



YMCA MEMBERSHIP 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.



Companies with health promotion programs can see a return of \$3 – \$6 for every \$1 invested over a 2 – 5 year period. Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems.

- American Journal of Preventative Medicine

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 Knox County YMCA corporate membership, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

Member Benefits

- Nationwide YMCA Reciprocity
- 24-hour access to our Downtown Galesburg YMCA
- Free, cutting-edge classes such as yoga, cycling, Les Mills®, Insanity®, Zumba® and more!
- Complimentary Wellness Coaching
- Co-ed Sauna, Women's Only Sauna & Men's Steam Room
- Free Aquatic Classes in Vitale Pool
- Childwatch included with a Household Membership
- Racquetball Court & Jungle Gym
- Towel Service at the Family Branch
- Wellness Centers, Studios & Weight Rooms
- Indoor Track at the Family Branch
- "Noon Ball" Adult Basketball & Pickleball
- Full Body & HydroMassage Lounge Chairs

Corporate Member Benefits

- YMCA contribution towards membership
- Discounts on additional services
- Blood pressure and body fat screenings at a company health fair

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

Membership at the Y means your employees will get the support they need to achieve their health goals. Benefits coordinators or designated Human Resources representatives are encouraged to contact the Knox County YMCA's Membership Department to develop a corporate membership program tailored to your business's unique corporate membership needs.

Employees of existing corporate partners should bring in proof of employment (recent pay stub or dated paperwork proving employment) to any Knox County YMCA location to join as part of a corporate group.

