

# Lawrence County YMCA CORPORATE MEMBERSHIP PACKAGE PLANS

## TOGETHER, WE CAN...

- Work to promote health and wellness in the workplace
- Make positive changes for a healthy environment
- Motivate employees to adopt and keep a healthy lifestyle

## 50/50 CLUB

- 10 employee minimum
- Employer pays 50% of the membership fees and employee pays for the other 50% for the year
- Joining fee is waived for all employees
- Access to both the New Castle YMCA and Preston-Chambers Y-Zone branches
- Unlimited Group Ex programs daily
- Recently renovated swimming pool
- The latest fitness equipment and free weights
- Access to YMCA's nationwide who participate in reciprocity

## 100 CLUB

- 10 employee minimum
- Employer pays for 100% of the employees membership fees for a year
- Joining fee is waived for all employees
- Reduced membership fees/employee with a Y subsidy of 10%
- Access to both the New Castle YMCA and Preston-Chambers Y-Zone branches
- 1 Free personal training visit/employee
- Unlimited Group Ex programs daily
- Recently renovated swimming pool, latest fitness equipment, and access to the YMCA's nationwide reciprocity
- One planned company day hosted at the YMCA



# BUILDING A HEALTHY WORKFORCE

**A YMCA Membership is Good for Business**

\*YMCA corporate membership is a 12-month commitment that starts from the time that you sign up. If employee is interested in changing their Adult membership to a Family Membership, the employee must pay the difference in the fees. YMCA logos are proprietary marks of the National YMCA organization. Corporate Members must first get the approval of the Lawrence County YMCA Marketing Department to use the logo\*

Lawrence County YMCA

**New Castle YMCA**  
20 West Washington St.  
New Castle, PA 16101

**Preston-Chambers Y-Zone**  
428 Eleanor Drive  
New Castle, PA 16105



"Fitness of the BODY AND THE MIND are necessary to creating well rounded employees. When you are HEALTHY, PHYSICALLY AND MENTALLY, you are a more productive employee."

-Jessica Seminara Tomczyk  
Classi-Co Foods

"Because I was a Y kid, I know how much having the right environment encouraged me to take ownership of my health. We want that for our employees because THEY ARE FAMILY."

-Amy Fehrs  
Treloar & Heisel Inc



## NATIONWIDE HEALTH STATS

- Employees with high blood pressure cost employers \$760 more than others
- The average cost for every stroke or heart attack is about \$100K
- 80% of heart disease and stroke can be prevented
- 20% of all deaths of people 35+ and older are attributed to a lack of physical exercise

## CORPORATE BENEFITS

Many employees view health promotion programs as an added perk that makes them feel valued and appreciated by their employer.

**Employee health is good business.**

Your Return on \$1:



**Corporate Wellness Programs See:**

**28%** FEWER SICK DAYS

**26%** FEWER INJURIES

**62%** FEWER HOSPITAL VISITS

**30%** FEWER DISABILITY CLAIMS

### INCREASED PRODUCTIVITY & MORALE

Workers who exercise regularly tend to have more energy and be more productive while at work. As little as 30 minutes of physical activity several days a week can have a significant positive impact on workers' physical and mental well-being.

### DECREASED TURNOVER & INCREASED RECRUITMENT POTENTIAL

Employees who feel valued are less likely to seek employment elsewhere, decreasing turnover and the time and money needed to recruit, hire and train new workers. Similarly, a well-being program can serve as a valuable recruiting tool as you seek to attract the best possible talent to your organization.