



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Well Balanced For Life!

YMCA Employee Healthy Living Program Guide

Purpose

It's all about YOU! We all have different reasons for wanting to be healthy and are all at different points in that continuum. Well Balanced for Life is a program designed for Y employees and volunteers that allows you the flexibility to tailor a path to wellness that best fits your needs and aspirations.

Overview

The Well Balanced for Life activities fall into categories with an overarching theme of improving spirit, mind & body:

1. Healthy eating
2. Active living
3. Stress management
4. Take control
5. Life balance

Whether a fitness guru or a beginning health seeker this program allows employees the freedom to select activities that are attainable and will inspire long-term positive health behaviors. All employees are encouraged to participate!

- Employees may join at any time
- Quarterly focus themes throughout the year
- Employees participate at their own pace
- Employees have flexibility to customize their own plan
- Incentive opportunities
- Branch Healthy Living Champions to help motivate and keep YOU on track
- Offers a path towards a better YOU!

Recognitions and updated information will be shared via email, Y intranet, employee bulletin boards and through your Branch Employee Healthy Living Champions.

Instructions

1. Pick up a registration form from your Branch Employee Healthy Living Champion.
2. Return the completed registration form to your Branch Champion and pick up your first month's Balance Booklet and sign-on gift.
3. Begin completing the activities within your wheel. The goal is to have completed the entire wheel (three activities per category) by the end of each



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month. There are two pre-populated activities per category and one open space to insert the activity of your choice. You will be provided an extensive list of ideas for additional activities in your monthly Balance Booklet. Feel free to choose one from the list or insert your own.

4. Turn in your completed Balance Wheel to your Branch Champion by the end of each month and pick up next month's wheel and keep going.
5. Your completed Balance Wheel will be entered in a drawing for a prize.

Incentives

Completed Balance Wheels are entered in a drawing:

- 10 winners will receive a **\$25 gift card and great Y gear**/monthly.
- 7 winners will receive a **\$100 gift card and great Y gear** at the end of the year upon completion of a Balance Wheel each month.

What's In It for Me?

- Opportunities to build relationships and make new friends.
- A better understanding of holistic health and wellness components that will last a lifetime.
- Chances to win fun prizes!
- A healthier more vibrant YOU!