

# BUILDING A HEALTHIER WORKFORCE

## CORPORATE WELLNESS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA OF GREATER  
WAUKESHA COUNTY**

Mukwonago • New Berlin • Southwest  
Tri County • Waukesha • West Suburban

# GOOD HEALTH IS GOOD BUSINESS

## WELLNESS BENEFITS

attract and retain staff

## POSITIVE ATTITUDES

improve company culture

## GREATER WELLNESS

leads to better work performance

## ACTIVE EMPLOYEES

handle stress and tension better

## IMPROVED WELL-BEING

reduces presenteeism

## BETTER HEALTH

decreases absenteeism

## HEALTHY PEOPLE

mean fewer medical claims

Health is multi-dimensional. Corporate Wellness programs at the Y extend far beyond physical activity to focus on initiatives that enhance overall health and well-being.

The Y is all about creating healthy lifestyles. We don't want to help your employees make temporary changes. We teach strategies for successful and sustainable health behaviors which result in real, lasting change.

## WE'RE SO MUCH MORE

When you choose to partner with the Y, you are choosing to support a non-profit, community organization that offers more health, more hope, and more opportunity to your employees and their families. To provide the highest level of quality, the Y works in collaboration with a variety of national and local health care, academic, and community partners.

As a community resource and leader in Corporate Wellness, our goal is to support local companies in creating a healthier work environment. By connecting with the Y, companies receive services that help support employees in their pursuit of health and well-being.

## MEMBERSHIP MATCH

Build a healthier workforce off the clock. Boost your benefits package and employee morale by becoming a YMCA Corporate Membership Partner. Invest in your employees and your business by providing your employees with savings on a membership to their local Y. Through our statewide membership match program, the Y will make an additional contribution to help make membership attainable for all.

- Company provides their employees a monthly membership subsidy at a minimum of \$5/month
- The Y matches 50% up to \$10/month
- The Y provides participating employers a complimentary one week trial membership to their local Y

## YMCA360

YMCA360 is an on-demand video platform that's included with every membership at no additional charge. The virtual healthy living network brings group exercise classes, youth sports skills, well-being programming, and more to your employees wherever they are. A growing library of classes and programs is accessible 24/7 on mobile devices, TV, and web. New content is being added weekly, so there's something for everyone!



## YMCA'S DIABETES PREVENTION PROGRAM

Diabetes is a costly physical health condition for employers in both direct (such as hospitalizations, medical and outpatient care) and indirect costs (such as absenteeism, lost productivity at work, and short-term disability).

As a leading voice dedicated to improving the nation's health, the Y has become increasingly focused on confronting preventable chronic disease such as type 2 diabetes. The YMCA's Diabetes Prevention Program is based on the landmark Diabetes Prevention Program led by the National Institutes of Health (NIH) and supported by the Centers for Disease Control and Prevention (CDC). The YMCA's Diabetes Prevention Program has shown that with lifestyle changes and modest weight reduction, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%. The year-long program strives to help participants achieve two primary goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

Offering the YMCA's Diabetes Prevention Program to employees as part of your wellness program helps employees take the important first step toward making the changes they need to prevent this chronic disease.

## BLOOD PRESSURE SELF-MONITORING

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension. Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education. Employees will work with trained Healthy Heart Ambassadors to reduce their blood pressure by identifying patterns and trends over time.



## YMCA'S WEIGHT LOSS PROGRAM

Designed to help employees seeking a healthier weight achieve their goals by making small changes to their daily behaviors and forming sustainable healthy habits. Employees joining the program should be ready to commit to daily food and physical activity tracking, as well as developing self-designed action plans. The 12-week program helps employees build skills for successful lifestyle changes, as opposed to advocating any specific or restrictive short-term solution. Topics covered during the program include balanced eating, physical activity, stress and sleep, positive psychology, goal setting, and sustainability.

## LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is an evidence-based physical activity and well-being program designed to help adult cancer survivors reclaim their health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind, and body. LIVESTRONG at the YMCA is offered at no cost to participants.

## PERSONAL TRAINING

Our certified personal trainers are dedicated to helping your employees achieve their specific physical activity and fitness goals. They'll design a personalized fitness program specifically for your employee and their fitness needs. Whatever their goal, our certified personal trainers will provide workout plans, coaching, and motivation to help them succeed.

## SMALL GROUP TRAINING

Small Group Training combines the energy and inspiration of group exercise with the individualized attention of personal training. Small group size (4-8 employees per group) ensures that our personal trainers can provide a customized workout. Whether employees are looking to lose weight, tone up, run a 5K or just feel better, small group training will help drive results.

## NUTRITION COACHING

Better nutrition means better health. Our registered dietitians will work with your employees to clear up misinformation and build healthy eating habits. They'll develop individualized solutions by taking a personal approach based on food preferences, lifestyle demands, and nutritional needs.

# LEARN MORE

## WELLNESS PRESENTATIONS

Our experts at the Y will educate your employees on a variety of topics through interactive, educational talks. Our topics cover all aspects of well-being including nutrition, stress, physical fitness, disease prevention, meal planning, and more. Have a particular topic in mind? Let us know, and if we don't already offer it, we'll work with you to make sure you get the information you're looking for.

## HEALTHY LIVING WORKSHOPS

These engaging sessions are full of hands-on learning. Focus areas include team building, mindfulness, gardening, and physical activity. Your employees will learn skills to improve well-being through active participation.



## COOKING DEMONSTRATIONS

Healthy meals can be quick, convenient, and fun. These interactive demonstrations show how to prepare simple meals that taste great and most importantly, are good for you and your family. Our food and nutrition experts will prepare a dish from start to finish, educating you on the foods' health benefits and giving easy preparation tips along the way. Employees will enjoy a sample of the prepared dishes and receive the recipes to take home. Bring the kitchen to your workplace or join us in our teaching kitchen at the New Berlin YMCA Wellness Center.

## NUTRITION WORKSHOPS

During this mini cooking demonstration, employees will learn nutrition tips and healthy hacks to incorporate into their daily routine. The hands-on workshop provides employees the opportunity to prepare their own tasty samples and leave with new ideas and recipes to use at home.

## BODY COMPOSITION TESTING

Weight alone is not a clear indication of good health. Utilizing the InBody, Y fitness staff will conduct a 2-minute, non-invasive analysis that will tell your employees what they're made of. They'll receive a printed report of their data including body fat, lean mass and water, basal metabolic rate, and more. This quick, convenient test is an easy way to track progress and understand changes in total body composition beyond the number on the scale.

## FITNESS ASSESSMENTS

Y fitness staff will assess muscular strength and endurance, cardiovascular endurance, and flexibility. Using fitness testing in conjunction with a wellness challenge or physical activity programming will allow your employees to measure and track their progress.

## GROUP EXERCISE

From boot camp to yoga, our team will help select a class that fits the interests and fitness levels of your employees. Remove the 'time' barrier and make exercise convenient for your employees through onsite group exercise classes. Short on space? We'll run a class just for your employees at the Y.

## WELLNESS CHALLENGES

Engage and motivate employees with fun challenges that will keep your employees working towards their goals. Wellness Challenges can emphasize one or multiple aspects of health including fitness, nutrition, stress, mindfulness, sleep, body composition changes, or any other aspect of well-being.



## OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## OUR IMPACT

We are a cornerstone for empowering individuals and families of all backgrounds and at all stages of life to learn, thrive, and improve our community.

The YMCA of Greater Waukesha County provides programs and services to engage communities throughout Milwaukee and Waukesha County. We are not only here to support our members, we're a non-profit organization that focuses on strengthening our community and providing opportunities for all.

To move our mission forward, we rely on our Annual Campaign, which is an effort to raise funds to ensure we can create impact in three areas: youth development, healthy living, and social responsibility. Through the support of our community, members, and friends, we are able to welcome everyone -- regardless of age, background, or health status -- and provide support and resources to those who need us most. We encourage you to learn more about the impact we're making in our community and see how you can become part of a greater cause.

Please contact our Financial Development Director to learn more about joining our mission for a healthier community.



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