



FOR HEALTHY LIVING

The YMCA supports healthy living for all in your community. Be well with us.

WELLNESS CENTERS

The YMCA operates outstanding wellness centers featuring state-of-the-art cardio & strength training equipment, engaging healthy living resources (pools, rock climbing walls, tennis courts, etc.), certified personal wellness training staff and dynamic studios featuring the area's best group exercise classes.

WELLNESS EDUCATION

The YMCA provides the necessary tools to educate individuals and groups on making healthier choices.

- Corporate and Individual Health Risk Assessments
- Individual Employee Wellness Plan Development
- Corporate Wellness Challenges/Competitions
- Educational Seminars, Programs and Workshops, such as
 - CPR & First Aid Certification
 - Diabetes Prevention Program
 - Healthy Living Seminars
 - Nutrition & Healthy Eating Workshops

WELLNESS EXPERIENCES

The YMCA offers a variety of motivating wellness experiences to meet individual and group preferences. For social, team-building wellness experiences: the YMCA offers corporate challenges, community events (i.e. Turkey Chase), athletic competitions (i.e. triathlon), sports instruction/leagues, group exercise classes and many other social events. For individual wellness, the YMCA offers personal training packages, private instruction (i.e. yoga, martial arts), massage therapy and more.

YOUR WORKPLACE WELLNESS PROGRAM CAN INCLUDE SUPPORTING YOUR EMPLOYEES HEALTHY LIVING EFFORTS BY PROVIDING:

- **Financial Support:** there are a number of different ways you can make a Healthy Lifestyle more accessible to your employees.
- **A Focus on Fitness:** bring wellness to your employees through sanctioning on-site and off-site Y wellness programs, services, activities and events. And, host your next meeting at the Y to add Rock Climbing, Culinary Classes, Tennis Clinics or other healthy activities to the meeting agenda!
- **Health Education:** educate your employees & their families through Health Risk Assessments and by hosting Wellness Education Workshops and Seminars
- **Friendly Competition:** engage employees & business partners in Corporate Health Challenges, Sports Events and more.

