



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHIER EMPLOYEES HEALTHIER COMPANIES

YMCA OF MEMPHIS & THE MID-SOUTH  
CORPORATE MEMBERSHIP



# YMCA CORPORATE MEMBERSHIP

As Americans spend more of our lives at the office, it's no surprise we're spending less time being active. For every 100 employees at work today, 59 don't get adequate exercise\*, resulting in problems like high blood pressure, high cholesterol, obesity and heart disease—not to mention skyrocketing health care costs.

The good news is we can help address this trend, starting at work.

### Y: Healthier People

The YMCA Corporate Program is more than a gym membership. It's a partnership designed to help reshape your corporate culture to promote employee wellness.

Over a 15-year period, the National Wellness Association studied 30 companies with ongoing employee wellness programs. Their findings were remarkable.

The U.S. Department of Health and Human Services also credits workplace wellness programs with benefits like:

- Weight reduction
- Improved fitness
- Increased stamina
- Lower stress levels
- Increased self-esteem
- Increased productivity

### Y: Healthier Bottom Line

An estimated 90% of health care costs are associated with preventable illnesses.\* With the YMCA Corporate Program, you're not just investing in the health of employees and their families. You're investing in the long-term health of your company.



### Y: Healthier Community

Your company's YMCA Corporate Membership is an employee perk with health benefits that will last a lifetime.

But as a YMCA supporter, your membership also means you're helping provide your whole community with benefits that go beyond individual fitness. Every day the Y is directly involved in making a positive impact, focusing on youth development, healthy living and social responsibility in communities across the country.



\*U.S. Department of Health and Human Services  
\*\*National Wellness Association  
†preventdisease.com, 2/19/2007  
‡The Art of Health Promotion, 2003: 6(6):1-16  
††Journal of Occupational and Environmental Medicine

## CORPORATE MEMBER BENEFITS

In addition to all the benefits of a YMCA membership, corporate members enjoy:

- Access to all eight YMCA locations throughout Memphis and the Mid-South
- Access to YMCA locations around the nation
- No joining fee (\$75 savings)
- Free child watch during workouts
- Invitation to YMCA Corporate Games
- No-contract, month-to-month membership

Additional company perks include:

- Flexible cost options—Pay all or part of each employee membership cost
- Flexible payment options—Payroll deduction, credit/debit card, bank draft or annual lump sum
- Expert assistance in designing your program
- Companywide free trial memberships
- On-site fitness demos and nutrition seminars
- On-site enrollment



# YMCA of Memphis & the Mid-South

Our mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## LOCATIONS

### **CORDOVA**

7950 Club Center Cv.  
Cordova, TN  
901.755.2123

### **NUBER**

5885 Quince Rd.  
Memphis, TN  
901.682.8025

### **ASSOCIATION SUPPORT CENTER**

6373 Quail Hollow Road, Suite201  
Memphis, TN  
901.766.7677

### **DAVIS**

4727 Elvis Presley Blvd.  
Memphis, TN  
901.398.2366

### **OLIVE BRANCH**

8555 Goodman Rd.  
Olive Branch, MS  
662.890.9622

### **FOGELMAN**

245 Madison Ave.  
Memphis, TN  
901.527.9622

### **SCHILLING FARMS**

1185 Schilling Blvd. E.  
Collierville, TN  
901.850.9622

### **MILLINGTON**

7725 Navy Cr. E.  
Millington, TN  
901.873.1434

### **SWEENEY**

5959 Park Ave.  
Memphis, TN  
901.765.3105

