



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# START HERE FOR WORKPLACE WELLNESS

A benefit for your employees—and for your company  
Brought to you by West Cook YMCA



# WORKPLACE WELLNESS IS GOOD FOR BUSINESS

## **Reduced Health Care Costs**

The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and high blood pressure. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

## **Increased Productivity and Morale**

Workers who exercise regularly tend to have more energy and be more productive while at work. As little as 30 minutes of physical activity several days a week can have a significant positive impact on workers' physical and mental well-being.

## **Decreased Turnover and Increased Recruitment Potential**

Many employees view health promotion programs as an added perk that makes them feel valued and appreciated by their employer. Employees who feel valued are less likely to seek employment elsewhere, decreasing turnover and the time and money needed to recruit, hire and train new workers. Similarly, a well-being program can serve as a valuable recruiting tool as you seek to attract the best possible talent to your organization.

## **Decreased Absenteeism**

Employees suffering from a chronic health condition are more likely to miss work than healthy employees. Helping workers make positive lifestyle changes can reduce absenteeism and the drain it represents on company morale and resources.



**As a decision maker in your workplace, you know how important the health and well-being of your employees is to the bottom line of your company. The West Cook YMCA stands ready to partner with you to help your employees achieve vitality so they can bring their best selves to the workplace every day.**

### **Benefits the Local Community**

The Y is the unparalleled cause for strengthening community. We nurture the potential of children and help people of all ages be healthy, confident, connected and secure. So when you join the Y, you create meaningful change not just for you, but for the whole community.

### **Helping Your Employees Live Better**

Through a West Cook YMCA Workplace Wellness Program, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

- On-site programming promoting physical activity, lifestyle, and behavior change. Over 20 Lunch and Learn options to increase employee health literacy.
- West Cook YMCA membership savings through a corporate discount that allows employees access to the facility and programs for the whole family.
- Biometric Screening Analysis to analyze your health screening results and provide recommendations to improve your screening findings.



### **Family Friendly**

Child care, summer day camp, swim lessons, and youth sports leagues are just a few of the resources provided to Y families. Members enjoy reduced program rates that make it easy to get the whole family engaged.

### **Getting Started**

Workplace Wellness at the West Cook YMCA is built around you. Fully customizable. That is the secret of our Workplace Wellness program. You know your employees best- and you know the health challenges that are specific to your environment. We will work with you to design a program that fits your goals, your employees' needs... and your budget!

Your first step is contacting Tara Lenardi at 708.434.0205 or [dnachtigall@westcookymca.org](mailto:dnachtigall@westcookymca.org) to create an individualized plan by administering a survey to discover your employees' interests in terms of health and well-being. Based on the results of the survey, we will share our customized recommendations for a successful and thorough wellness program.



# WHY WORKPLACE WELLNESS?

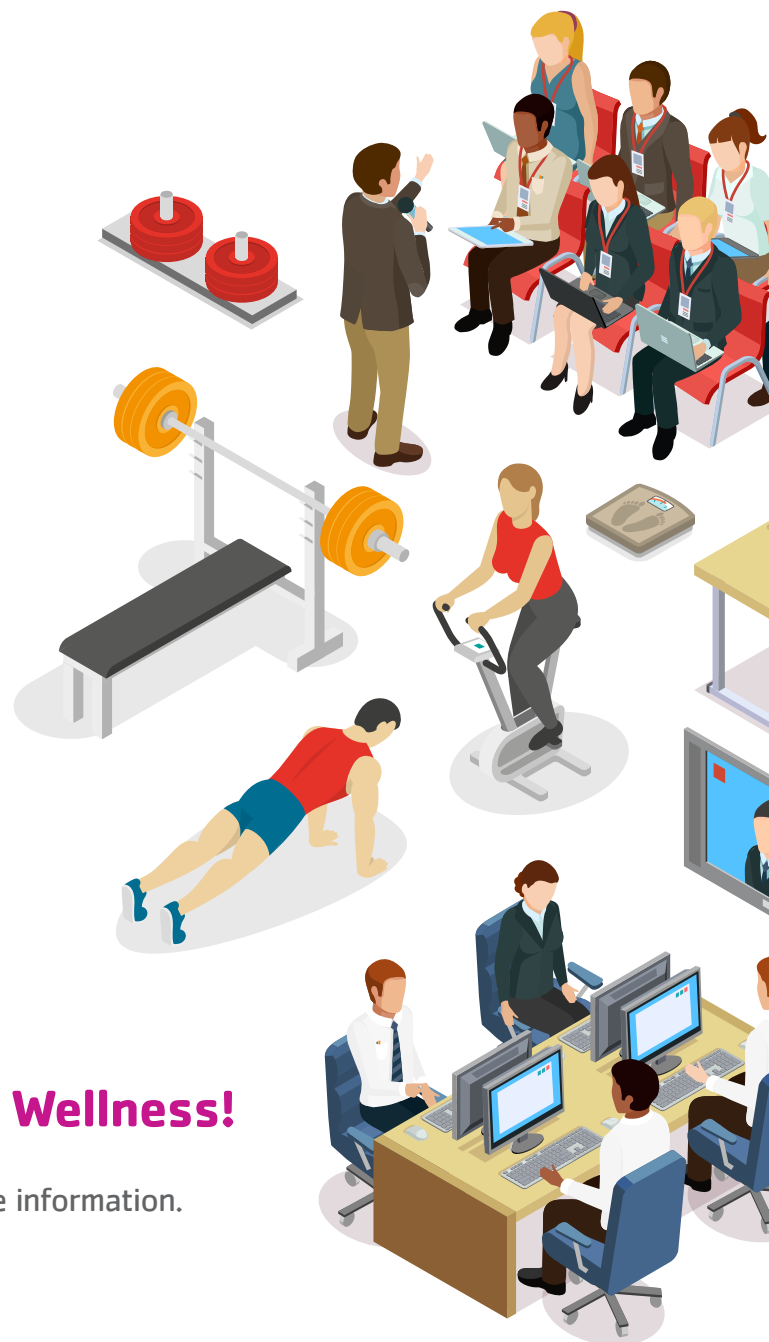
In the Oak Park, River Forest, Forest Park, and surrounding communities...

61% of  
residents are  
overweight or  
obese.

1 in 3  
has high  
cholesterol.

35% have  
diabetes.

3 in 10 have  
high blood  
pressure.



**It's time to talk about Workplace Wellness!**

Contact Tara Lenardi at  
[tlenardi@westcookymca.org](mailto:tlenardi@westcookymca.org) or 708.434.0205 for more information.



**WEST COOK YMCA**

255 Marion St., Oak Park, IL 60302  
(P) 708-383-5200 (F) 708-383-0016  
[westcookymca.org](http://westcookymca.org)