



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELLNESS AT WORK

Corporate Wellness Program



**ARLINGTON-MANSFIELD AREA YMCA**



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# WELLNESS AT WORK

## Corporate Wellness Program



Welcome to the Arlington-Mansfield Area YMCA and our “Wellness at Work” Program! What an exciting time for you to be exploring opportunities to invest in the health of your employees! Health is critical for all us and with more and more individuals spending their days in the office or sitting at a desk, promoting wellness in the workplace is increasingly important. Facilitating and supporting healthy behaviors within the workplace can have a significant and lasting positive impact on the health of your employees and their families, your organization, and the community. Research shows that there are many great benefits of healthy employees including:

- Increased Productivity
- Decreased Absenteeism
- Lower Insurance Premiums
- Lower Workers Compensation Expenses

These types of benefits are only seen when an employer understands how valuable a healthy workplace is to the overall success of an organization and makes an investment in the health of their team. We are excited to partner with you to help identify your organization’s needs and work with you to meet them. As the cause-driven organization committed to strengthening the foundations of our communities through youth development, healthy living and social responsibility, it is an honor to partner with you on this important initiative.

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Source: “Wellness at Work.” Center for Disease Control, 2014.

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## SERVICES

### Membership

The Arlington-Mansfield Area YMCA is a membership organization. Belonging to the YMCA means sharing in the values and mission the YMCA has offered its members since it originated in 1958. We are committed to helping people in our community stay healthy. There is no better time to invest in your health. With 3 family centers we hope you will find a location convenient for you!

### Wellness at Work Seminars

Designed to provide your employees with tools and strategies to make positive life changes, these seminars offer the most current wellness information to help employees understand how to take ownership of their own health!

### Wellness at Work Challenges

Developing a healthy lifestyle doesn't happen overnight! With these very simple yet intentional challenges, your employees will be inspired and motivated toward better overall well-being at work and at home. Some challenges are simply educational and more individualized while others include a little friendly competition!

### On-site Group Exercise Classes

Remove the barriers of convenience and time and bring the exercise class right to your employees onsite! Classes such as Yoga, Pilates, Zumba, Boot Camp, and more can be taught at your workplace. Walking/Running training programs are also available on-site!

### First Aid/CPR Training

You never know when you might be called upon to be a life saver! The YMCA provides First Aid and CPR training at your workplace to become certified through the American Safety and Health Institute (AHSI). Your employees will learn lifesaving skills such as rescue breathing as well as the skills to prevent, recognize and provide basic care for injuries and sudden illnesses. Upon successful completion, participants will receive a two year certification. AED and O2 are also available.

### Wellness Check

Wellness checks establish baseline measurements from which progress can be tracked. Knowing your baseline is essential in setting short and long term goals, identifying areas of challenge, and recognizing and celebrating improvement. The wellness check includes resting heart rate, body composition, body mass index (BMI), circumference measurements, well-being assessment and finding target heart rate.

### YMCA's Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is a one-of-a-kind 12-month evidence-based program designed to empower adults to make lifestyle changes that will improve their overall health while reducing their risk of developing type 2 diabetes. Partner with the Y to provide this program at your workplace!

# CHALLENGE DESCRIPTIONS

## Love Your Heart

Physical activity is a critical part of maintaining a healthy heart. If your employees visit the YMCA 12 times in the month, they will be entered into a drawing to win a prize! The YMCA will provide the prize.

## 10,000 Step Challenge

Taking 10,000 steps a day is a challenge but has tremendous physical and mental health benefits! Take this challenge and commit to taking 10,000 steps everyday for a month!

## Hydrate, Feel Great!

Hydration effects proper digestion, metabolism and energy levels. Recognize how many 8 oz. glasses of water you consume each day by tracking your intake. Stay hydrated!

## Go Unplugged

The average American adult spends nearly 12 hours everyday in front of a screen. This time contributes to a sedentary lifestyle. Challenge yourself to go 60 minutes a day for a month with no internet, phone, TV, media source or any other screen!

## Strive for Rainbow 5

Fruits and veggies should make up at least half of your plate at every meal for a balanced diet. In this challenge, aim to get at least 5 servings of fruits and vegetables in a variety of colors for a whole month.

## Maintain, Don't Gain

The holidays can be a really challenging time to avoid weight gain. With this challenge, you'll do a weigh in prior to Thanksgiving and then a weight out just after the new year. If you maintain and don't gain, you'll be entered into a drawing for a prize!

## Enjoy a Little Me Time

With such a busy pace of life, finding down time can be a challenge. Taking time by yourself to relax, refocus, and recharge is both physically and mentally beneficial. With this challenge, find 20 minutes a day to be alone for the whole month.

# SEMINAR DESCRIPTIONS

## **Goal Setting: Set Up For Success**

Many people feel that sometimes they are just going through the motions. They work hard but, they don't seem to get anywhere. It takes identifying what you want out of life to establish the steps to accomplish it. Goal setting is a powerful process for thinking about your ideal future and motivating yourself to turn your vision into reality.

## **Heart Healthy: Love Your Heart**

How healthy is your heart? Are you doing all that you can to maintain a healthy heart? Having a healthy heart is critical to your overall health and quality of life. Learn more about this important muscle and how you can take the best care of it.

## **Healthy Eating: You Are What You Eat**

Is exercise or diet more important? Find out just how critical what you put into your mouth is to your overall health as well as learning practical ways to improve habits to facilitate healthy eating.

## **Stress Management: Stress Solution Secrets**

Life can be stressful. While we can't always eliminate stress completely, we can react to it in a healthy and positive way. Learn how to identify stressors in your life and manage those effectively through movements and other tips.

## **Get Moving: Enhance Your Energy**

With our busy pace of life, it's tempting to turn to caffeine or sugar to increase energy. Let us show you better, healthier ways to stay awake and productive without that latte!

## **Healthy At Work: Stay Fit While You Sit**

More and more people are spending their days sitting at a desk. Let us show you practical strategies on how to include wellness even while you sit!

## **Healthy Sleep: Sleep Solution Secrets**

Did you know that unhealthy sleep patterns can lead to negative physical affects? While often ignored or forgotten, healthy sleep is critical to overall health. Learn easy and practical solutions to getting a good night's sleep!

## **A Healthy Outlook in Life**

Laughter is so powerful that it can trigger positive physical and mental changes in your body. Learn about the benefits of a good outlook in life!

## **Healthy Holidays: Happy Holidays**

With all the goodies and treats around during the holidays, it's no surprise that many people gain weight during this time of year. Learn some easy practical tips on avoiding that holiday weight gain and getting a jump start on your new year's resolutions.

## **How Emotions Effect Your Health: The Food/Mood Connection**

The food we eat not only has a powerful affect on our physical health but also our emotional and mental well-being. Let us show you the powerful connection between your diet and your mental outlook and provide you practical tips on avoiding the unhealthy link.

# GROUP EXERCISE DESCRIPTIONS

## Yoga

Strengthen your mind, body and spirit as you lengthen and tone muscle. This class flows from one posture to another as you work on breathing techniques. Each class ends with relaxation.

## Pilates

Performed on a mat, this non-impact workout combines floor exercises to strengthen your core—lower back, abdominals, glutes and thighs. Designed to lengthen, strengthen and tone all muscle groups.

## ZUMBA®

Ditch the workout — join the party! ZUMBA® is a combination of Latin and international dances such as Salsa, Merengue, Cumbia, Mambo, Samba and more. Dance themes create a dynamic, exciting and effective workout that's easy to follow. Come get your heart pumping, tone your body and burn a ton of calories!

## Boot Camp

This class combines strength and cardiovascular training with fun intervals! Get a high intensity and high energy workout with easy-to-follow exercises!

## Walking/Running Group

Spend time with friends and co-workers while enjoying the great outdoors! Led by a trained instructor, this class will give you the basics on walking/running and challenge you with a great cardiovascular workout that suits your fitness level!

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	Healthy Start	Healthy Steps	Healthy Leaders	Healthy Champions
<b>MEMBERSHIP</b>				
Joiner Fee	50% Off	100% Off	100% Off	100% Off
YMCA Discount	-	20% Off	20% Off	25% Off
Employer Contribution	-	-	10%	10%
Monthly Discount to Employee	-	20% Off	30% Off	35% Off
Payroll Deduction Required	No	Yes	No	Yes
Required # of Members	2	10	10	25
One Week Guest Pass	Yes	Yes	Yes	Yes
Membership Promotion	2 X Per Year	2 X Per Year	2 X Per Year	2 X Per Year
Employee Usage Reports	-	Free	Free	Free
<b>EDUCATION</b>				
Wellness Workshops (Per Workshop)	\$125	\$125	\$125; 1 Included	\$125; 2 Included
Wellness Challenges (Per Kit)	\$75	\$75	\$75; 1 Included	\$75; 2 Included
First Aid/CPR Training (Per Person)	\$50	\$50	\$50	\$50
<b>HEALTH ASSESSMENTS (Per Person; Minimum of 5)</b>				
Wellness Check	\$20	\$15	\$15	Included
<b>ADDITIONAL BENEFITS</b>				
On-Site Group Exercise Classes	\$75/Class	\$65/Class	\$65/Class	\$55/Class
On-Site Walking/Running Program	\$75/Class	\$65/Class	\$65/Class	\$55/Class
YMCA's Diabetes Prevention Program*	\$429/person	\$429/person	\$429/person	\$429/person
<b>PROGRAM DISCOUNTS (Youth programs require a Family/Household membership to receive discount)</b>				
Programs (Aquatics, Youth Sports, Camp, etc.)	Discounted	Discounted	Discounted	Discounted

Customized programs may be available.

\*This program can be offered on-site or off-site and some medical insurance coverage may be available.

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