



the

# HEALTH & WELLNESS PROGRAMS

## YMCA SERVICES

### VALUE ADDED PROGRAMMING

Encouraging a renewed commitment to healthy living and well-being for your employees, your organization can impact the costs related to obesity, inactivity, and other health-related conditions. The Y partners with organizations and offers employees a variety of health and wellness programs which can lead to a healthier, happier, and productive workforce.

CORPORATE MEMBERSHIP		AT THE Y	AT YOUR SITE	COST
<b>Challenge Course</b>	A corporate team-building activity on a low ropes course, small or large groups.	X		
<b>Child Care</b>	Full-day child care, before and after school care, holiday break camps, out of school day care and summer day camp at the Y.	X		
<b>Corporate Challenges</b>	Engage employees with 5K races, dodge ball tournaments, pickleball games and fitness challenges.	X	X	
<b>Diabetes Prevention Program</b>	Based on National Institutes of Health research, this program teaches healthy eating and physical activity habits that have been proven to reduce the risk of developing type 2 diabetes.	X		
<b>Fitness Classes</b>	Over 400 group fitness classes available at the Y each week to enhance physical fitness.	X		
<b>Fitness Classes &amp; Wellness Seminars</b>	A lunchtime fitness class or an educational opportunity is a great way to break up the day. Topics range from nutrition, to stress, to physical activity.		X	
<b>LIVESTRONG® at the YMCA</b>	This program offers adult cancer survivors a safe, supportive environment with certified Y professionals to reclaim their health by exercising and building relationships with other survivors.	X		
<b>Massage Therapy</b>	Renew and restore energy with a message.	X	X	
<b>Personal Training</b>	A personalized program for individuals or groups taught by certified personal trainer. Goal setting, workout variations, accountability, and motivation, form and technique guidance.	X	X	
<b>Registered Dietitian Services</b>	The Y's food and nutrition experts translate the science of nutrition into practical, healthy solutions that promote positive lifestyle choices.	X	X	

### FOR MORE INFORMATION

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