

# Houston Celebrates Corporate Wellness at 2017 Fall Fit Company Challenge

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

HOUSTON, TEXAS, USA, September 29, 2017 /EINPresswire.com/ -- On September 16, 2017 participants from companies located in the Houston Texas 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.

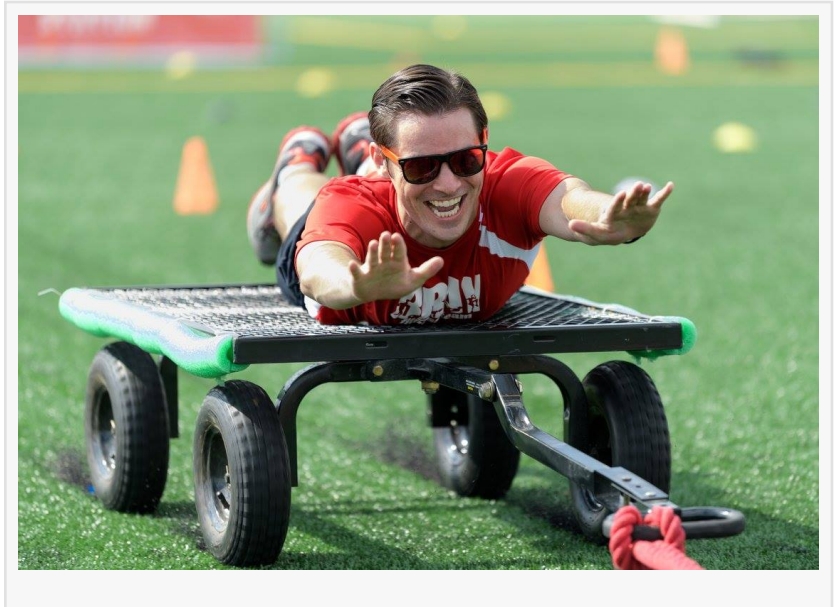
For the 1st Fall Challenge in Houston PinnacleART took the top spot in the Large Division. From PinnacleART's team captain Lindsay Carter, "The Fit Company Challenge was a physically and mentally demanding experience that highlighted new exercises that we as individuals can incorporate into our fit lifestyle. In our small teams, we were able to meet new people within the company and build camaraderie. Overall, it was a wonderful way to see the efforts of our Workplace Wellness committee come to life and make a real impact on our employees' lifestyle and morale."

In their 3rd year participating, Walker Elliott came out stronger than ever and took 1st place in the Small team division. From team captain Marianne Thai "Walker Elliott has participated in this event for the past 3 years, and every year we come back stronger and better prepared. We're up to 60% of employee participation who have trained and competed. We train together as a team and encourage healthier eating regimens, which has led to overall healthier lifestyles for everyone. We look forward to



participating again in the Spring!”

On event date, volunteers assisted the contenders through the courses from Texas State Department of Health and Human Performance, and RightFit Personal Training ([www.rightfitpersonaltraining.com](http://www.rightfitpersonaltraining.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 Houston Sports Park, close to downtown Houston.

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

#### Top Companies by Division

##### Large Division

- 1) PinnacleART
- 2) Bray International, Inc.

##### Small Division

- 1) Walker Elliott LP
- 2) KorMex Foods

##### Micro Division

- 1) Mitsui E&P USA LLC
- 2) Global Healing Center

#### Top Teams By Course

##### Course 1 – Level 2

- 1) Bray International, Inc. - #1443
  - Tom McGonigle
  - Ron Veillon
  - Evandro Felice
  - Zachry Brown
- 2) Bray International, Inc. - #1444
  - Darin Carlson
  - Eduardo Cerri
  - Jose Marquez

- Shahrum Iqball
- 3) Mitsui E&P USA LLC - #1459
- Willie Vera
- Greg Jallans
- Jeremy Orr
- Hirotake Tsunooka
- 4) Bray International, Inc. - #1445
- Emerson Ramos
- Joel Ferman
- Marco Torres

#### Course 1 – Level 1

- 1) Walker Elliott LP - #1448
- Marianne Thai
- Marcques Bridges
- Lisa McCowan
- 2) Walker Elliott LP - #1450
- Jennafer Payne
- Ali Faye
- Amanda Hayes
- Alana Vorda
- 3) Walker Elliott LP - #1449
- Hudson Chen
- Neerav Parikh
- Diana Lee
- 4) Bray International, Inc. - #1447 (Tie)
- Haley Ferner
- Joceyln Canas
- Cristina Pineda
- 4) PinnacleART - #1453 (Tie)
- Julian Parra
- Shawn Lester
- Kate Cammarata
- Sidney Sherrill

#### Course 2 – Level 2

- 1) Bray International, Inc. - #1444
- Darin Carlson
- Eduardo Cerri
- Jose Marquez
- Shahrum Iqball
- 2) Bray International, Inc. - #1443
- Tom McGonigle
- Ron Veillon
- Evandro Felice
- Zachry Brown
- 3) Mitsui E&P USA LLC - #1459
- Willie Vera
- Greg Jallans
- Jeremy Orr

- Hirotake Tsunooka
- 4) PinnacleART - #1456
- Stew Pinckard
- Jerod Aragon
- Christian Flores
- Lauren Ryan

#### Course 2 – Level 1

- 1) Walker Elliott LP - #1448
- Marianne Thai
- Marcques Bridges
- Lisa McCowan
- 2) PinnacleART - #1453
- Julian Parra
- Shawn Lester
- Kate Cammarata
- Sidney Sherrill
- 3) PinnacleART - #1451
- Joey Rappaport
- CJ Anyigbo
- Lauren Kretsch
- Raji Athuru
- 4) PinnacleART - #1452
- Raymond Weir
- Travis Gaston
- Emily Cash
- Anglia Lindsay

#### Course 3 – Level 2

- 1) PinnacleART - #1456
- Stew Pinckard
- Jerod Aragon
- Christian Flores
- Lauren Ryan
- 2) Bray International, Inc. - #1444 (Tie)
- Darin Carlson
- Eduardo Cerri
- Jose Marquez
- Shahrum Iqball
- 2) Bray International, Inc. - #1446 (Tie)
- Nipun Nanayakkara
- Ross Eppinette
- Jeremy Mercier
- Patrick O'Connell
- 4) Bray International, Inc. - #1443
- Tom McGonigle
- Ron Veillon
- Evandro Felice
- Zachry Brown

## Course 3 – Level 1

### 1) KorMex Foods - #1440 (Tie)

- Steve Sula
- Roman Karabanov
- Alejandro Limas
- Chad Motsinger

### 1) PinnacleART - #1453 (Tie)

- Julian Parra
- Shawn Lester
- Kate Cammarata
- Sidney Sherrill

### 1) PinnacleART - #1457 (Tie)

- Rae Covington
- Sammi Patel
- Chris Asumnu

### 4) Walker Elliott LP - #1448 (Tie)

- Marianne Thai
- Marcques Bridges
- Lisa McCowan

### 4) PinnacleART - #1451 (Tie)

- Joey Rappaport
- CJ Anyigbo
- Lauren Kretsch
- Raji Athuru

### 4) Mitsui E&P USA LLC - #1459 (Tie)

- Willie Vera
- Greg Jallans
- Jeremy Orr
- Hirotake Tsunooka

## About the Fit Company Institute:

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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