



YMCA

We build strong kids,
strong families, strong communities.

FOR IMMEDIATE RELEASE

May 5, 2010

CONTACT

Tangela Floyd

317-266-9622

tfloyd@indymca.org

**YMCA ENCOURAGES A HEALTHY WORKFORCE FOR NATIONAL
EMPLOYEE HEALTH & FITNESS DAY**

More Businesses are Adopting Wellness Programs to Encourage Preventive Care within Workforce

All employees of YMCA corporate member companies are invited to work out for free at any YMCA of Greater Indianapolis location on May 19, in honor of National Employee Health and Fitness Day. The annual event is observed each year to encourage all employees to take the right steps towards a healthier lifestyle.

Employee wellness has become a popular phrase in the business world over the last few years due to the rising costs of health-care benefits. Savvy employers are adopting new programs to encourage employees to take better care of themselves. In the long run, employers will offer incredible value to these employees and save themselves substantial health-care expenses. Studies indicate that when employers improve their employees' health they, in turn, enhance the performance of their businesses.

The YMCA is hoping to get 100% participation from employees of all of its corporate member companies. In order to work out for free, employees who work at a company who has a corporate membership with the YMCA must show their identification and proof of company affiliation.

For more information about YMCA Corporate Membership contact Raena Latina at 317-266-9622.

Exercise Tips for the Working Person

1. Put it on Your Calendar

Sign up for a class at your local Y and mark the date on your calendar to remind you to attend each session.

2. Eat Well

Pack healthy snacks the night before and bring them to work with you. YMCA Wellness Coaches recommend fruit, whole-wheat crackers and a water bottle that you can refill throughout the day.

3. Keep Track of Your Steps

Buy a pedometer and keep track of your steps all day long. Try to aim for 6,000 to 10,000 steps each day!

4. Park Away from the Building

Park in the space that is the farthest from the building door and take the scenic route to your office.

5. Schedule a “Walking Meeting”

Instead of setting up a traditional meeting in a conference room/office, schedule a walking meeting and chat about the project while walking to a local park, around the building or even the parking lot.

The YMCA of Greater Indianapolis serves more than 166,000 people in diverse communities throughout greater Indianapolis. The YMCA brings together young and old, men and women, people of all faiths, backgrounds and incomes. Last year the YMCA provided nearly \$6 million in scholarships, subsidies, and under-written programs and community services in low income neighborhoods. Through 13 branches and in collaboration with more than 200 churches, schools, and other community groups and organizations, the YMCA is also able to extend its program opportunities throughout Central Indiana and into the heart of urban neighborhoods. For more information about YMCA programs and services visit www.indymca.org.

###