

# San Diego Companies Celebrate Corporate Wellness at 2017 Fall Fit Company Challenge

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

SAN DIEGO, CA, USA, November 10, 2017 /EINPresswire.com/ -- On October 28, 2017 participants from companies located in the San Diego 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.

ICW Group claimed the top spot in the Medium division adding to their 1st place finish from the 2017 Spring San Diego Fit Company Challenge. From ICW Group team captain David Wallace, "This is our second consecutive 1st place finish and as team captain I've learned there's more to this victory than just fitness. Our teams encourage, motivate, and inspire one another to push harder and do more than they previously thought possible. This challenge incorporates the physical, emotional, and social aspects of Wellness, and as head of the ICW Group Wellness Committee I am humbled by the effort put forth and the accomplishment of our team members."

On event date, athletic trainers from NXPT Fitness Studio ([www.nxptfit.com](http://www.nxptfit.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 Nobel Athletic fields, located a short drive from San Diego, CA.

The following is a list of the top finishers in the San Diego Area that participated in the 2017 Fall Fit Company Challenge:



### Top Companies by Division

#### Medium Division

- 1) ICW Group
- 2) Memjet
- 3) USE Credit Union (Tie)
- 3) BofI Federal Bank (Tie)

#### Small Division

- 1) Prometheus Labs
- 2) San Diego Symphony

#### Micro Division

- 1) Technology Unlimited Group

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

- 1) #1766 - ICW Group
- 2) #1768 – Memjet (Tie)
- 2) #1773 - Prometheus Labs (Tie)
- 4) #1774 - Prometheus Labs
- 5) #1761 - ICW Group
- 6) #1754 - USE Credit Union
- 7) #1767 - ICW Group
- 8) #1769 - Memjet
- 9) #1760 - ICW Group (Tie)
- 9) #1780 - BofI Federal Bank (Tie)

### Top Teams By Course

#### Course 1 – Level 2

- 1) #1766 - ICW Group
- 2) #1773 - Prometheus Labs
- 3) #1768 - Memjet
- 4) #1772 - Prometheus Labs

#### Course 1 – Level 1

- 1) #1767 - ICW Group
- 2) #1761 - ICW Group
- 3) #1760 - ICW Group
- 4) #1777 - Bofl Federal Bank

Course 2 – Level 2

- 1) #1766 - ICW Group
- 2) #1767 - ICW Group
- 3) #1761 - ICW Group (Tie)
- 3) #1773 - Prometheus Labs (Tie)

Course 2 – Level 1

- 1) #1780 - Bofl Federal Bank
- 2) #1771 - Memjet
- 3) #1754 - USE Credit Union (Tie)
- 3) #1755 - Technology Unlimited Group (Tie)

Course 3 – Level 2

- 1) #1774 - Prometheus Labs
- 2) #1752 - USE Credit Union (Tie)
- 2) #1768 – Memjet (Tie)
- 4) #1769 - Memjet

Course 3 – Level 1

- 1) #1754 - USE Credit Union
- 2) #1780 - Bofl Federal Bank
- 3) #1755 - Technology Unlimited Group (Tie)
- 3) #1759 - San Diego Symphony (Tie)
- 3) #1761 - ICW Group (Tie)
- 3) #1766 - ICW Group (Tie)
- 3) #1773 - Prometheus Labs (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](http://www.fitcompany.com) and upcoming events in cities across the US in 2018.

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