

THE BENEFITS OF CORPORATE WELLNESS

- **Corporations with Employee Health & Wellness Programs have 27% better attendance and 15% fewer workers' compensation costs.**

Benefits of Wellness Programs over a 15 year period:

- Average days of sick leave reduced by 22%
- Number of hospital admissions reduced by 62%
- Per capita health care costs reduced 28%
- Injury incidence reduced by 28%

AND EMPLOYEES BENEFIT TOO...

- Reducing the risk of coronary heart disease.
- Reducing the risk of developing diabetes, hypertension and colon cancer.
- Helping to control and maintain weight
- Enhancing mental healthy by reducing feelings of depression and anxiety
- Happier Healthy Lives!



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THE GATEWAY FAMILY YMCA

Serving: Avenel, Carteret, Clark, Colonia, Elizabeth, Hillside, Kenilworth, Linden, Port Reading, Rahway, Roselle, Roselle Park, Sewaren, Union, Vauxhall, Winfield Park, Woodbridge.

www.tgfymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVES HEALTHY OUTCOMES

Corporate Wellness Program
**THE GATEWAY FAMILY
YMCA**



tgfymca.org

SUPPORTING HEALTHY OUTCOMES

The Y and You!

The Y's Corporate Wellness Program will support your employees to be active, healthy and more productive.

Working together we can support your employees to maintain balance in spirit, mind and body. Living healthier benefits the individual, organization and community.

The Y will work with you to customize the opportunities that will meet the needs of your employees as well as positively impact your company's outcome.

Together we can strengthen the foundations of community for healthy living.



How to Get Started!

Our 3 Corporate Wellness Program Options:

Bronze Program

- 5 or more adult members join
- 10% off joiner's fee
- 10% off monthly membership fee

Silver Program

- 10 – 49 adult members join
- 20% off joiner's fee
- 20% off monthly membership fee

Gold Program

- 50 or more adults members join
- 50% off joiner's fee
- 1 month free plus 25% off monthly membership fees

Special Benefit:

Corporations that finance employee memberships will receive 3 complimentary memberships.

Member Benefits:

- Unlimited use of 4 branches
- Customize your Wellness Program
- Healthy Assessments and Orientations
- Employee Engagement with a YMCA Health Fair
- Trial Memberships—1 week to Try the Y!
- Child Watch available while you work out

Customize Your Experience!

One Size Does Not Fit All

At the Y we believe that the individual knows what will work best for them. Choose from our menu of options:

- Wellness at Work—specialized workshops and classes
- Corporate programs at the Y
- Incentive programs
- Corporate Challenge Programs
- Personal Wellness Coaches
- Healthy Nutrition Support
- So much more

