



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORKPLACE WELLNESS

HEALTHIER STARTS
WITH THE Y

YMCA OF METROPOLITAN MILWAUKEE

MORE THAN FITNESS

With rising health care costs and the continual push to do more with less, the health of a company's employees has never been more important than it is today. To help business leaders better address this need and realize the fiscal benefits of their employees' improved health, such as less absenteeism and lower healthcare costs, the Milwaukee Y continues to enhance its Workplace Wellness program.

We work closely with benefits experts, insurance carriers and other wellness providers to fully understand employer needs and then customize our leading fitness and healthy lifestyle programming, so it easily and conveniently fits into the workplace. Workplace culture sets the tone for employees, and a supportive work environment with a sound wellness strategy can keep employees motivated and engaged, so that they can live healthier lives and be more productive at work. And with the Y, employee benefit programs offer one more attractive component that we know can lead to greater employee satisfaction and retention.

We also know that wellness is much more than fitness, and we understand the importance of establishing and deepening relationships with community members, employers and strategic partners in order to be more flexible, more responsive, and more focused on helping people get healthier at work and at home.

Lasting personal and social change comes about when we all work together, and our mission is to help you and your employees grow stronger in spirit, mind and body. When you're ready to develop or expand your employee wellness program, we're ready to help.

Julie Tolan
President and CEO
YMCA of Metropolitan Milwaukee



STRATEGIES FOR SUCCESS

PRIDE OF MEMBERSHIP

Expertise. Support. Variety. Value. When it comes to supporting one's health and wellness journey – a membership at the Y can't be beat! Our caring staff is passionate about helping members of all ages grow in spirit, mind and body to move through obstacles and achieve their goals.

Your team receives full access to all four Milwaukee Y locations, where we offer a wide variety of programs and fitness classes with convenient drop-in schedules, many of which are included with membership. Y Workplace Wellness members receive priority registration, reduced rates on programs, including youth sports and swim lessons, plus A.W.A.Y. privileges at Ys across the nation (**Always Welcome At the Y**). And at no point is a contract required.

When you're ready to get started we'll work with your team to create a program that addresses the needs of your organization and your employees – either at the Y or in your workplace. Plus, when you join the Y, you're joining an organization that's committed to strengthening our community – together.

OPTIMIZING YOUR TIME

LUNCH N'LEARN

Let us come to you over your lunch hour and motivate your employees with a wide variety of interactive and educational programs on topics that are important to their health. From popular sessions on core strength training with resistance bands to learning what those product labels really mean, our team will help your team make the most of their lunch hour.

Have a particular topic in mind? Let us know, and if we don't already offer it, we'll work with you to make sure you get what you want in your Lunch (N'Learn).

COOKING DEMONSTRATIONS

Brought directly to your doorstep, Something's Cooking is the ultimate Lunch n' Learn.

One of our most sought after programs, this on-site demonstration is a unique, fun and interactive way to encourage healthy cooking. Presented by a registered dietitian and featuring dishes that are easy to prepare and delicious to eat, each session is geared to your busy employees who are stressed for time yet want to learn how to eat healthier.

The demonstration features:

- Watching a dish being prepared from start to finish
- Learning new nutritional facts from a registered dietitian
- Take away a new recipe – Definitely do try this at home!
- Enjoy the prepared dish...Bon Appetit!

These interactive sessions encourage questions and feature selections are healthy, seasonal and, of course, delicious. Selections can be customized to meet your specific interests or you can choose from previously prepared favorites.



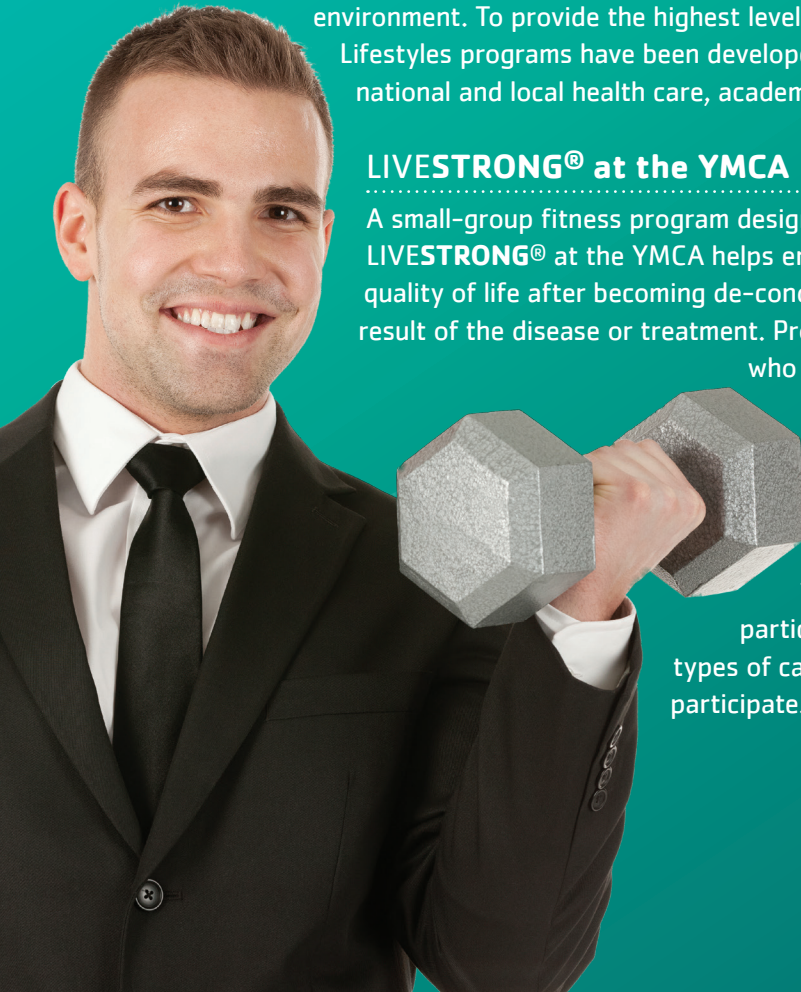
EMBRACING HEALTH

Healthy Lifestyles programs at the Y, most of which can also be offered on site, go beyond physical activity to focus on activities that enhance overall health and well-being.

We don't want to just help you make a temporary change. We want to help you and your employees on the journey of self discovery, while learning strategies for successful and sustained behavior change in a positive, supportive, and accepting small group environment. To provide the highest level of quality, most of our Healthy Lifestyles programs have been developed in collaboration with a variety of national and local health care, academic and community partners.

LIVESTRONG® at the YMCA

A small-group fitness program designed for adult cancer survivors, LIVESTRONG® at the YMCA helps empower participants to restore their quality of life after becoming de-conditioned or chronically fatigued as a result of the disease or treatment. Program members work with Y staff, who are specially trained in supportive cancer care, to safely achieve such goals as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. This 12-week class is offered at no cost to participants and welcomes survivors of all types of cancer. Medical clearance is needed to participate.



CREATIVE. FLEXIBLE. EFFECTIVE.

So you just haven't seen the exact type of healthy lifestyle program your employees want... let us know. Our team of professionals have years of program development experience, and we're ready to create a custom program to suit your needs, when you need it, and delivered where you want it.

YMCA'S DIABETES PREVENTION PROGRAM

More than eight percent of the US workforce suffers from diabetes, placing it among the top 10 mostly costly physical health conditions for employers in both direct (such as hospitalizations, medical and outpatient care,) and indirect costs (such as absenteeism, lost productivity at work and short-term disability).

On average, employers spend \$4,313 more per year, per employee for employees with diabetes compared to those without.

The statistics are staggering, but as a leading voice, dedicated to improving the nation's health, the Y has become increasingly focused on confronting preventable chronic diseases such as type 2 diabetes. The YMCA's Diabetes Prevention Program is based on the landmark Diabetes Prevention Program led by the National Institutes of Health (NIH) and supported by the Centers for Disease Control (CDC).

The YMCA's Diabetes Prevention Program, which can be offered on site, has shown that with lifestyle changes and modest weight reduction, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58 percent. The program strives to help participants achieve two primary goals:

- Reduce body weight by seven percent
- Increase physical activity to 150 minutes per week

Offering the YMCA's Diabetes Prevention Program to employees as part of your employee wellness program helps employees take the important first step toward making the changes they need to prevent this chronic disease.

PATHWAY TO A HEALTHIER WEIGHT

Pathway To A Healthier Weight is an 18-week small group program designed for those who are seriously seeking a path to a healthier lifestyle and weight. In a small group setting, working with a registered dietitian and a wellness coach, you will learn practical steps to make healthier food choices, realistic strategies to manage and control stress, and fun ways to increase physical activity. The program begins and ends with an InBody analysis to track your progress and a one-on-one consultation for personalized attention. Plus, we work together to help you:

- Set personal goals
- Achieve success, step-by-step
- Build social support
- Address issues that impact habits and the lifestyle change process

Pathway to a Healthier Weight is offered through a partnership with Wheaton Franciscan Healthcare.

LIVING COMPASS

Stress doesn't take a vacation day, come into the office late or leave early, which is why the Y partners with Samaritan Family Wellness to offer Living Compass in your workplace. Offered as a three-part lunch and learn series, this unique program provides the tools and resources employees need to de-stress. This whole-person wellness program begins with an eight-dimension assessment to see where your stress lies, so you can move forward to focus on goals and action steps that will lead to less stress and improved wellbeing.



FITNESS YOUR WAY

MEETING THE NEED

Each and every day, the Milwaukee Y is working to improve access to healthy living programming and education for local businesses and our community – all with the goal of creating a stronger, healthier Milwaukee. We partner with local businesses, as well as benefits experts and insurance carriers, to ensure that the optimal fitness and healthy lifestyle programming solution is in place for each individual workplace.

ON-SITE GROUP EXERCISE

Convenience rules when it comes to making it to class on time, so we make sure your employees have everything they want right onsite.

Our experienced team will help you select the programming that meets your needs and your mood, from Absolution to Zumba and from Boot Camps to Yoga. Let us work around your schedule with a wide variety of classes from beginner level to advanced, old-school to new age, soothing to energizing. You'll get a great workout and our certified and talented instructors will make sure you leave with more than enough motivation to come back again and again.

There's nothing like great music, a great instructor and an even greater group of people to get you motivated and make exercising fun! From Absolution to Zumba and from Boot Camps to Yoga, the Y offers a wide variety of classes from beginner to advanced level, old-school to new age, soothing to energizing.

OUR IMPACT IS FELT EVERY DAY

With a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.





FITNESS CENTER MANAGEMENT

Let us take care of your fitness facility, so you can take care of your business.

With a long-standing core competency in managing fitness facilities, let the Y team provide oversight and management of the day-to-day operations of your fitness facility. We will provide qualified staff to direct and supervision activities, and we will implement proven programs designed to help keep your workforce healthier. The Y's fitness professionals are highly qualified, fully certified, and passionate about helping your employees get healthier and stay healthier.

Our management team will develop and standardize operating policies and procedures, administer wellness challenges, supervise fitness staff, and evaluate and prepare reports on employee utilization for your analysis.

ON-SITE PERSONAL TRAINING

Sometimes people need a little extra help to reach a specific fitness goal, and it sure helps to have that professional support right next to you. On-site personal training from the Y features a nationally certified team with extensive experience creating programs that get results. Your employee's programs will be tailored to their specific needs, wants and goals. All on-site sessions are conducted by our expert staff and can include weight management assistance, lifestyle changes, learning new exercises/routines, and sports-specific training.

We won't promise an easy, instant transformation, but we will make sure your employees get a personalized program designed to help them achieve their goals. We focus on an approach that is safe, efficient, easy-to-follow and helps our clients stay motivated. Whatever your goal, our expert personal trainers provide plans, coaching and motivation to help you succeed.

OUR CAUSE DEFINES US

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



OUR CAUSE DEFINES US

For more than 155 years, the Milwaukee Y has served as a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

Our mission leads us to improve the health and overall wellness of children, youth, families, individuals with disabilities, cancer survivors, and seniors – truly, the whole of our community. We touch thousands of lives every day and our mission has never been more important or relevant than it is at this moment.

Your gift to the Y will help us continue our tradition of creating sustainable pathways for a healthier, happier community and workforce. Please call Helen Boomsma at 414-274-0753 to learn more about joining our cause for a healthier Milwaukee.



YMCA OF METROPOLITAN MILWAUKEE
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visit ymcamke.org