



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DO MORE BE MORE

CORPORATE WELLNESS CUP

March 1st – May 31st

Registration Deadline:
February 24th

Sponsored by:





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2012 CORPORATE WELLNESS CUP

YOU'RE INVITED

You're invited to compete in the 2nd Annual Corporate Wellness Cup (CWC). Get your team together to compete against other area businesses and build camaraderie amongst your co-workers. Success is based on average percentage improvement in basic health measurements: weight, height, and waist circumference combined with overall event retention.

"Wellness Company of the Year" is achieved by obtaining the highest percentage score for basic measurements combined with event participant retention. The winning company will be commemorated with the Corporate Wellness Trophy Cup.

The winning company employees earn 50% discount off their membership rate for 3 months immediately following the event. This discount CAN be applied to existing corporate membership discounts. (An even better reason to sign up for your corporate membership—Contact Amanda Today!!)

"Wellness Individual of the Year" will be awarded to the 3 individuals with the greatest improvement in his/her health parameters during the Corporate Wellness Cup. Winning categories are greatest percentage of weight loss, greatest percentage of inches lost and most visits to the Y. Individual winners will receive an additional 3 months of FREE membership to the Y. One winner will be declared for each category—and yes!....you can win all 3! (That's 9 months of FREE membership, people!)

GETTING STARTED:

1. Read through this Corporate Wellness Cup Packet.
2. Designate a Team Captain: Your primary contact responsible for distributing CWC information to your team throughout the 3 month program.
3. Complete the Company Wellness Cup Contract.
4. Ensure each participant completes a Participant Registration.
5. Team Captains return Contract, Registration & Fees to Amanda at the Y by February 24th, 5pm.
6. Attend the mandatory Team Captain Training on February 27th, 5:30pm at the Y.
7. Get Sweaty, Get Healthy and Win!! GO TEAM!

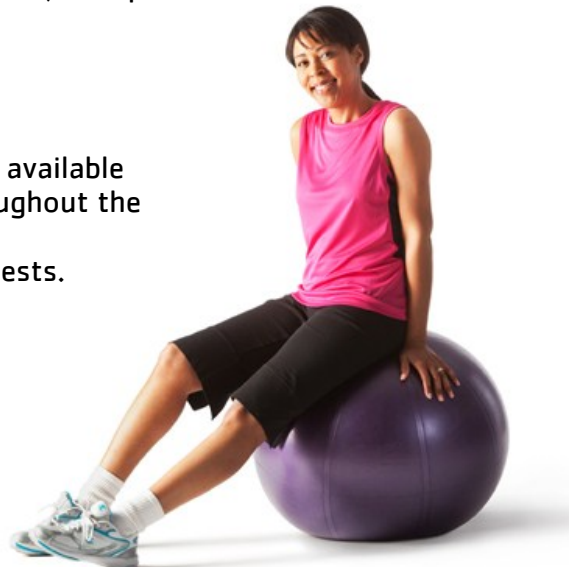
CONTACT INFO:

Amanda Lyons, the Wood River Y's Corporate Specialist, will be available Monday-Friday to facilitate your questions and comments throughout the Corporate Wellness Cup.

Please allow up to one business day for a response to any requests.

Direct: 208-928-6704 alyons@woodriverymca.org

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PROGRAM EVENT FEE: \$59/Participant

Grow your team and save money!

- ◆ Teams of 25 or more receive 10% off program event fees
- ◆ Teams of 50 or more receive 20% off program event fees
- ◆ Teams of 75 or more receive 30% off program event fees
- ◆ Existing Y Corporate Members receive 50% off program event fees
(see the Company Wellness Contract for payment options)

Wood River Community YMCA Monthly Membership Rates	
Youth	\$23
Young Adult (19-34)	\$39
Adult (35+)	\$59
Family	\$85

What's Included with your program registration:

- ◆ 3 month membership at the Y: March 1st – May 31st
- ◆ A Mountain Rides bus pass to and from the Y from anywhere in the valley
- ◆ On-site Pre and Post measurements—weight, height, and waist circumference
- ◆ Weekly wellness tips delivered to your Team Captain from St. Luke's medical professionals
- ◆ Member pricing for all Y programs during Wellness Cup
- ◆ Exercise program development from the Y's Fitness Coaches (by appointment only)

OPTIONAL ADD-ONS

- ◆ **Baseline Fitness Assessments:** A 1 hour Pre and Post Assessment of your baseline fitness that includes non-invasive testing of body composition, cardiovascular fitness, strength endurance, and movement patterns. You will receive recommendations from a certified personal trainer.
Cost: \$100/participant (entire team participation not required)
- ◆ **Goal Setting Workshop:** Gain insight, direction, and motivation to achieve your target. Focus can be directed to workplace or personal goals. Each participant will leave the workshop with a completed measurable goal complete with an action plan.
Lead by Jason Fry, YMCA CEO, ISSA-CPT, MS in Sports Psychology
Cost: \$200/Company
- ◆ **Company Fitness Class:** Have a Y fitness professional lead a fitness class for your company. Options include: Yoga, Mat Pilates, and Conditioning. Book us weekly, monthly, or whenever!
Cost: \$80/class
- ◆ **Cholesterol screening by St. Luke's:** St. Luke's medical professionals will come to your place of business to conduct pre and post cholesterol and blood pressure screenings.
Cost: \$20/participant for 2 screenings each. Minimum participation of 15 employees.

WELLNESS CUP SCHEDULE

February 24 th :	Registration & Payment Deadline
February 27 th :	<u>Mandatory</u> Team Captain Meeting at the Y @ 5:30pm
March 1 st :	Membership Cards and Mountain Rides Bus Passes available at the Y
March 1 st –9 th :	On-site Pre Measurement appointments
May 21 st –25 th :	On-site Post Measurement appointments
May 30 th :	Winners Announced

The Fine Print: (we left it big enough for you to read, though)

- ◆ Winner's memberships begin June 1st.
- ◆ BMI for individual winner's MUST be above 19%
- ◆ We are promoting healthy habits and providing fitness access. It is not required that you use the Y as a workout facility.
- ◆ Spouses may participate with your company, though they are not eligible to take advantage of the winning 50% company discount for the "Wellness Company of the Year".





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2012 CORPORATE WELLNESS CUP

COMPANY WELLNESS CUP CONTRACT

Company Name: _____
 Mailing Address: _____ City: _____ Zip: _____
 Business Phone: _____ Company Website: _____
 Team Captain Name: _____ Title: _____
 Team Captain Phone: _____ Team Captain Cell Phone: _____
 Team Captain Email: _____
 Team Captain Office Hours: _____

1. Total Number of Team Participants: _____ X \$59.00 = _____ Total
2. Discount: (eligible teams may select only one discount option)
 - Team size is 25 or more (item #1 total x .10) =< _____ >
 - Team size is 50 or more (item #1 total x .20) =< _____ >
 - Team size is 75 or more (item #1 total x .30) =< _____ >
 - Existing Corporate Member (item #1 total x .50) =< _____ >
3. Subtotal (Line 1 Total minus any applicable Discount): = _____ Subtotal
4. Optional Add-ons: (select all requested)
 - Goal Setting Workshop @ \$200/company = _____
 - Company Fitness Class @ \$80/class _____ # of classes = _____
 - Baseline Fitness Assessments @ \$100/person = _____
 - Cholesterol Screening @ \$20/person = _____
5. Total Optional Add-ons = _____ Total Add-ons
6. **Total due from Company/Participants by February 24th:** \$ _____ **Total Due**
 (Total Due is obtained by adding the line 3 subtotal to the line 5 total add-ons)

Registration and Optional Add-on Payment Options:

- ◆ Payment in full from the company
- ◆ Company provides partial subsidy (you determine amount you will contribute)
- ◆ Payment in full by participants

Total due (from line 6 above) and participant forms must accompany this contract by 2/24/12.

- ◆ We accept cash, check, Visa, MasterCard and AMEX
- ◆ Checks are made payable to the Wood River Community YMCA

Our company will be participating in the 2012 Corporate Wellness Cup. This contract serves as our invoice for the event. Registration and payments are due by February 24th at 5pm. Late registration will not be permitted. Every effort will be made to ensure all employees are available during on-site Pre and Post Measurement appointments. Our Team Captain or designee will attend the mandatory Team Captain Meeting on February 27th at the Y @ 5:30pm.

 Print Name Signature Date

Preferred day of week for all on-site events:

- Monday Tuesday Wednesday Thursday Friday Weekend

Preferred time for all on-site events:

- 8:00-10:00am 11:00-2:00pm 3:00-6:00pm Other _____



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Contact :

Our Team Captain

**Sign up today!
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