

San Antonio Celebrates Corporate Wellness at 2017 Fall Fit Company Challenge

Teams from companies in San Antonio show the impact of their wellness programs by training for and conquering a 3-course fitness challenge hosted by Fit Company

SAN ANTONIO, TEXAS, USA, October 3, 2017 /EINPresswire.com/ -- On September 20, 2017 hundreds of participants from companies located in the San Antonio area took part in the [Fit Company Challenge](#), a corporate wellness event hosted by the Fit Company Institute. The challenge provided area companies an opportunity to come together as a team and spend an evening exercising, pushing their physical and mental limits and showing the importance of living a healthy lifestyle. Companies split their team into squads of 3 to 4 people who worked together to complete a variety of fitness stations to challenge their fitness level and earn points for their company. Teams chose what level to go through each course which allowed participants of all fitness levels to push their physical fitness without going too far out of their comfort zone.



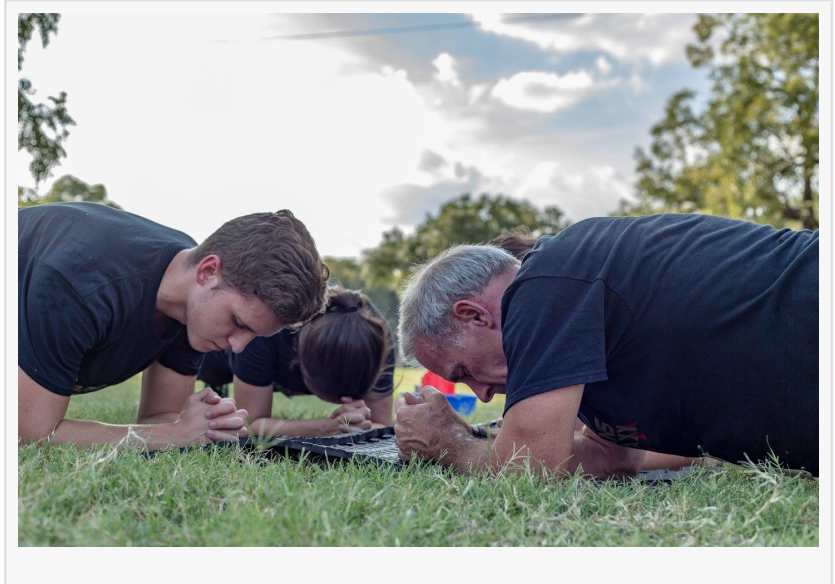
In their first time participating in the San Antonio Challenge New Braunfels Utilities took the top spot in the Large Division. From New Braunfels Utilities team captain Janice Jessen, "NBU employees rallied together & encouraged, prodded & laughed each other through a most challenging event! Excited & proud chatter about how all of us, of various age & athletic ability, finished still hasn't stopped. Great team building experience & we plan on doing it again, & better, next year."

Also in their first year participating, GVEC came out and took the top spot in the Medium team division. From GVEC team captain Sarah Martin "Taking part in the Fit Company Challenge helped us realize how important it is to incorporate fitness into our daily lives. It was so neat to see people cheering each other on and stepping in to help complete challenges for one another if someone was exhausted. We couldn't be more proud of the teamwork that the GVEC team displayed!"

On event date, volunteers assisted the contenders through the courses from Texas State Department

of Health and Human Performance, and BSA Sports Lab (www.bsa-sportslab.com). Participants challenged their strength, conditioning, power, agility, and ended with a test of endurance to show their companies and colleagues that they practice what they preach. Participants used their involvement to bring out company team members, and family members to cheer them on and promote the importance of having fun and effective corporate wellness programs at their companies.

The challenge was held at Olmos Basin Sports Complex, located a short drive from downtown San Antonio, Texas.



The following is a list of the top finishers in San Antonio that participated in the 2017 Fit Company Challenge:

Fit Company Fittest Awards

Large Division

1) New Braunfels Utilities

Medium Division

- 1) GVEC
- 2) M&S Engineering LLC
- 3) Williams Crow Mask
- 4) ATKG, LLP

Small Division

- 1) Brain Sentinel, Inc
- 2) FHK
- 3) Celonova Biosciences, Inc.

Micro Division

- 1) Bright Star Care
- 2) TeleQuality Communications

Top Teams Overall (Based on Total Points)

- 1) Bright Star Care - #1501
- 2) Bright Star Care - #1500
- 3) GVEC - #1510
- 4) M&S Engineering LLC - #1496
- 5) M&S Engineering LLC - #1499
- 6) Brain Sentinel, Inc - #1502
- 7) M&S Engineering LLC - #1497
- 8) ATKG, LLP - #1518
- 9) GVEC - #1508
- 10) Williams Crow Mask - #1476

Top Teams By Course

Course 1 – Level 2

- 1) GVEC - #1510
- 2) Brain Sentinel, Inc - #1502
- 3) Bright Star Care - #1501
- 4) M&S Engineering LLC - #1499

Course 1 – Level 1

- 1) TeleQuality Communications - #1513
- 2) Family Endeavors - #1472
- 3) New Braunfels Utilities - #1491
- 4) Brain Sentinel, Inc - #1505

Course 2 – Level 2

- 1) GVEC - #1507
- 2) Bright Star Care - #1501
- 3) GVEC - #1510
- 4) Bright Star Care - #1500

Course 2 – Level 1

- 1) GVEC - #1509
- 2) FHK - #1493
- 3) GVEC - #1506
- 4) TeleQuality Communications - #1513

Course 3 – Level 2

- 1) Bright Star Care - #1500
- 2) Bright Star Care - #1501
- 3) M&S Engineering LLC - #1499
- 4) M&S Engineering LLC - #1496 (Tie)
- 4) Brain Sentinel, Inc - #1503 (Tie)
- 4) GVEC - #1508 (Tie)

Course 3 – Level 1

- 1) Brain Sentinel, Inc - #1502
- 2) TeleQuality Communications - #1514
- 3) Williams Crow Mask - #1473
- 4) Williams Crow Mask - #1474 (Tie)
- 4) Williams Crow Mask - #1476 (Tie)
- 4) Celonova Biosciences, Inc. - #1478 (Tie)
- 4) FHK - #1493 (Tie)

About the Fit Company Institute, LLC:

The Fit Company Institute is based in Austin, Texas and is dedicated to help companies thrive through wellness. The Fit Company Challenge helps companies be their best by creating the most productive, focused, energetic, happiest, and cohesive teams possible.

Find more at www.fitcompany.com and upcoming events in cities across the US.

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