



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**HEALTHIER EMPLOYEES,
HEALTHIER BUSINESS.**
Corporate Membership

Bloomsburg Area YMCA

THERE IS STRENGTH IN NUMBERS

IN THE TYPICAL AMERICAN WORKPLACE



60%

Are Overweight
& Sedentary



80%

Under-Exercise



50%

Have high
Cholesterol



27%

Have Cardiovascular
Disease



24%

Have High
Blood Pressure

5 BENEFITS OF EMPLOYEE HEALTH PROGRAMS

1 CONTAINMENT OF HEALTHCARE COSTS

The majority of U.S. health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and asthma. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

2 INCREASED WORKPLACE PRODUCTIVITY

Workers who exercise on a regular basis tend to have more energy and be more productive while at work. The average office worker's efficiency decreases 50% for the final two hours of the day, while regular exercisers work at full efficiency all day, amounting to a 12.5% increase in productivity.

3 INCREASED WORKPLACE MORALE

Active and healthy employees tend to have a more positive and energetic outlook that can keep morale high within an organization.

4 DECREASED EMPLOYEE TURNOVER

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, energy and money needed to recruit, hire and train new workers.

5 DECREASED ABSENTEEISM

When an employee misses work due to illness, other employees must pick up the slack. Employees suffering from a chronic health condition are likely to miss more work than healthy employees. Helping workers make positive lifestyle changes can reduce absenteeism and the strain it places on company morale and resources.

WE'RE MORE THAN A GYM. WE'RE A CAUSE.

By introducing your employees to the opportunities available from a Y membership, you're giving them much more than a place to work out. A healthy family has always been at the heart of the Y; we're proud to be a place where families can build stronger bonds, achieve greater work/life balance, and become more engaged with their community. The Y provides programs and opportunities in each of our three focus areas - youth development, healthy living and social responsibility.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

- Free child care while you work out for Members
- Youth Sports, Teen Strength and Conditioning
- Preschool & After school care
- Free Y family events and activities
- Gymnastics



HEALTHY LIVING

Improving the nation's health and well-being

- Diverse compilation of exercise classes
- Complimentary Fitness Orientation
- Personal Training
- Healthy Living Program
- Chronic Disease Programs



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

- Financial assistance for programs and membership
- Volunteer opportunities
- Lunch & Learns onsite or at the YMCA



WELLNESS WORTH SHARING

Corporate Employee Savings Bloomsburg Area YMCA

- 20% off membership
- Joiners Fee waived if member joins during special corporate Open House Week
- Payment options available
- YMCA can provide company usage reports



Bloomsburg Area YMCA Membership Benefits:

- Group exercise classes
- Adult Locker rooms with amenities
- Complimentary Fitness Orientation
- Complimentary Child Watch during exercise for Family Members
- Multiple Fitness Centers
- Youth Fitness Orientations
- Open Gym- Including Basketball & Pickleball
- Program Discounts
- FREE WiFi
- Variety of Youth Programs with Membership Discounts
- Membership Reciprocity at YMCA's across the country

Contact: Misti Steward
Membership Director
570-784-0188
msteward@bloomsburg.org