

# Chicago Celebrates Corporate Wellness at 2017 Fall Fit Company Challenge

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

CHICAGO, ILLINOIS, USA, October 14, 2017 /EINPresswire.com/ -- On September 30, 2017 hundreds of participants from over 20 companies located in the Chicago 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 a morning 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 the 3rd annual Chicago challenge, HBK Engineering came out strong with 8 squads and took the top spot in the

Large Division. From HBK Engineering team captain Heidi Meyer, "HBK Engineering participated in its first Fit Company Challenge as part of its health and wellness initiative. The event highlighted team building, health and wellness, and created camaraderie across Chicagoland Offices. Congratulations to every team who participated and HBK for a successful day."

NogginLabs took the top spot in the Medium division taking part in their first Fit Company Challenge. From team captain Lauren Nichols, "We all had an amazing time and really enjoyed ourselves. My favorite part of the whole experience was hearing how people motivated each other to push themselves to maybe do something they didn't think they could do. At the end of the event everyone felt so accomplished and like they really achieved their fitness goals for this challenge. People were also excited to participate again next year, but to train even harder beforehand so we can come back



bigger and better!"

On event date, over 25 volunteers assisted the contenders through the courses from hardpressed ([www.hardpressed.com](http://www.hardpressed.com)), RightFit Personal Training ([www.rightfitpersonaltraining.com](http://www.rightfitpersonaltraining.com)), Urban Athlete ([www.urbanathlete.com](http://www.urbanathlete.com)), and students from the University of Illinois at Chicago Kinesiology department.

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 Cricket Hill, located a short drive from Lincoln park in downtown Chicago.

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

#### Top Companies by Division

##### Large Division

- 1) HBK Engineers LLC
- 2) U.S. Cellular Corporation

##### Medium Division

- 1) NogginLabs
- 2) JLL
- 3) Motorola Mobility, a Lenovo company
- 4) CompTIA

##### Small Division

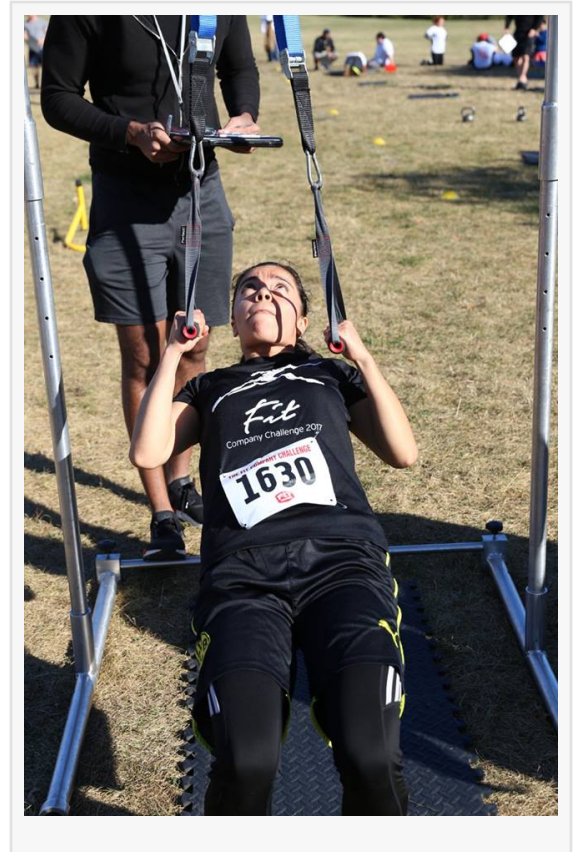
- 1) Hendrickson
- 2) Sargent and Lundy
- 3) Crowe Horwath, LLP
- 4) Mistwood Golf Club

##### Micro Division

- 1) Architrave Ltd.
- 2) Transparent Container
- 3) LoSasso Advertising
- 4) BCU (Tie)
- 4) DSP Insurance Services (Tie)

#### Top Teams Overall (Based on Total Points)

- 1) HBK Engineers LLC - #1620



- 2) Hendrickson - #1646 (Tie)
- 2) Crowe Horwath, LLP - #1667 (Tie)
- 4) Hendrickson - #1647
- 5) Motorola Mobility, a Lenovo company - #1611 (Tie)
- 5) HBK Engineers LLC - #1619 (Tie)
- 5) Sargent and Lundy - #1655 (Tie)
- 8) Mistwood Golf Club - #1614
- 9) Walton Contractors - #1645
- 10) Mistwood Golf Club - #1615 (Tie)
- 10) Sargent and Lundy - #1656 (Tie)

## Top Teams By Course

### Course 1 – Level 2

- 1) HBK Engineers LLC - #1620
- 2) Hendrickson - #1646
- 3) Hendrickson - #1647
- 4) Crowe Horwath, LLP - #1667

### Course 1 – Level 1

- 1) U.S. Cellular Corporation - #1659
- 2) Mistwood Golf Club - #1614 (Tie)
- 2) Mistwood Golf Club - #1615 (Tie)
- 4) BCU - #1665

### Course 2 – Level 2

- 1) HBK Engineers LLC - #1620
- 2) Hendrickson - #1646
- 3) Crowe Horwath, LLP - #1667
- 4) Crowe Horwath, LLP - #1669

### Course 2 – Level 1

- 1) Mistwood Golf Club - #1615
- 2) Mistwood Golf Club - #1614
- 3) Mistwood Golf Club - #1613 (Tie)
- 3) Hendrickson - #1648 (Tie)

### Course 3 – Level 2

- 1) HBK Engineers LLC - #1620
- 2) Crowe Horwath, LLP - #1667
- 3) Hendrickson - #1647 (Tie)
- 3) Sargent and Lundy - #1654 (Tie)

### Course 3 – Level 1

- 1) JLL - #1601
- 2) JLL - #1602
- 3) JLL - #1604
- 4) HBK Engineers LLC - #1624

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](http://www.fitcompany.com) and upcoming events in cities across the US.

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