



# EMPLOYEE WELLNESS PARTNERSHIPS

YMCA OF SANDUSKY COUNTY



STRENGTHENING  
COMMUNITY  
SINCE  
**1953**  
YMCA OF SANDUSKY COUNTY



# HOW IT WORKS

Employee Wellness Partnerships with the YMCA of Sandusky County are designed to be simple for you and your employees. The program is customizable, giving options for organizations no matter their size or number of employees. Employee discounts are based on a 1:1 company match. All partners receive:

- Two-week trial pass for employees
- Assistance from the YMCA in promoting the partnership
- Discounts on CPR, First Aid, and AED training
- Listing on the YMCA website and Facebook page.
- Opportunities to volunteer at the Y

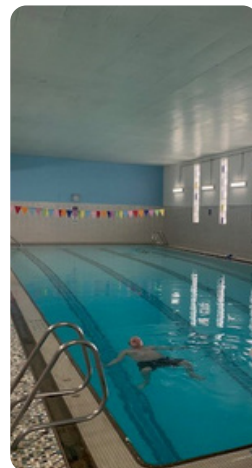
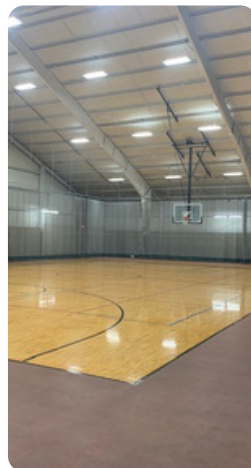
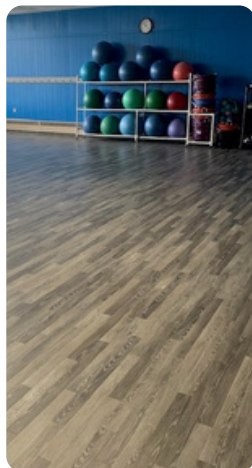
## A FAMILY APPROACH TO EMPLOYEE HEALTH



It is no secret that healthy employees are happy employees, but we must also take into consideration the overall health of an employee's household. A holistic approach to employee wellness, including families, can have tremendous effects on employee absenteeism, morale, and overall productivity. The YMCA of Sandusky County provides a wide range of programs and services for all ages, uniquely placing us in a position to impact positive health benefits for the entire family.

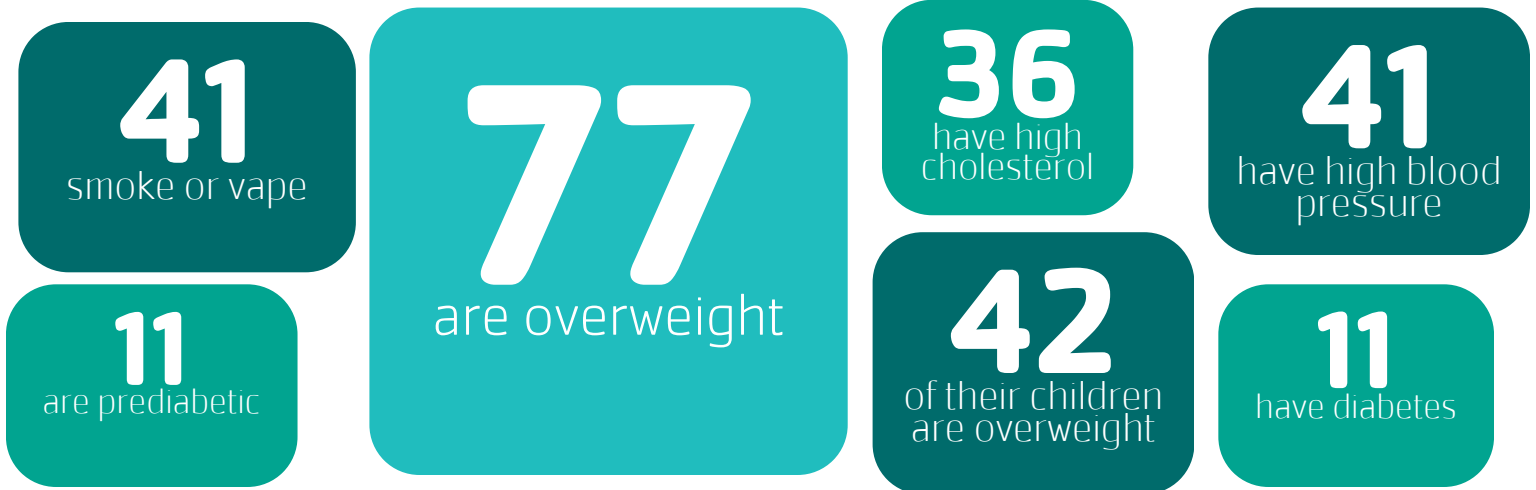
## YMCA MEMBER BENEFITS AND AMENITIES

- FREE fitness classes, including adaptable classes for Active Older Adults.
- FREE Nationwide Membership at participating YMCA locations.
- FREE babysitting in ChildWatch, while you work out.
- Up to 50% off YMCA programming, including youth sports, child care, swim lessons and more.
- 4 gymnasiums
- 4 pickleball courts
- 2 tennis courts
- Racquetball court
- Indoor pool
- Cycling studio
- Wellness center
- Weight room
- Indoor track
- Sauna



## DID YOU KNOW?

For every 100 employees:



Source: 2022/23 Sandusky County Community Health Assessment

## WEIGHT LOSS CHALLENGE



The YMCA has the ability to leverage our existing programs and classes to create custom weight loss challenges for your organization. While these programs focus on weight loss through behavior change, they also help improve the overall health of your employees and their families.

Data indicates overweight or obese individuals have a higher likelihood of suffering from other health conditions such as diabetes, high blood pressure, high cholesterol, and heart disease.

With 77% of our community reporting they are overweight, weight loss programs that focus on behavior change through a combination of nutrition education and increased physical activity have the best chance of long-term success.

## CPR, AED, & FIRST AID TRAINING

Does your organization require basic life support (CPR, AED and first aid) certifications for your employees? Do you want your employees to learn these important life saving skills? The YMCA of Sandusky County has expert staff certified through the American Red Cross that can teach and certify your staff through small group sessions at the Y or at your organization.



# MEETING COMMUNITY HEALTH NEEDS

## THE YMCA'S COMMUNITY HEALTH PROGRAMS TARGET THE MOST PRESSING HEALTH NEEDS OF OUR COMMUNITY.

### YMCA DIABETES PREVENTION PROGRAM

If you are at risk for type 2 diabetes, the YMCA Diabetes Prevention Program provides a supportive environment where you can lose weight and learn how to adopt healthy habits to reduce your chances of developing the disease.

In a classroom setting, trained lifestyle coaches, including nurses from Sandusky County Public Health, facilitate a small group of participants in learning about healthier eating, physical activity, and other behavior changes over the course of 24 one-hour sessions.

### ROCK STEADY BOXING

Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease, a neurological condition that affects balance, strength, walking, and especially confidence. It's based on a foundation of non-contact boxing, and it's very effective for improving all of the symptoms that people with PD typically experience.

Rock Steady Boxing is available at the YMCA of Sandusky County in Fremont, Ohio as well as Otterbein Senior Life located in Marblehead (Ottawa County).

### MIDDLE SCHOOL INITIATIVE

The Middle School Initiative is a free after school program for Fremont and Bishop Hoffman middle school students. This two-hour program features homework support, structured physical activities, and additional educational opportunities to keep kids active and engaged.

### HEALTHY WEIGHT & YOUR CHILD



Healthy Weight and Your Child is an evidence-based lifestyle change intervention designed to address childhood obesity by empowering children and families through education, healthy eating, and physical activity.

The program is geared toward the whole family; engaging children and adults in nutrition education and physical activity to elicit positive change and to help families learn skills to live a healthier lifestyle together and long-term.

### LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. This program is free at the YMCA through support from the United Way of Sandusky County. This research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

LIVESTRONG is available at the YMCA of Sandusky County in Fremont, Ohio as well as Otterbein Senior Life located in Marblehead (Ottawa County).

### CYCLE SANDUSKY COUNTY

The program not only promotes physical fitness but also emphasizes the community's dedication to active transportation. Cycle Sandusky County Bike Share makes bikes available to those living in or visiting Sandusky County free of charge.

**OUR MISSION** IS TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD A HEALTHY SPIRIT, MIND, AND BODY  
**FOR ALL**

**YMCA OF SANDUSKY COUNTY**

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