

THE BENEFITS OF A

# CORPORATE WELLNESS PROGRAM

AT THE SEATTLE ATHLETIC CLUB



## EMPLOYEE BENEFITS

- Improved physical fitness
- Lower levels of stress and anxiety
- Reduce depression and increase psychological wellbeing.
- Increased well-being, self-image and self-esteem
- Access to a private full-service, world-class health club.
- Exclusive initiation fee and monthly membership dues rates.

## EMPLOYER BENEFITS

- Enhanced recruitment and retention of healthy employees
- Reduced healthcare costs
- Decreased rates of illness and injuries
- Reduced employee absenteeism
- Improved employee relations and morale.
- Increased productivity
- Access to personalized corporate wellness programming for your company.



## WHY CORPORATE WELLNESS?

At the Seattle Athletic Club we are dedicated to improving the lives of our members through our passion for Health and Wellbeing. By partnering with the Seattle Athletic Club, you will be sending a strong message to your employees as to your commitment to their Health and Wellbeing at your workplace. You will immediately have all the resources and services of a world-class Health and Wellness facility at your disposal. We can tailor a Corporate Wellness program specifically for your company, including but not limited to, Corporate Fitness Classes, Nutrition classes, Group Training, Wellness seminars and much more! Last but not least, by partnering with the Seattle Athletic Club you and your staff will be eligible for exclusive rates on your Initiation Fees and monthly membership dues.

- Since 1996, when the U.S. Surgeon General issued the historic report, Physical Activity and health, much has been done to increase public awareness of the essential role that regular exercise plays in reducing health risks, increasing longevity, and improving overall quality of life.
- Still, health care costs continue to rise with spending on medical care setting a new record of \$3.8 trillion in 2019. That figure makes up a full 17 percent of the nation's economic output, reported the Centers for Medicare and Medicaid Services, which tracks health spending each year.
- Employers, on average have seen their health insurance premiums increase 87 percent since 2015. Much of these costs are attributed to illnesses that are preventable. Clearly, there is a need for corporations to help their employees establish healthy lifestyles.
- Fortunately, more and more companies are implementing corporate fitness, wellness programs, and subsidized health club memberships. The result is a win/win situation for individual health and company gain.

As this publication demonstrates, healthier employees have a positive impact on a company's bottom line resulting in:

- **Reduced Absenteeism and Disability Time**
- **Improved Productivity and Morale**
- **Reduced Cost and Medical Claims**
- **Positive Return on Investment**



### Reduced Absenteeism and Disability Time

A study by American Sports Data, Inc., found that, on average, frequent exercisers among health-club patrons were absent from work only 2.11 days per year, compared to 3.06 days for inactive individuals. Researchers believe that exercise helps to boost the immune system and increase strength, thus resulting in fewer incidences of absenteeism due to sickness or injury.



### Improved Productivity and Morale

Corporate wellness programs tend to improve overall morale, as participating employees feel better both about themselves and their companies. Such programs lead to a more energetic, positive and productive workplace, thus strengthening a company and helping to position it for success. Healthy employees work better and, in turn, provide gains for the company/organization.



### Reduced Cost and Medical Claims

The most obvious benefit of a corporate fitness program is that it allows companies to reduce their overall health care costs, in part by reducing the total number of medical claims that they have to field each year. The U.S. Surgeon General reports that 75% of all illnesses can be attributed to lifestyle-related causes, and that 53% of America's population is "inactive." The more a business can help employees avoid illness and disease and manage their own health, the more it can manage its own health care costs each year.



### Positive Return on Investment

No decision-maker would deny that "one has to spend money to make money," as the familiar saying goes. Once the initial investment is made, a fitness or wellness program will immediately start paying for itself – provided that it's properly promoted and maintained – and, eventually, realize concrete savings for the company.

General Mills instituted a lifestyle modification program to reduce absenteeism that required participants to complete one of the three optional lifestyle activities every three months. An evaluation of the program found that in the second year of the program General Mills had saved \$226.32 per employee in absentee related costs with an ROI of 3.1 to 1. The third year of the program saw an even higher ROI at 3.9 to 1.

List of current partners – Microsoft, Amazon, Boeing, Starbucks, Facebook etc etc.

## CASE STUDY - GORDON DERR LAW FIRM CASE STUDY

Formerly Buck and Gordon, Gordon Derr has been utilizing the Corporate Fitness Program for well over two years. The program is available on a monthly basis to any of their employees and the Firm covers 50-100% of the cost. Gordon Derr has found the benefits of the program to be vast. The employees love the challenge of each session and learn new and beneficial exercises that they are able to utilize on their own. Every participant has increased their level of fitness as well as increased their activity level both in and out of the gym. Jay Derr of Gordon Derr Law Firm has this to say about his Corporate Fitness Experience:

"Our office regularly takes advantage of the corporate fitness sessions that Adriana and her fellow Personal Fitness Trainers put together for us. It's a great excuse to get a group out of the office over the lunch hour. We find them to be not only a "great equalizer" among staff and management, but also a never-ending source of both great sweat and great laughter. No matter what our skill or fitness level, there is something that challenges everyone in the group. And the positive effects don't end when we leave the locker room after a corporate fitness workout. I often overhear conversation, or note the ongoing laughter, back at the office as we either recreate some of the creative exercises and contortions Adriana has just put us through or, even more often, as we observe those sore muscles waddling down the hall the next day. We believe the benefits are so strong that our firm subsidizes most of the cost of these programs for our employees."

## GET STARTED!

For more information on creating a corporate wellness program at the Seattle Athletic Club for your workplace, please contact our membership office at 206.443.1111