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

Member Benefits:

- Nationwide YMCA Access
- Free Fitness Classes such as Yoga, Body Pump®, Zumba®, deep water cardio and more!
- One time Complimentary Wellness Consultation
- Free Child watch with Household or SPF membership
- Wellness Center, Aerobics room and basketball court
- Indoor track
- Discounted program rates
- *NEW* Pickle ball Court

Additional Corporate Membership Benefits:

- Discounted Monthly Membership Rates
- 1/2 off Joining Fee

Membership at the Y means your employees will get the support they need to achieve their health goals. Benefit coordinators or Human Resources are encouraged to contact the Twin Pike Family YMCA Membership Director to develop a corporate membership program tailored to your business's unique membership needs.

Contact:

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Membership Director
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