

PARTNERING WITH THE Y TO CARE FOR YOUR MOST VALUABLE RESOURCE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Employee Health/Workplace Wellness NORTHFIELD AREA FAMILY YMCA

The YMCA: A Business Resource for Workplace Wellness

Company opportunities: Add value to your benefits package:

- Provide employees with a personal training or nutrition session, equipment orientation or enrollment in the 12 Weeks to Fitness Program
- Designate free "Try the Y" days for your employees and their families
- Manage company or health insurance reimbursements
- Contribute to employee wellness accounts to help defray cost of membership
- Enhance employee recognition programs
- Assistance from the Rice County SHIP (Statewide health improvement program) in the following areas:
 - Creating a wellness committee
 - Survey employees to identify wellness needs
 - Determine strategies to achieve company goals
 - Set company-wide goals in nutrition, physical activity, tobacco cessation & breastfeeding education
- Coordination of on-site health screenings
- CPR/AED, First Aid trainings
- Y participation in employee health fairs
- Wellness seminars (in partnership with the nutritionist at the Northfield Hospital)
- Create and implement workplace events and challenges



Employees and their Families: Access and healthy support

- Monthly memberships, no contracts, low joiner fee and confidential financial scholarships available
- No stress facility tours
- Equipment orientations, personal and nutrition training
- Beginner, intermediate and advanced group and aqua exercise classes
- Easy access Indoor track (punch passes available)
- Manage company or health insurance reimbursements
- Access to all Y's

The mission of the Northfield Area Family YMCA is to build strong kids, strong families and a strong community. The Y is a nonprofit 501(3).

Because employees spend so many waking hours at work, employers are in an ideal position to influence healthy decisions through a workplace wellness program. Studies show doing so can:

- Decrease turnover and reduce absenteeism
- Reduce employee stress
- Assist in employee recruitment and retention
- Increase employee productivity
- Enhance your company's image and make you an employer of choice
- Increase employee time management
- Increase employee morale
- Reduce health care costs



We look forward to helping you create a culture of wellness in your workplace. For more information, contact Deb Olien at deb@northfieldymca.org or 507-645-0088.