



# BUILDING A HEALTHY WORKFORCE TOGETHER



**20% Discount** on your Defiance Area YMCA Membership  
for all Defiance Area Chamber of Commerce Members

The **Defiance Area YMCA** and the **Defiance Area Chamber of Commerce** have partnered together to save you and your employees money on your health & wellness.

A company's most valuable asset is its employees. A healthy workforce leads to better productivity, less absenteeism, higher company morale, and lower healthcare costs, all of which have a direct impact on the success of the company.

Research has shown that an effective wellness program can have a significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease and obesity.

By partnering with the Y, companies can provide their employees with a comprehensive wellness program, health education and savings on memberships.

## **YMCA'S CORPORATE CHAMBER MEMBERSHIP-BUILT FOR YOU**

Take the first step toward a healthier workplace when you offer the YMCA Chamber Corporate Discount as part of your employee benefit package.

### **EMPLOYEE ADVANTAGES:**

- FREE Group Exercise Classes
- Reduced rate on program fees
- FREE Fitness Orientation
- FREE Health Assessment (We will measure your cardiovascular fitness, muscle strength and endurance, flexibility and body composition)
- Nationwide Reciprocity (Access to Y's across the country)
- Child Watch (Babysitting for members while they work out/attend programs)
- 2 Indoor Pools
- Hot tub, Sauna, Steam Room
- Youth Center
- Gymnasium Complex
- Racquetball Court
- Youth Sports
- Adult Sports
- Swim Lessons and MORE!

### **COMPANY ADVANTAGES:**

- Minimal time commitment
- Easy to implement
- Payroll deduction option
- Track employee's usage for reimbursement from employer option
- Better work performance
- Lower healthcare costs
- Increased workplace productivity
- Increased workplace morale
- Decreased absenteeism/reduced injuries



# GOOD HEALTH IS GOOD BUSINESS



You read about the benefits of healthy living every day: lose weight, feel more productive, reduce stress and other health risks. Today is your opportunity to make a lifestyle change that will affect your whole family. Defiance Area Chamber of Commerce has partnered with the Defiance Area YMCA to offer a quality wellness program at an affordable price. This affordable pricing is available for all Defiance Area Chamber of Commerce members and their employees.

## Defiance Area Chamber of Commerce Corporate Discount

<b>20% Discount</b>	Regular Annual Rate	<b>Your Annual Rate</b>	<b>Your Monthly Rate</b>	<b>ANNUAL SAVINGS!</b>
Adult	\$584.98	<b>\$467.98</b>	<b>\$39.00</b>	\$117.00
Adult Senior	\$560.56	<b>\$448.44</b>	<b>\$37.37</b>	\$112.12
Couple	\$767.57	<b>\$614.06</b>	<b>\$51.17</b>	\$153.51
Couple Senior	\$732.68	<b>\$586.14</b>	<b>\$48.85</b>	\$146.54
Family	\$857.12	<b>\$685.69</b>	<b>\$57.14</b>	\$171.43

If your company is a Defiance Area Chamber of Commerce member and would like to take advantage of this discount please have your HR Department or Benefits Coordinator Contact one of the following:

### **Tina Draine**

Marketing Communications Director  
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 419-784-4747

### **Alicia Holbrook**

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# A FIT BODY MEANS A FIT MIND

### **DEFIANCE AREA YMCA**

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