

BRINGING THE Y TO YOU

The best way for us to serve you is to understand your goals and company culture. From there, we will craft a more comprehensive wellness program that can include programs and services offered at the Y and on-site at your company's locations. We have a variety of programs, fitness classes and services to offer. The convenience is that we can bring it to you.

Worksite Wellness Services

- American Heart Association CPR/AED Trainings
- Blood Pressure Screenings
- Educational Workshops
- Fitness Assessments
- Group Fitness Classes
- Health Coaching
- Monthly Bulletin Boards
- Pre-work stretch program
- Weight Loss Management Program
- Wellness Challenges
- Wellness Fair Representation
- YMCA's Diabetes Prevention Program



WORKSITE WELLNESS IS VITAL

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

DID YOU KNOW?

For every 100 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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTSTANDING OUTCOMES

Worksite Wellness FOND DU LAC FAMILY YMCA



HEALTHY LIVING PROGRAMS

Balance is key to leading a healthy lifestyle. Wellness is the dynamic process of becoming aware of, taking responsibility for, and making choices that directly contribute to one's well-being. It is the integration of body, mind and spirit, and we are here to help.

HEALTHY LIVING EXERCISE PROGRAM

Wellness Coaches at the Fond du Lac Family YMCA will work one on one with members for 12 weeks to increase physical activity in a safe and engaging program. HLEP, a free program for Y members, incorporates coaching and accountability, cardio and resistance training, an exercise plan tailored to your level, and connections and referrals to additional Y services and classes.

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program is an evidence-based program that helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes, adopt and maintain healthy lifestyles. Participants gain health by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. This program has been proven to cut people's chances of developing diabetes by more than half.

LIVESTRONG® at the YMCA

A free 12-week small-group fitness program that engages adult cancer survivors through an approach that focuses on the whole person, including the physical and emotional well-being of the survivor and their families. Participants will work to build muscle, strength and endurance, increase flexibility, improve energy levels, restore balance and improve functionality.

INVEST IN YOUR EMPLOYEES

Invest in your company's most important resource, your employees. A partnership with the Y, a leader in strengthening community, will provide your company access to the services you need, with a staff of experts who are committed to improving the health and wellness of your workforce & our community.



WORKSITE WELLNESS PARTNERSHIP

Through a partnership with the Y, your employees will benefit from reduced membership rates, including a waived joiner fee. Employers receive reduced fees on worksite wellness services.

Y MEMBER BENEFITS

- Four state-of-the-art fitness studios, offering live, virtual and on-demand group fitness classes
- Child Watch drop-off babysitting service
- Free 12 week Healthy Living Exercise Program
- Two swimming pools, water slide, whirlpool and steam room
- Wellness Center offering LifeFitness cardio and strength training machines, free weights, and stretching area
- Two full-size gymnasiums and racquetball courts
- Discounted program fees and priority registration
- Nationwide Membership offering full facility access to all participating YMCA's in the nation.

EMPLOYER NEED TO KNOW

With rising health care costs and the push to do more with less, the health of employees is a pivotal piece contributing to better productivity.

21,000 people in Fond du Lac County are pre-diabetic



WORKSITE WELLNESS CONTACTS:

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