

### Employee Benefits

- Improving their physical strength, stamina and general wellbeing
- Improving their focus at work
- Increasing job satisfaction and fostering a positive outlook on life
- Bettering relations with co-workers and supervisors

## 2. Lower Health Care costs

Medically high risk employees are medically high cost employees. They use more healthcare and generate higher claim costs than their low risk peers.

Many studies demonstrate that health promotion programs can and do result in direct cost-savings.

While some companies have very comprehensive multi-component health programs others have achieved savings with just one or a few simple activities to promote healthy behaviors.

Health experts agree that lifestyle changes can be encouraged by increased awareness of health risks, helping people change problem behaviors and creating environments that support good health practices.

### Workplace Safety Training

Trainings Programs that could be provided:

- CPR Training
- CPR/AED Training
- CPR & First Aid with or without AED
- Blood Borne Pathogen Training as inclusion or by itself
- CPR/AED for the Professional Training

For more information on any of the services the Meadowlands Area YMCA has to offer please contact our Family Wellness director, Dr. Stacy McClosky at (201) 955-5300 ext. 14.



Meadowlands Area YMCA  
*We Build Strong Kids, Strong Families, Strong Communities...*

P.O. Box 252  
Rutherford, NJ 07070  
Phone: 201 955-5300 | Fax: 201 955-2055  
Email: wellness@ymcainfo.org | Website: www.YMCAinfo.org

# Meadowlands Area YMCA Corporate Wellness Program



Meadowlands Area YMCA

# Top 3 Reasons to Promote Health at the Workplace

## 1. Improve productivity

Employees are more likely to be on the job and perform well when they are in optimal physical and psychological health.

On the flip side, individuals with multiple health risks (e.g. obesity, cigarette smoking and high blood pressure) tend to be less productive than their peers with better health profiles.



**OVERALL, HEALTH PROMOTION AT THE WORKSITE CAN IMPROVE A COMPANY'S PRODUCTIVITY BY:**

### Employer Benefits

- Reducing absenteeism and lost time
- Improving on the job decision-making and time utilization
- Improving employee morale
- Reducing organizational conflict by building a reservoir of good will toward management
- Reducing employee turnover
- Attracting the best workers in a competitive market place



## 3. Enhance your corporate image and long term interests by promoting health beyond the worksite

Whether it is making sound food choices, getting more physically fit or stress management in the workplace; the Meadowlands Area YMCA staff will gently and constantly urge employees to seek healthier behaviors.

### **Brown Bag Lecture Series:**

Our lectures/ instructors will present presentations on various health related topics ranging from being heart healthy to stress reduction and everything in between.

### **Rest, Relaxation & Rejuvenation Series:**

- Meditation
- Tai Chi
- Yoga
- Pilates

Let our instructors teach you how stress affects your body and more importantly learn techniques to distress your mind and body.

### **Being Physically Fit Series:**

- Kickboxing
- Zumba
- Sculpting
- Low Impact Aerobics
- High Impact Aerobics
- Hip Hop
- Salsa

### **Mind, Body & Spirit package:**

- Classes from the Rest, Relaxation & Rejuvenation series
- Classes from Being Physically Fit
- The Brown Bag Lecture series on various topics such as stress reduction, nutritional consulting, etc.

**We can customize a program to best fit YOUR needs from any of our classes and lectures.**