



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY EMPLOYEES HEALTHY BOTTOM LINE



The health of your employees affects the health of your organization. A healthy workforce is in a company's best interest: it helps productivity, reduces health care costs and prevents absenteeism. According to the *Gladiator's Guide to Corporate Health and Wealth*, 55% of workers identified a workplace wellness program as an instrument in improving their overall well-being. It equates to \$250 million in savings in lower health care costs and a 50% reduction in high blood pressure among employees.

The Lancaster Family YMCA can help you improve the health and wellness of your employee's and their families through a corporate membership program and customized workplace wellness programs.

YMCA Corporate Membership Program

The Lancaster Family YMCA Corporate Membership Program is available to businesses at no cost. To be eligible for this program, the business must commit to having a minimum of 20 employees join the YMCA and maintain a YMCA membership.

The YMCA Corporate Membership Program offers the following benefits to employees and their families:

- 10% off standard YMCA monthly membership fees
- No YMCA membership join fee for your employees and their immediate family
- Complimentary participation in YMCA Group Exercise and Water Fitness classes
- Complimentary Child Watch (babysitting services) while using the YMCA facilities
- Free personal wellness consultations - SMART Start Program
- Priority program registration with reduced member rates for programs
- Nationwide Membership

YMCA Workplace Wellness Programs

The Lancaster Family YMCA can create customized workplace wellness programs to meet your organization's budget and employee needs. We also offer add-on services, customizable facility-usage reports and group or individual volunteer opportunities within our Y branches. ***Please see the reverse side for Workplace Wellness Program options.***

Everything we do at the YMCA strengthens our community and the people who live here.

The Lancaster Family YMCA nurtures the potential of children and teens, improves our community's health and wellness, and provides opportunities to give back and support neighbors. As a nonprofit, charitable organization, the Lancaster Family YMCA is committed to serving vulnerable populations in our community and ensuring that everyone can benefit from Y programs. We offer financial scholarships to help offset the costs of membership and programs for those in need.

QUESTIONS?

CONTACT: CORPORATE@LANCASTERYMCA.ORG

LANCASTER FAMILY YMCA
City Center YMCA / Lampeter-Strasburg YMCA / YMCA at New Holland
P 717 393 9622 www.lancasterymca.org

YMCA WORKPLACE WELLNESS: CUSTOMIZABLE PROGRAM OPTIONS

Option	Cost	Description/Examples
Blood Pressure/Body Composition Screening	\$60 per hour	On-site testing of blood pressure or body composition and feedback related to the findings.
Wellness Challenges	\$60 per challenge	The YMCA designs these paper-based challenges. A designated company monitor tracks participants and provides incentives for employees who participate. Possible subjects: hydration, sleep, nutrition, or fitness.
On-site Group Exercise Class	\$75 per class	Zumba, Yoga, Tai Chi, Chair Yoga, Boot Camp, Pilates and more can all be done with little to no equipment at your worksite. Classes are up to 1 hour.
Recess	\$75 per class	Customizable, fun and interactive fitness games designed to get your employees working together as a team. Recess is up to 1 hour.

Option	Cost	Description/Examples
Mindfulness Stress Reduction Classes	\$75 per hour	Mindfulness Stress Reduction classes can be offered as a one-time event or an ongoing series for your employees. The classes focus on developing the skills to be able to reduce emotional reactivity and restructure habitual thinking patterns to increase the ability to live in the present and manage stress.
Functional Movement Screens	\$75 per hour	Provided by Pivot Physical Therapy. Documents movement patterns that are key to normal function and readily identifies functional limitations and asymmetries. Identifies dangerous movement patterns and indicates readiness to perform activity.
Pre-Employment Post-Offer Screens	\$75 per hour	Provided by Pivot Physical Therapy. Provides employer with information that ensures all new employees have physical capacity to meet job demands.
Physical Activities Design	\$100 per design set	Design and mapping of healthy walking/jogging routes. Includes consultation and design for up to three different routes.
Lunch and Learn	\$100 per session	YMCA offerings: ergonomics, stretching, functional movement, core engagement through the day and nutritional aspects such as food labels, whole foods, sugar blues and calorie awareness and more. Mind/Body topics for stress reduction are also available. Sessions are up to 1 hour for a maximum of 30 people. Pivot Physical Therapy offerings: body mechanics, back pain, ACL and knee injury prevention, postural education and training, and more.
On-site Cooking Demo	\$20 per person	Our nutritionist will come to your workplace to focus on creating a quick, easy and healthy meal. Ideas include quick start breakfast, how to prep seasonal fruit, how to cut oddly shaped veggies, cooking 101 – knife skills, and more (8 person minimum).

Option	Cost	Description/Examples
On-site Diabetes Prevention Program	\$429 per person*	We can bring this evidenced-based program to your workplace. The program consists of 25, one-hour classes that take place over the course of a year. Participant goals include losing 5% of their body weight, exercising 150 minutes a week, and attending no less than 80% of the classes. (6 person minimum. 12 person maximum.)
On-site CPR/First Aid/AED Training	\$250 + \$35 per person for supplies	Heart Saver CPR/AED/First Aid Certification course takes 4 hours to complete (10 person maximum).
Design a Gym	\$250 per design space	Our Personal Trainers will work with you to identify a space, suggest fitness equipment, and create workout regimes to implement an in-office gym (equipment not included).
On-site Personal Training Consultation **	\$250 per 4-hour block	Employees bring current workout plan and/or questions to their personalized session for review OR verbal consultation on how to start a plan in a gym or at home. Consultations are scheduled in 4-hour blocks with 15 minutes for each individual appointment (total of 12 appointments).
On-site Nutrition Coaching Consultation **	\$250 per 4-hour block	Employees bring food log and/or questions to their personalized session. Nutritionist will provide individualized feedback and action steps for follow up. Consultations are scheduled in 4-hour blocks with 15 minutes for each individual appointment (total of 12 appointments).
On-site Wellness Coaching Consultation **	\$250 per 4-hour block	Employees bring food and exercise logs and/or questions regarding their personal wellness. Discussions center around barriers to wellness, maintaining a healthy lifestyle, etc. Consultations are scheduled in 4-hour blocks with 15 minutes for each individual appointment (total of 12 appointments).
On-site Group Training Series	\$60 per session	Train as a group for a 5k, obstacle course, or any other fitness challenge. Sessions are up to 1 hour with a 6 session minimum.
Back School	\$150 per person or 10 person group class for \$125 per person	Provided by Pivot Physical Therapy. Designed to teach participants ways to decrease spinal stress and recognize need for ergonomics awareness. Emphasizes personal responsibility for one's own well-being, ergonomic adjustments, and maintaining a healthy lifestyle at work and home.

* Covered by some insurance plans.
** Personal Training Consultations are exercise/fitness specific, Nutrition Coaching is nutrition-specific, and Wellness Coaching is a blend of the two.

Option	Cost	Description/Examples
Functional Capacity Evaluations	\$550 per person	Provided by Pivot Physical Therapy. A scientifically developed and objective process to measure a worker's physical capabilities and tolerances, or a worker's physical demand level (PDL).
On-site Project Pounds Away	\$1500 per team	On-site Personal Trainer and Nutrition Coach to manage this comprehensive weight-loss program. Over the course of 10 weeks participants compete against each other to see who can shed the most weight (10 people maximum per team).
Camp Shand Ropes Course Half-Day package *	10-20 people: \$500 21-40 people: \$750	Team initiatives on both the high and low ropes. Includes use of the on-site conference room for meeting use. A Half-Day package runs from 1 to 4 hours.
Camp Shand Ropes Course Full-Day Package *	10-20 people: \$1,000 21-40 people: \$1,500	Team initiatives on both the high and low ropes. Includes use of the on-site conference room for meeting use. A Full-Day package runs from 4 to 8 hours.

* Camp Shand is also available to rent for family reunions, meetings, parties, youth group outings or team building workshops. Camp Shand features include nature walks, group games, swimming (when in season), canoeing, kayaking, climbing wall, archery, volleyball and basketball courts, high and low ropes courses and an Adventure Challenge Course with zipline. Please contact Camp Shand Director Chris Smith at 717-272-8001 for more information.