

Houston Celebrates Corporate Wellness at 2018 Spring 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.

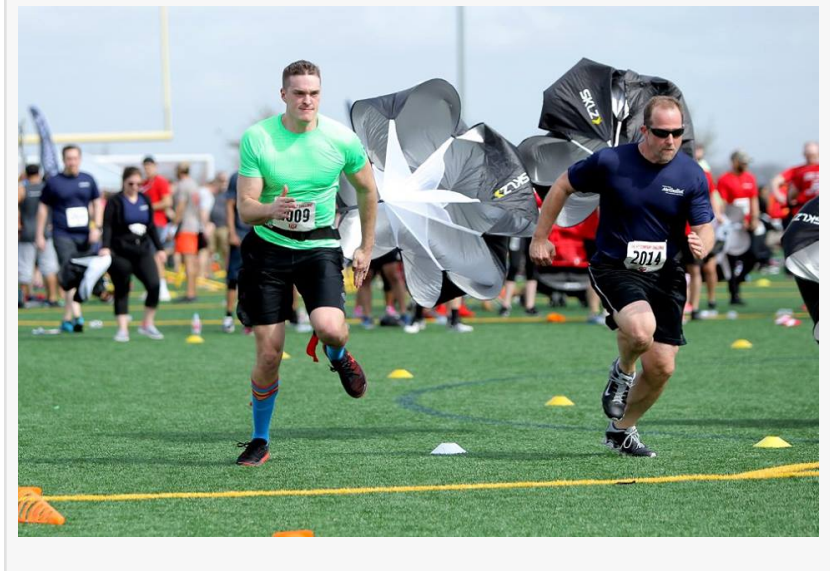
HOUSTON, TEXAS, USA, March 16, 2018 /EINPresswire.com/ -- On February 24, 2018 participants from companies located in the Houston area took part in the [Fit Company Challenge](#), a corporate wellness event hosted by the Fit Company Institute. The challenge provided area companies an opportunity to come 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.

On event date, volunteers assisted the contenders through the courses from Texas State Department of Health and Human Performance, The GYM (www.the-g-y-m.com), Be Fit Gym (befitgymhouston.com), the University of Houston Rugby Club, and the University of Houston Soccer Club. 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.

The challenge was held at Houston Sports Park, located a short drive from downtown Houston.

The following is a list of the top finishers in Houston that participated in the 2018 Fit Company Challenge:

Top Companies by Division



X-Large Division

- 1) Houston Methodist

Large Division

- 1) The Friedkin Group
- 2) Gulf Winds International

Medium Division

- 1) Bray International Inc.
- 2) PinnacleART
- 3) Perry Homes
- 4) City of Katy

Small Division

- 1) Sun Coast Resources
- 2) EP Energy
- 3) Aviva Metals, Inc. (Tie)
- 3) Eurecat, Inc. (Tie)

Micro Division

- 1) Walker Elliott LP
- 2) Riveron Consulting
- 3) Zeus Mortgage Bank
- 4) GulfMark Offshore

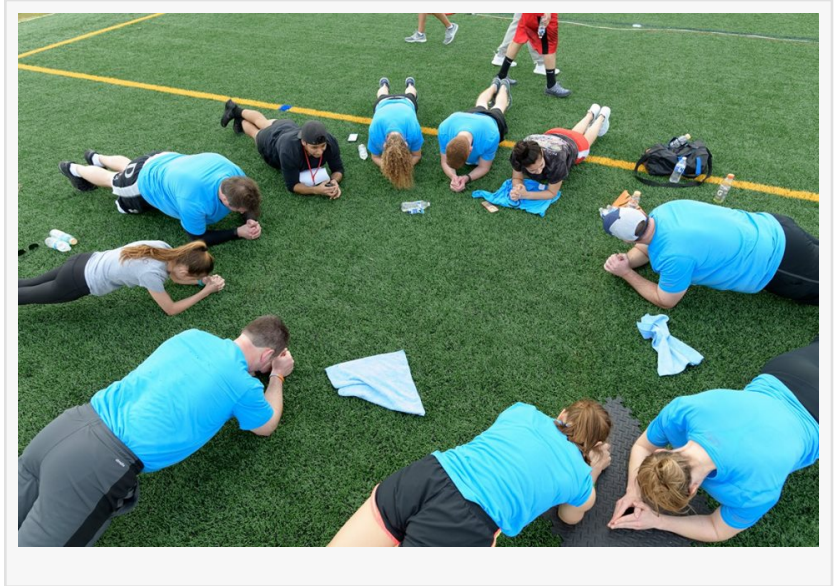
Top Teams Overall (Based on Total Points)

- 1) Sun Coast Resources - #1986
- 2) Sun Coast Resources - #1989
- 3) Walker Elliott LP - #1977
- 4) Houston Methodist - #1993
- 5) Houston Methodist - #2016
- 6) City of Katy - #1980
- 7) Houston Methodist - #2005
- 8) Riveron Consulting - #1955 (Tie)
- 8) Houston Methodist - #2007 (Tie)
- 10) Sun Coast Resources - #1988
- 11) Bray International Inc. - #1943
- 12) EP Energy - #2021
- 13) Sun Coast Resources - #1987 (Tie)
- 13) Proserv - #1957 (Tie)
- 15) Gulf Winds International - #1941

Top Teams By Course

Course 1 – Level 2

- 1) #1993 - Houston Methodist
- 2) #1989 - Sun Coast Resources
- 3) #1977 - Walker Elliott LP
- 4) #1980 - City of Katy



Course 1 – Level 1

- 1) #2016 - Houston Methodist
- 2) #2007 - Houston Methodist
- 3) #1908 - Perry Homes
- 4) #1978 - Walker Elliott LP

Course 2 – Level 2

- 1) #1986 - Sun Coast Resources
- 2) #1988 - Sun Coast Resources
- 3) #1941 - Gulf Winds International
- 4) #1993 - Houston Methodist

Course 2 – Level 1

- 1) #2007 - Houston Methodist
- 2) #1977 - Walker Elliott LP
- 3) #2016 - Houston Methodist
- 4) #1290 - Interactive Network Technologies

Course 3 – Level 2

- 1) #1955 - Riveron Consulting
- 2) #1986 - Sun Coast Resources (Tie)
- 2) #1989 - Sun Coast Resources (Tie)
- 4) #1943 - Bray International Inc. (Tie)
- 4) #2005 - Houston Methodist (Tie)

Course 3 – Level 1

- 1) #1980 - City of Katy
- 2) #1977 - Walker Elliott LP (Tie)
- 2) #2017 - Houston Methodist (Tie)
- 4) #1904 - PinnacleART

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

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