



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE

Corporate Membership Program
YMCA OF CALHOUN COUNTY



YMCA MEMBERSHIP IS GOOD FOR BUSINESS

REDUCED HEALTHCARE COSTS

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

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

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 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.

DECREASED ABSENTEEISM

Employees suffering from a chronic health condition are more likely to miss work than healthy employees. Helping workers make positive lifestyle changes can reduce absenteeism and the drain it represents on company morale and resources.

DID YOU KNOW?

Companies with health promotion programs can see a return of \$3-\$6 for every \$1 invested over a 2-5 year period. Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee healthy problems.

-American Journal of Preventative Medicine



BENEFITS THE LOCAL COMMUNITY

The Y is the unparalleled cause for strengthening community. We nurture the potential of children and help people of all ages be healthy, confident, connected and secure. So when you join the Y, you create meaningful change not just for you, but for the whole community.

HELPING YOUR EMPLOYEES LIVE BETTER

Through a YMCA of Calhoun County corporate membership, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

- Free, cutting-edge fitness classes
- Complimentary fitness orientation
- Swimming pool at Anniston branch
- Free Child Watch available
- Diabetes prevention program to help adults learn about healthy eating, physical activity, and blood-sugar management

FAMILY FRIENDLY

Child care, summer day camp, swim lessons, youth sports, and school's out fun days are just a few of the resources provided to Y families. Members enjoy special program rates that make it easy to get the whole family engaged.

GETTING STARTED

Membership at the Y means your employees will get the support they need to achieve their health goals. Benefits coordinators or designated Human Resources representatives are encouraged to contact YMCA of Calhoun County to develop a corporate membership program tailored to your business's unique corporate membership needs.

Employees of existing corporate partners should bring in proof of employment (recent pay stub, employee ID, or dated paperwork proving employment) to either the Anniston or Oxford YMCA location to join as part of a corporate group.



To get started, call 256.238.YMCA

Contact Angie Watkins, Membership & Marketing Coordinator

BE A PART OF SOMETHING BIGGER

The YMCA of Calhoun County can help your company set up an annual community service event or encourage your employees to share their talents with the community by volunteering in a variety of ways:

- Serve on our board of directors
- Assist as a program volunteer
- Coach a youth sport
- Lend a hand throughout the year with special events
- Contribute to our Annual Support Campaign

EVERYONE IS WELCOME

Corporate Membership is one of the best investments for personal and family well-being and fun. The YMCA of Calhoun County has a special offer for your employees.

- No joining fee
- No minimum employee participation requirements
- No contracts or cancellation fees
- Opportunities for on-site health screenings, fitness classes or seminars

PROMOTIONAL TOOLS & BENEFITS

- Free Try the Y week for your company
- Representation at company health fairs
- On-site membership enrollment option
- Free guest passes
- Electronic advertisements for company newsletters or websites
- Monthly usage reports upon request
- Payroll deduction options

VISIT US TO LEARN MORE YMCA OF CALHOUN COUNTY

Anniston Branch

29 West 14th Street
Anniston, AL 36201
256.238.YMCA

Oxford Branch

1710 Alabama Hwy 21 South
Oxford, AL 36203
256.832.YMCA

ymcocalhoun.org

