

DC Metro Area Celebrates Corporate Wellness at 2017 Fall Fit Company Challenge

Companies in the DC Metro show the impact of their wellness programs by training for and conquering a 3-course fitness challenge hosted by Fit Company.

WASHINGTON, DC, USA, October 29, 2017 /EINPresswire.com/ -- On October 14, 2017 participants from companies located in the Greater DC 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, Virginia Emergency Medicine Associates (VEMA) came out strong with 6 squads and took the top spot in the Large Division. From VEMA team captain Tara Elkins, "We had an absolute blast at the Fit Company Challenge! As healthcare providers, we understand the importance of staying active! The Fit Company Challenge was the perfect team-building exercise to get our heart rates up and our bodies in motion! Looking forward to competing again next year!"

On event date, athletic trainers from BSA Sports Lab (www.bsa-sportslab.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 West Potomac Park, located in downtown Washington, DC.

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

Top Companies by Division

Large Division

1) Virginia Emergency Medicine Associates

Medium Division

1) OGSystems, LLC

Small Division

1) MV+A Architects

2) Paul Davis Restoration

Micro Division

1) SEAF

Top Teams Overall (Based on Total Points)

- 1) #1720 - Virginia Emergency Medicine Associates
- 2) #1711 - OGSystems, LLC
- 3) #1709 - OGSystems, LLC (Tie)
- 3) #1721 - Virginia Emergency Medicine Associates (Tie)
- 5) #1718 - Virginia Emergency Medicine Associates
- 6) #1722 - Virginia Emergency Medicine Associates
- 7) #1710 - OGSystems, LLC
- 8) #1708 - OGSystems, LLC
- 9) #1707 - OGSystems, LLC
- 10) #1714 - MV+A Architects

Top Teams By Course

Course 1 – Level 2

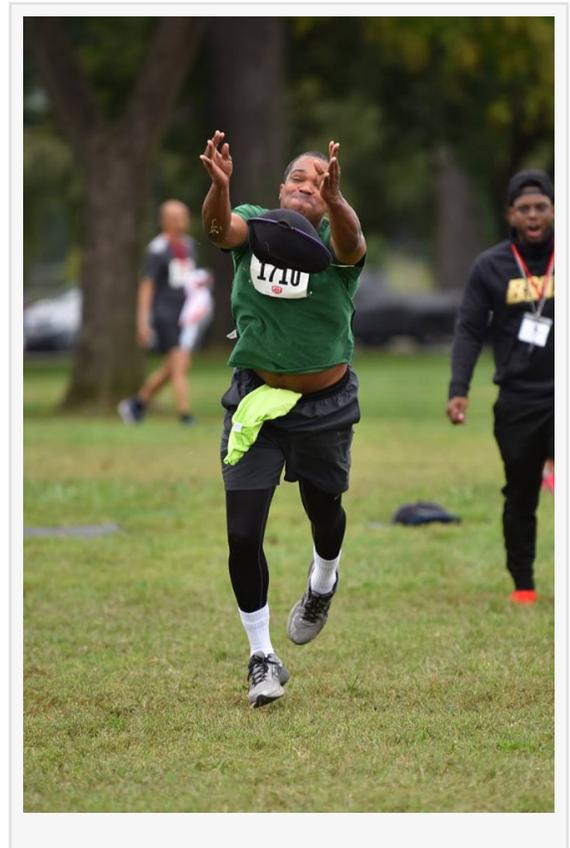
- 1) #1711 - OGSystems, LLC
- 2) #1710 - OGSystems, LLC
- 3) #1720 - Virginia Emergency Medicine Associates
- 4) #1709 - OGSystems, LLC

Course 2 – Level 2

- 1) #1720 - Virginia Emergency Medicine Associates
- 2) #1718 - Virginia Emergency Medicine Associates
- 3) #1721 - Virginia Emergency Medicine Associates
- 4) #1722 - Virginia Emergency Medicine Associates

Course 2 – Level 1

- 1) #1716 - SEAF



2) #1715 - SEAF

Course 3 – Level 2

- 1) #1711 - OGSystems, LLC
- 2) #1718 - Virginia Emergency Medicine Associates
- 3) #1709 - OGSystems, LLC (Tie)
- 3) #1712 - MV+A Architects (Tie)

Course 3 – Level 1

- 1) #1720 - Virginia Emergency Medicine Associates
- 2) #1715 – SEAF (Tie)
- 2) #1721 - Virginia Emergency Medicine Associates (Tie)
- 2) #1722 - Virginia Emergency Medicine Associates (Tie)
- 2) #1719 - Virginia Emergency Medicine Associates (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.

Matt Barker
Fit Company Institute
888-994-9964
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.