

Nashville Celebrates Corporate Wellness at 2018 Spring Fit Company Challenge

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

NASHVILLE, TENNESSEE, USA, June 22, 2018 /EINPresswire.com/ -- On June 9, 2018 participants from companies located in the Nashville 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 Fitness:1440 (www.fitness1440.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 Bicentennial Capitol Mall State Park, located a short drive from downtown Nashville.

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

Top Companies by Division



Medium Division

- 1) MEDHOST
- 2) HealthStream, Inc.

Small Division

- 1) LBMC W Squared
- 2) CareHere
- 3) Blakeford
- 4) Valeo North America, Inc.
- 5) BDO USA, LLP

Micro Division

- 1) International Scholarship and Tuition Services, Inc.
- 2) SR Smith
- 3) Bell & Associates Construction



Top Teams Overall (Based on Total Points)

- 1) LBMC W Squared - #2437
- 2) MEDHOST - #2404
- 3) LBMC W Squared - #2435
- 4) LBMC W Squared - #2438
- 5) MEDHOST - #2407
- 6) MEDHOST - #2408
- 7) CareHere - #2429
- 8) HealthStream, Inc. - #2419 (Tie)
- 8) Blakeford - #2421 (Tie)
- 10) HealthStream, Inc. - #2418
- 11) International Scholarship and Tuition Services, Inc. - #2434
- 12) HealthStream, Inc. - #2414 (Tie)
- 12) HealthStream, Inc. - #2416 (Tie)
- 14) CareHere - #2432
- 15) MEDHOST - #2405

Top Teams By Course

Course 1 – Level 2

- 1) #2435 - LBMC W Squared (Tie)
- 1) #2437 - LBMC W Squared (Tie)
- 3) #2429 - CareHere
- 4) #2407 - MEDHOST

Course 1 – Level 1

- 1) #2421 - Blakeford
- 2) #2418 - HealthStream, Inc.
- 3) #2417 - HealthStream, Inc.
- 4) #2434 - International Scholarship and Tuition Services, Inc.

Course 2 – Level 2

- 1) #2404 - MEDHOST (Tie)
- 1) #2437 - LBMC W Squared (Tie)
- 3) #2438 - LBMC W Squared
- 4) #2408 - MEDHOST

Course 2 – Level 1

- 1) #2416 - HealthStream, Inc.
- 2) #2421 - Blakeford
- 3) #2443 - Bell & Associates Construction
- 4) #2418 - HealthStream, Inc.

Course 3 – Level 2

- 1) #2404 - MEDHOST
- 2) #2431 - CareHere (Tie)
- 2) #2437 - LBMC W Squared (Tie)
- 4) #2435 - LBMC W Squared

Course 3 – Level 1

- 1) #2408 - MEDHOST
- 2) #2407 - MEDHOST
- 3) #2445 - Valeo North America, Inc.
- 4) #2434 - International Scholarship and Tuition Services, Inc.

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