



YOUR GUIDE TO A HEALTHIER WORKPLACE



**Good Health &
Wellness is Good
Business**

**Corporate Memberships
Williams YMCA of Avery County**

www.ymcaavery.org



PARTNERING FOR A BETTER US

Good health and wellness is good business. Research shows that effective wellness programs can boost employee engagement and productivity, while also having a significant impact on health risk factors, including high blood pressure, cardiovascular disease, obesity and high cholesterol.

Through a YMCA Corporate Membership, companies can provide their employees with comprehensive fitness assessments, health education and savings on memberships, all of which can improve employee morale, absenteeism and productivity. Health boosts business production. Our YMCA community provides the resources and encouragement your employees need to live healthier, more productive lives.

Employer Benefits

Healthy Workforce



Reduces healthcare costs and absenteeism

Positive Attitudes



Improves turnover rates and productivity

Balance of Spirit, Mind & Body



Leads to better work performance and sense of well-being

5 BENEFITS OF HEALTHY EMPLOYEES

IMPROVED MENTAL HEALTH FROM EMPLOYEES

- 1 Active and healthy employees tend to have a more positive and energetic outlook. Compared to people who reported doing no exercise, people who exercised reported 1.5 fewer days of poor mental health each month -- a reduction of 43.2%.

INCREASED WORKPLACE PRODUCTIVITY

- 2 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.

CONTAINMENT OF HEALTH CARE COSTS

- 3 It's a fact: healthy employees cost less than unhealthy employees. Recent studies show that employers who emphasize fitness can save an average of: \$1,100 a year for every employee who stops smoking, \$1,200 a year on employees who lower their cholesterol levels and \$177 a year for each worker who sheds enough pounds to move from obesity (more than 30 pounds overweight) to a healthy weight.

DECREASED ABSENTEEISM

- 4 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.

DECREASED EMPLOYEE TURNOVER

- 5 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.

Corporate Plan Options

1

FULLY SUBSIDIZED BY EMPLOYER PLAN

Employer contributes 100% of monthly membership dues at a reduced rate offered to the corporate partner

2

EMPLOYEE SELF-PAY

The employee is responsible for paying the reduced rate offered to the corporate partner.

Benefits Included

\$0 Joining Fee

No Cancellation Fees

Company Discount on Facility Rentals (15% Discount)

Company-Wide Wellness and Fitness Challenges

Complimentary Employee Wellness Assessments & Coaching Sessions

Facility Usage Reports Upon Requests

24 Hour Access to the Wellness Center

CORPORATE PARTNER MEMBERSHIP RATES

Monthly Rates

Membership Type	Normal Membership Rate	Corporate Rate + 24 Hour Access Included for Employee
Individual	\$57	\$51
Two-Person	\$74	\$65
Household	\$80	\$70

Annual Rates

Membership Type	Normal Membership Rate	Corporate Rate + 24 Hour Access Included for Employee
Individual	\$576	\$520
Two-Person	\$756	\$680
Household	\$816	\$705

Sponsorship Opportunities Available

Sponsorship Benefits

When you commit to sponsorship at the Williams YMCA of Avery County, you make a lasting impact on our community.

Event and Program Sponsorships ensure that our youth have access to programs that help them develop the skills and knowledge to excel in school and beyond, teach adults how to prevent and manage their chronic conditions, help older adults maintain their independence while aging in place, and give families an opportunity to connect and build memories that last a lifetime!

Your Rights and Benefits as an Event/Program Sponsor

A FEATURED Sponsor of any event or program:

- Will have the exclusive benefit of being a featured sponsor for your chosen event or program Has the first right of refusal each year to renew your sponsorship
- Is guaranteed that the sponsorship amount will not be raised in any subsequent year as long as the sponsor continuously sponsors a program

A LESSER Sponsors of any event or program:

- Is guaranteed that the sponsorship amount will not be raised in any subsequent year as long as the sponsor continuously sponsors a program

All sponsors may:

- Use the Williams YMCA of Avery County Logo in your advertising and promotion
- Request that their website be linked from the Williams YMCA of Avery County website post a sponsorship recognition plaque or poster provided by the YMCA at their business site.

Vision

To create a community where people have the opportunity to live healthy, all youth can be safe and reach their potential, and the elderly have the support they need to live independently

Mission

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

Member Benefited Programs & Services at our Y

NATIONWIDE ACCESS TO YMCA BRANCHES & FACILITIES ACROSS THE US

AQUATICS

Including year-round heated pool for swim lessons, lap lanes reservations & water fit

UNLIMITED GROUP EXERCISE CLASSES FOR ALL LEVELS

Including multiple levels of yoga, body attack/pump, spin classes, & Active plus more!

24 HOUR ACCESS TO THE WELLNESS CENTER

Including 4 free wellness coaching sessions, personal training plus other seasonal wellness challenges

BIRTHDAY PARTIES

Including bounce house rentals for the Blackburn facility and pool parties

ATHLETICS

Including Basketball, Volleyball, Pickleball, Batting Cages & Golf Simulators as well as youth soccer

EARLY CHILDHOOD DEVELOPMENT

Including drop-in childcare

COMMUNITY OUTREACH

Community hikes and community support

YOUTH PROGRAMS

Including Afterschool & Summer Camp

CHRONIC DISEASE MANAGEMENT PROGRAMS

Including Weight Loss Program, Parkinson's Disease Management & Diabetes Prevention plus more!

DON'T DELAY, START A PARTNERSHIP TODAY

Contact Erin Spear,
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Visit Us Online To
Learn More:
www.ymcaavery.org

