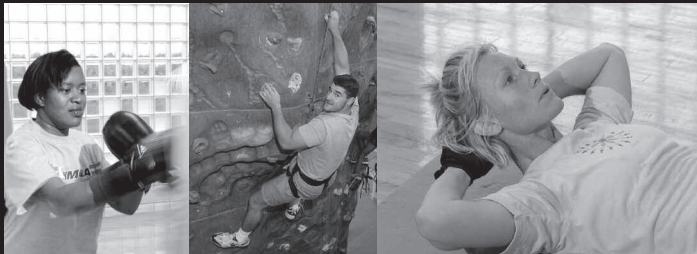


Case Studies

The Memphis U.S. Army Corps of Engineers performed an internal study of their employees who were members of the YMCA of Memphis & the Mid-South. On average, employees with YMCA memberships were absent one week less than those employees not involved with the YMCA.

Coca-Cola reported saving \$500 every year per employee after implementing a fitness program, with only 60% of their employees participating.

Prudential Insurance Company reported that the benefits cost per employee participating in the program was \$312 as opposed to \$574 for non-participants.



Start your Partnership today!

Contact our Corporate Partnership Director, Susan Cranford, 901.766.7677, ext. 236 or via e-mail at scanford@ymcamemphis.org

Mission

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCAs of Memphis & the Mid-South

2. **Davis Family YMCA** — 901.398.2366
4727 Elvis Presley Blvd., Memphis, TN 38116
3. **Fogelman Downtown YMCA** — 901.527.9622
245 Madison Avenue, Memphis, TN 38103
4. **Mason YMCA** — 901.458.9622
3548 Walker Avenue, Memphis, TN 38111
6. **Millington Family YMCA** — 901.873.1434
7725 Navy Circle East, Millington, TN 38053
7. **Nuber YMCA** — 901.682.8025
5885 Quince Road, Memphis, TN 38119
8. **Olive Branch Family YMCA** — 662.890.9622
8555 Goodman Road, Olive Branch, MS 38654
9. **YMCA at Schilling Farms** — 901.850.9622
1185 Schilling Blvd. East, Collierville, TN 38017
10. **Sweeney YMCA** — 901.765.3105
5959 Park Avenue, Memphis, TN 38119



YMCA

We build strong kids,
strong families, strong communities.

YMCA of Memphis and the Mid-South
6373 Quail Hollow Road, Suite 201, Memphis, TN 38120
901.766.7677 www.ymcamemphis.org

Better ABS. LESS ABSENTEEISM.



YMCA of Memphis & The Mid-South



Protecting your Human Investments

The rising cost of healthcare is clearly linked to our nation's deteriorating health. According to the U.S. Department of Health and Human Services, for every 100 employees in this country:

- * 27 have cardiovascular disease
- * 24 have high blood pressure
- * 50 have high cholesterol
- * 26 are at least 20% overweight
- * 59 do not get adequate exercise
- * 21 smoke

Your company cannot afford to ignore these unhealthy behaviors.

By investing in preventive health through a partnership with the YMCA, your company will save money and create a healthier work environment.

Wellness programs have proven to:

- * Reduce healthcare costs
- * Decrease absenteeism
- * Enhance productivity⁽¹⁾

In addition, dependents account for 70% of overall healthcare costs making it critical to involve the entire family⁽²⁾.

(1) *Employee Benefit News*, 9/06

(2) *Employee Benefit Journal*, 9/99

START BY IMPROVING YOUR WORKERS' BOTTOM LINES.



The YMCA of Memphis & the Mid-South: Your Best Choice for Health and Wellness

At the YMCA of Memphis & the Mid-South your company joins more than a gym. The YMCA is a movement of thousands of people making positive changes in their lives and the lives of others in the community.

As a YMCA of Memphis & the Mid-South Corporate Health Partner, your employees receive:

- * Free, unlimited access to 8 facilities in the greater Memphis area
- * Free, unlimited access to pools and waterparks (6 indoor, 5 outdoor)
- * Free, unlimited group exercise classes
- * Child-care while you exercise
- * Specialized programs:
 - Y Women's Workout (Schilling Farms & Nuber Only)
 - 12 weeks to Fitness
- * Community outreach and volunteer opportunities

As YMCA members, your employees and their families will enjoy discounts on:

- * Adult and youth sports leagues
- * Children's activities like summer camp and before/after school care
- * Swimming lessons

