

Philadelphia Celebrates Corporate Wellness at 2017 Fall Fit Company Challenge

Teams from companies in Philadelphia show the impact of their wellness programs by conquering a 3-course corporate fitness challenge hosted by Fit Company.

PHILADELPHIA, PA, UNITED STATES, October 22, 2017 /EINPresswire.com/ -- On October 7, 2017 participants from companies located in the Philadelphia 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 their first time participating, Fidato Partners came out strong with 6 squads and took the top spot in the Medium Division. From Fidato Partners team captain Kelly Johnson, "Fidato Partners had a great first time experiencing the Fit Company Challenge! Being able to come together as a group – outside of the office was a good change of pace, and finishing on top was not too shabby either! We are looking forward to defending the title in years to come."

On event date, athletic trainers from SWEAT Fitness (www.sweatfitness.com) assisted the participants and provided both guidance and motivation to the teams as they went through the various fitness stations and courses. 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 Penn Park, located in downtown Philadelphia, Pennsylvania.

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

Top Companies by Division

Large Division

- 1) MedRisk

Medium Division

- 1) Fidato Partners

Small Division

- 1) Beringer Technology Group

Micro Division

- 1) Dudnyk
- 2) Scully Company
- 3) Cloudnexa

Top Teams Overall (Based on Total Points)

- 1) Fidato Partners - #1685 (Tie)
- 1) Fidato Partners - #1686 (Tie)
- 3) MedRisk - #1702
- 4) Cloudnexa - #1691
- 5) Fidato Partners - #1683
- 6) Dudnyk - #1692
- 7) MedRisk - #1701
- 8) Scully Company - #1689
- 9) Fidato Partners - #1687
- 10) MedRisk - #1698

Top Teams By Course

Course 1 – Level 2

- 1) Fidato Partners - #1686
- 2) Fidato Partners - #1685
- 3) Cloudnexa - #1691
- 4) MedRisk - #1702

Course 1 – Level 1

- 1) Dudnyk - #1692
- 2) Fidato Partners - #1687
- 3) MedRisk - #1700
- 4) MedRisk - #1698



Course 2 – Level 2

- 1) Fidato Partners - #1685
- 2) Fidato Partners - #1686
- 3) Fidato Partners - #1687
- 4) Dudnyk - #1693

Course 2 – Level 1

- 1) MedRisk - #1701
- 2) Beringer Technology Group - #1695 (Tie)
- 2) MedRisk - #1700 (Tie)
- 4) Beringer Technology Group - #1694 (Tie)
- 4) MedRisk - #1703 (Tie)

Course 3 – Level 2

- 1) Cloudnexa - #1691
- 2) Fidato Partners - #1683 (Tie)
- 2) Fidato Partners - #1685 (Tie)
- 2) Fidato Partners - #1686 (Tie)

Course 3 – Level 1

- 1) Dudnyk - #1692 (Tie)
- 1) MedRisk - #1701 (Tie)
- 3) Scully Company - #1689 (Tie)
- 3) MedRisk - #1703 (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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