

## ON-SITE LUNCH & LEARN

These 30–45 minute sessions are offered in a single-session format or a multi-session series. All seminars are taught by professional health educators.

Sessions are health and wellness focused and include topics like: exercise, diet, nutrition, stress management and more.

**Pricing:** \$150 each (Package pricing available)

## PRICING FOR WELLNESS SERVICES



### YMCA BLOOD PRESSURE SELF-MONITORING

\$199/person\*

\*\$175/person if also participating in other YMCA Wellness Services



### THE YMCA WEIGHT LOSS PROGRAM

(up to 20 people per class)

**On-site:** \$1,500 for 12 classes (\$75/person)

**At the Y:** \$250/person (includes 3 month membership)



### ON-SITE GROUP EXERCISE FITNESS

**Individual:** \$75/class

(Package pricing available)



### ON-SITE PERSONAL TRAINING

**Individual:** \$65/session

**Small group:** \$35/person/session  
(Package pricing available)



### YMCA DIABETES PREVENTION PROGRAM

\$429/person\*\*

\*\*May be covered by insurance. Please ask us for more information!

If your company or business would like to become a Corporate Partner of the Tampa Bay Area YMCA locations, please email the Vice President of Membership & Corporate Partners:  
**Randy Nilsson, [rnilsson@suncoastymca.org](mailto:rnilsson@suncoastymca.org).**

Join the YMCA closest to your home and enjoy unlimited access to YMCA locations in Hillsborough, Pinellas, Pasco, Citrus and Hernando Counties.

#### TAMPA METROPOLITAN AREA YMCA

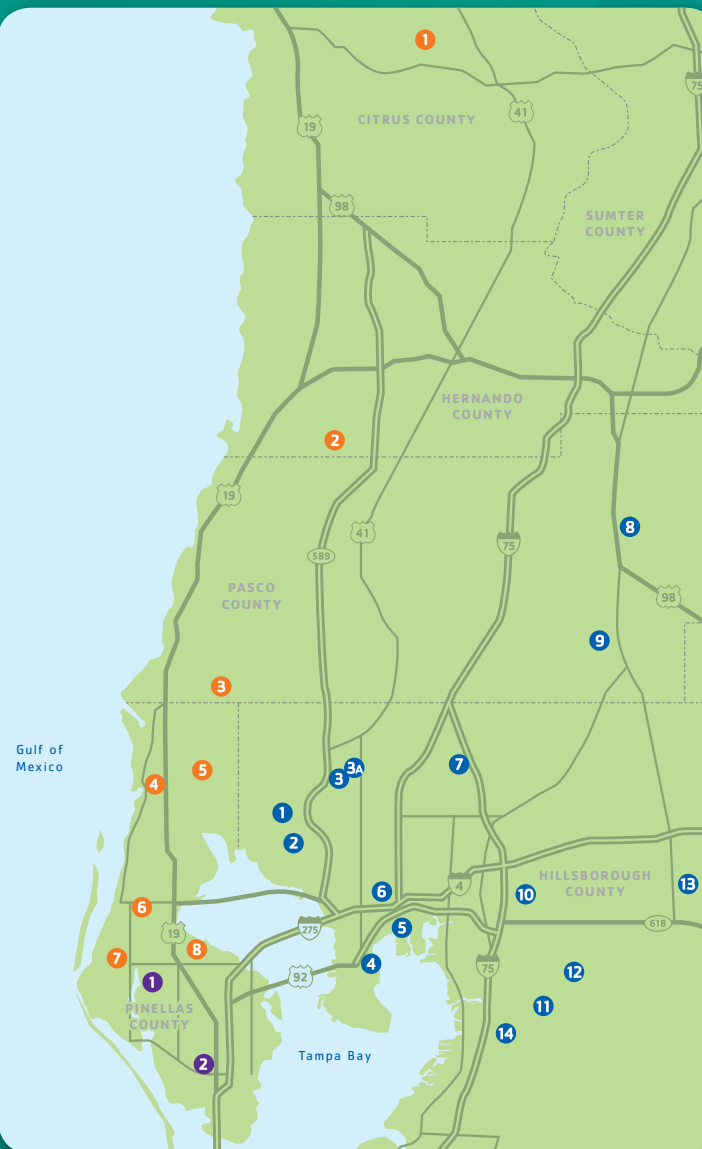
- 1 WestPark Village YMCA Express
- 2 Northwest Hillsborough Family YMCA
- 3 Bob Sierra North Tampa Family YMCA
- 3A Bob Sierra North Tampa YMCA Youth & Family Center
- 4 South Tampa Family YMCA
- 5 Downtown YMCA
- 6 Bob Gilbertson Central City Family YMCA
- 7 New Tampa Family YMCA
- 8 Dade City Family YMCA
- 9 East Pasco Family YMCA
- 10 North Brandon Family YMCA
- 11 YMCA Camp Cristina
- 12 Campo Family YMCA
- 13 Plant City Family YMCA
- 14 Spurlino Family YMCA at Big Bend Road

#### YMCA OF THE SUNCOAST

- 1 Citrus Memorial Health Foundation YMCA
- 2 Hernando County YMCA
- 3 James P. Gills Family YMCA
- 4 Greater Palm Harbor YMCA
- 5 North Pinellas YMCA
- 6 Clearwater YMCA
- 7 Greater Ridgecrest YMCA
- 8 High Point YMCA

#### YMCA OF GREATER ST. PETERSBURG

- 1 Bardmoor YMCA
- 2 Jim and Heather Gills YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARTNERS IN HEALTH

## YMCA CORPORATE WELLNESS PROGRAM

## Let's be partners in wellness.

Evidence suggests that employers who invest in their employee's health benefit from a workforce that is consistently healthier, missing fewer days of work. Employees are less stressed, more energized and therefore more productive.

Partner's In Wellness program offers a number of options to meet your companies needs and while each association facility has varied availability, overall our corporate members will find:

- » Well-equipped modern wellness centers
- » Heated pools
- » Group exercise classes for kids, adults and seniors
- » Childcare while you exercise
- » No contracts- with month-to-month EFT or company subsidy
- » Youth programs, adults sports and programming, summer camps and after-school programs
- » Social events and volunteer opportunities
- » Chronic Disease Prevention & Management Programming
- » Friendly and knowledgeable staff

**TAMPA BAY AREA YMCAs**  
[www.ymcatampabay.org](http://www.ymcatampabay.org)





## YMCA BLOOD PRESSURE SELF-MONITORING

High Blood Pressure is often referred to as the “silent killer” because there are typically no warning signs or symptoms. This 4-month evidence-based program helps adults with hypertension lower and manage their blood pressure. The program focuses on regulated home self-monitoring of one’s blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

**Participants receive support from trained Healthy Heart Ambassadors and will be encouraged to:**

- » Measure and record blood pressure at least two times per month
- » Attend personalized consultations
- » Attend Nutrition Education Seminars

### Goals

- » Reduce & manage blood pressure
- » Increased awareness of triggers that elevate blood pressure
- » Enhanced knowledge to develop healthier eating habits

### Who Qualifies

Adults who have been diagnosed with high blood pressure and have not experienced a recent cardiac event.



### FINANCIAL IMPACT

In 2009, U.S. adults visited their health care providers 55 million times to treat high blood pressure. High blood pressure costs the nation \$46 billion each year.

**“I am so happy with the participation, results and feedback from these pilot programs. The success exceeded my expectations.**

**The (staff) enjoyed the sessions, found the information to be very beneficial, appreciated the convenience of having it during their lunch break and thought the coaches were supportive and made the classes interesting. It is such a pleasure to work with both you and your staff.”**

– Dawn Handley,  
PCS Employee Wellness



## THE YMCA WEIGHT LOSS PROGRAM

### Supporting Wellness Together

This program is designed for people who want to achieve a healthier weight by making small changes to daily behaviors to form sustainable, healthier habits. You will self-design an action plan that will empower long-term, positive change in your life.

### Three key characteristics that define the YMCA Weight Loss Program . . .

#### It’s Non-Prescriptive

The program’s approach is to empower, encourage and provide tools to design your own plan that will support your goals within the context of your life.

#### It Uses the POWER of the Group

The program is designed to harness the power of the group by encouraging discussion, learning, sharing and problem-solving.

#### It Seeks to Change the Definition and Perception of Weight Loss

Prescriptive messaging is everywhere creating the perception that weight loss can only be achieved by something “out there”. We challenge that perception and help participants understand that they hold the answers within themselves.

### What to Expect

- » A group of people in a classroom setting
- » Meeting 1 hour per week for 12 consecutive weeks
- » Weighing-in, tracking food consumption and physical activity



### FINANCIAL IMPACT

The estimated annual medical cost of obesity in the United States was \$147 billion in 2008; the medical cost for people who have obesity was \$1,429 higher than those of normal weight.



## ON-SITE GROUP X FITNESS

### Yoga // Pilates // Kickboxing // Zumba // Bootcamp // HIIT // Tabata

All classes will be offered on site for a total of 50 minutes by a certified instructor. Company contact will be responsible for creating an open space that the participants will use during the sessions

Contact will be billed by the corporate wellness program and will be responsible for payment. Classes do not have a size limit but the space provided will need to be large enough to accommodate the registrants.



## ON-SITE PERSONAL TRAINING

A nationally certified personal trainer will come on-site with all necessary equipment to provide the number of sessions requested. All sessions will be 60 minutes. Contact will be responsible for creating an open space that the participants will use during the sessions. Contact will be billed by the corporate partners program and will be responsible for payment.



## YMCA DIABETES PREVENTION PROGRAM

The YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Enrollment in the diabetes Prevention Program includes a 4 month YMCA membership.

### 16 weekly session topics include:

- » Three ways to eat less fat
- » Being active: a way of life
- » Tip the calorie balance
- » Take charge of what’s around you
- » Four keys to healthy eating out
- » Ways to stay motivated

Research has shown that modest weight loss and regular physical activity can prevent or delay type-2 diabetes in adults. Losing just 5-7 % body weight reduces the risk of diabetes by 58%.



### FINANCIAL IMPACT

Annual out-of-pocket medical cost of someone without diabetes: \$3,673 compared with Annual out-of-pocket medical cost of someone with diabetes and associated conditions: \$17,762.

**“For the last 3 years, Bisk Education has partnered with the Tampa Bay Area YMCAs through their wellness classes, on-site group exercise and membership discounts. Our employees love the programs from the Y and always look forward to what’s happening next.”**

Wendy Vera- Bisk Education