



LACE UP FOR HEALTHY LIVING YMCA of Metro North



September is the time of year we all get back into our wellness routines and tune in to watch our favorite sports champions model the benefits of a healthy life. The YMCA has been a champion of healthy living for decades and this September is your time to show your support for the Y's Healthy Living Programs in a fun and fit way!

It's easy to participate....



Donate \$5 to the YMCA and wear sneakers to work on your company's day of choice!



Take a photo of you and your colleagues "lacing up for healthy living" and post it to social media with the hashtag [#LaceUpforHealthyLiving!](#)

Enjoy a comfortable day at the office, you will be helping to raise awareness and vital funds for important YMCA wellness programs like LiveStrong for cancer survivors and the Partnership Program for disabled individuals!



LACE UP FOR HEALTHY LIVING

YMCA of Metro North



The YMCA has been a champion of healthy living for decades and we want to partner with you to celebrate health and wellness at your company. Healthier employees lead to a more productive and engaged workforce and lower healthcare costs.

We invite you and your colleagues to join us to “lace up for healthy living” this fall! You can customize this initiative to best fit your company’s needs and employee wellness goals.

HOW IT WORKS:

- Your company picks a day in September to “lace up for healthy living.”
- The Y provides healthy living resources to your employees. Anything from exercise tips to healthy recipes to physical activity guidelines. The resources can be provided electronically or a Y representative can come table in your lobby, lunchroom, etc.
- Employees can wear sneakers to work (with jeans or without) for a suggested \$5 donation to benefit the Y’s healthy living programs.
- Take a photo of you and your colleagues in your sneakers and post it to social media with the hashtag #LaceUpforHealthyLiving!
- Each employee who wears their sneakers and posts to social media will be entered into a prize drawing for a free month of membership at the local Y branch.

Other options to add to the experience and model healthy behavior:

- Include an active component to the day
- Coordinate a group walk at lunch
- Offer a yoga stretching class in the morning onsite*
- Offer an express Zumba class in the afternoon at your office*
- Provide a healthy lunch for employees to eat together
- Include additional healthy door prizes for employees who wear sneakers. Options include a Fitbit, activity tracker, gift certificate to healthy restaurants or sports apparel stores for workout clothes.
- YMCA staff gives a presentation to employees about nutrition.

*Y instructors may be available if schedules allow.

Together we can engage your employees in taking action to live a healthier life while supporting the YMCA’s wellness work in the community. We hope you will join us to lace up for healthy living!

For more information please contact:

Lesley Fawcett, Annual Campaign Director

lfawcett@metronorthymca.org or 978-775-3701 ex.131

