

Austin Celebrates Corporate Wellness at 2017 Fall Fit Company Challenge

Teams from 30 companies in Austin show the positive impact of their wellness programs by training for and conquering a 3-course challenge hosted by Fit Company.

AUSTIN, TEXAS, US, September 25, 2017 /EINPresswire.com/ -- On September 9, 2017 hundreds of participants from companies located in the Austin 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.

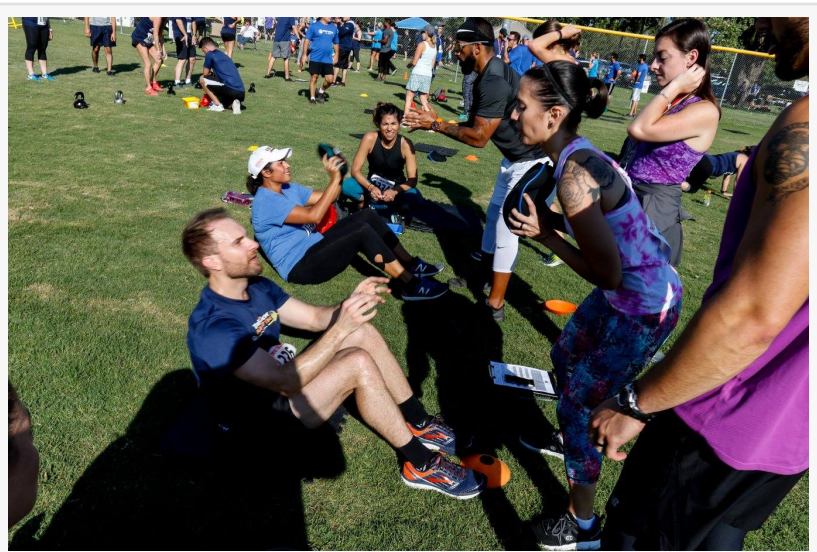
For the 3rd year in a row Luminex took the top spot in the X-Large Division bringing out 10 squads to take part. From Luminex's Wellness & Benefits Specialist Samantha Mitchell, "At Luminex we strive to build a positive wellness culture that embraces teamwork, respect and trust. The Fit Company Challenge inspires us to keep that promise and provides a fun environment to continue to build great relationships and stay fit. This is our 4th year participating and we will definitely be back in 2018! Great job!"

In their 2nd year participating, Maxwell Locke & Ritter LLP came out ready for the challenge and took home 1st place in the Large team division. From team captain Britney Burger "Our firm has competed in the Fit Company Challenge for two years in a row now. My favorite part about participating and being team captain is seeing people's fear and hesitancy transformed after competing. So many people each year were concerned about their capabilities and then shared how



excited they were to compete at the harder level next year. I believe that physical fitness, especially in a team environment and amongst co-workers promotes self-confidence, a greater sense of purpose and drive in each of us. I appreciate that the Fit Company Challenge has captured a way to challenge each of us, bring a different kind of motivation to the work place and promote fun and camaraderie.”

On event date, over 30 volunteers assisted the contenders through the courses from Texas State Department of Health and Human Performance, Pure Yoga Texas (www.pureyogaaustin.com), BSA Sports Lab, LLC (www.bsasportslab.com), RightFit Personal Training (www.rightfitpersonaltraining.com), and Swift Fit Personal Training. 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 sponsored by Nutrabolt (www.nutrabolt.com) and OpenSymmetry (www.opensymmetry.com) who kept the participants and spectators fueled throughout the morning.

The challenge was held at the Austin Athletics Office Softball field, located a short drive from downtown Austin.

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

Fit Company Fittest Awards

Fittest Companies by Division

X-Large Division

- 1) Luminex Corporation
- 2) Forcepoint
- 3) The Carlson Law Firm

Large Division

- 1) Maxwell Locke & Ritter LLP
- 2) The Austin Diagnostic Clinic
- 3) Velocity Credit Union

Medium Division

- 1) Torchy's Tacos
- 2) Surveying And Mapping, LLC
- 3) Andiamo
- 4) Alliance Abroad Group

Small Division

- 1) Austin Fraser
- 2) Hayes Software Systems
- 3) Shop LC
- 4) OnRamp

Micro Division

- 1) Growth Acceleration Partners
- 2) Q1Media
- 3) Juice Real Estate
- 4) BSA LifeStructures

Top Teams Overall (Based on Total Points)

- 1) Luminex Corporation - #1329
- 2) Hayes Software Systems - #1343 (Tie)
- 2) Austin Fraser - #1429 (Tie)
- 4) Forcepoint - #1368
- 5) Maxwell Locke & Ritter LLP - #1336
- 6) Wentwood Companies - #1318
- 7) Alliance Abroad Group - #1416
- 8) Luminex Corporation - #1326
- 9) Luminex Corporation - #1328 (Tie)
- 9) Surveying And Mapping, LLC - #1392 (Tie)
- 11) Shop LC - #1373 (Tie)
- 11) Andiamo - #1402 (Tie)
- 13) The Carlson Law Firm - #1309
- 14) BSA LifeStructures - #1340
- 15) Maxwell Locke & Ritter LLP - #1338 (Tie)
- 15) Austin Fraser - #1431 (Tie)

Top Teams By Course

Course 1 – Level 2

- 1) Hayes Software Systems - #1343
- 2) Luminex Corporation - #1326
- 3) Luminex Corporation - #1329
- 4) Maxwell Locke & Ritter LLP - #1336

Course 1 – Level 1

- 1) Luminex Corporation - #1322
- 2) We Are Blood, United Tissue Resources - #1401
- 3) Red Velvet Events - #1386
- 4) BSA LifeStructures - #1340

Course 2 – Level 2

- 1) Luminex Corporation - #1329
- 2) Wentwood Companies - #1318

- 3) Austin Fraser - #1429
- 4) Forcepoint - #1368

Course 2 – Level 1

- 1) Growth Acceleration Partners - #1321
- 2) Andiamo - #1403
- 3) Growth Acceleration Partners - #1320
- 4) Austin Fraser - #1431

Course 3 – Level 2

- 1) Austin Fraser - #1429
- 2) Luminex Corporation - #1329
- 3) Alliance Abroad Group - #1416
- 4) Maxwell Locke & Ritter LLP - #1338 (Tie)
- 4) Shop LC - #1373 (Tie)

Course 3 – Level 1

- 1) Andiamo - #1402
- 2) Q1Media - #1396
- 3) Maxwell Locke & Ritter LLP - #1333
- 4) Maxwell Locke & Ritter LLP - #1339 (Tie)
- 4) BSA LifeStructures - #1340 (Tie)
- 4) Juice Real Estate - #1353 (Tie)
- 4) Torchy's Tacos - #1424 (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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