

Phoenix Celebrates Corporate Wellness at 2018 Spring Fit Company Challenge

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

PHOENIX, ARIZONA, USA, March 23, 2018 /EINPresswire.com/ -- On March 10, 2018 participants from companies located in the Phoenix 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, City of Scottsdale took the top overall spot in the Large Team Division. From team captain Seth Dusek, "We (City of Scottsdale) had a great time at the Phoenix Fit Company Challenge. Aside from the fitness and wellness benefits, the camaraderie of co-workers was really awesome to see. There were some great personal and team accomplishments and we'll look to build on those at the next event."

On event date, volunteers assisted the contenders through the courses from CrossFit Upper Limit (www.crossfitupperlimit.com), and AZ Fitness Plus (www.azfitnessplus.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.

The challenge was held at Kiwanis Park, located a short drive from downtown Phoenix, Arizona.



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

Top Companies by Division

Large Division

- 1) City of Scottsdale

Medium Division

- 1) Crisis Preparation and Recovery

Small Division

- 1) United Dairymen of Arizona
- 2) Bryan University

Micro Division

- 1) Off Madison Ave
- 2) Canyon State Electric
- 3) Picmonic

Top Teams Overall (Based on Total Points)

- 1) City of Scottsdale - #2034
- 2) City of Scottsdale - #2033
- 3) City of Scottsdale - #2028
- 4) Canyon State Electric - #2054
- 5) United Dairymen of Arizona - #2041
- 6) United Dairymen of Arizona - #2042
- 7) City of Scottsdale - #2039
- 8) Crisis Preparation and Recovery - #2047 (Tie)
- 8) Bryan University - #2053 (Tie)
- 10) Off Madison Ave - #2045
- 11) City of Scottsdale - #2027 (Tie)
- 11) City of Scottsdale - #2030 (Tie)
- 11) Picmonic - #2056 (Tie)
- 14) City of Scottsdale - #2029 (Tie)
- 14) Crisis Preparation and Recovery - #2048 (Tie)

Top Teams By Course

Course 1 – Level 2

- 1) #2034 - City of Scottsdale
- 2) #2033 - City of Scottsdale
- 3) #2028 - City of Scottsdale
- 4) #2027 - City of Scottsdale

Course 1 – Level 1

- 1) #2053 - Bryan University
- 2) #2029 - City of Scottsdale



- 3) #2052 - Bryan University
- 4) #2030 - City of Scottsdale (Tie)
- 4) #2036 - City of Scottsdale (Tie)
- 4) #2039 - City of Scottsdale (Tie)

Course 2 – Level 2

- 1) #2039 - City of Scottsdale
- 2) #2034 - City of Scottsdale
- 3) #2042 - United Dairymen of Arizona
- 4) #2054 - Canyon State Electric

Course 2 – Level 1

- 1) #2056 - Picmonic
- 2) #2048 - Crisis Preparation and Recovery (Tie)
- 2) #2053 - Bryan University (Tie)
- 4) #2029 - City of Scottsdale

Course 3 – Level 2

- 1) #2033 - City of Scottsdale
- 2) #2028 - City of Scottsdale (Tie)
- 2) #2041 - United Dairymen of Arizona (Tie)
- 4) #2034 - City of Scottsdale

Course 3 – Level 1

- 1) #2054 - Canyon State Electric
- 2) #2047 - Crisis Preparation and Recovery
- 3) #674 - Crisis Preparation and Recovery (Tie)
- 3) #2030 - City of Scottsdale (Tie)

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