

# Houston Celebrates Corporate Wellness at 2018 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 25, 2018 /EINPresswire.com/ -- On September 15, 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 Be Fit Gym ([befitgymhouston.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 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 Fall Fit Company Challenge:

## Top Companies by Division

### Medium Division

1) Valv Technologies



## 2) Tokio Marine HCC

### Small Division

- 1) The Siegfried Group
- 2) Gehan Homes

### Micro Division

- 1) Aviva Metals, Inc.
- 2) HCSS
- 3) BrightStar Care
- 4) Premier Pathology Lab

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

- 1) Valv Technologies - #2598
- 2) HCSS - #2601
- 3) Valv Technologies - #2595
- 4) Valv Technologies - #2596
- 5) Tokio Marine HCC - #2591
- 6) Valv Technologies - #2597
- 7) The Siegfried Group - #2584
- 8) Gehan Homes - #2600
- 9) Tokio Marine HCC - #2590
- 10) Aviva Metals, Inc. - #2580 (Tie)
- 10) Tokio Marine HCC - #2592 (Tie)
- 12) Tokio Marine HCC - #2588
- 13) Valv Technologies - #2594
- 14) The Siegfried Group - #2583 (Tie)
- 14) BrightStar Care - #2587 (Tie)

### Top Teams By Course

#### Course 1 – Level 2

- 1) #2598 - Valv Technologies (Tie)
- 1) #2601 - HCSS (Tie)
- 3) #2591 - Tokio Marine HCC (Tie)
- 3) #2595 - Valv Technologies (Tie)

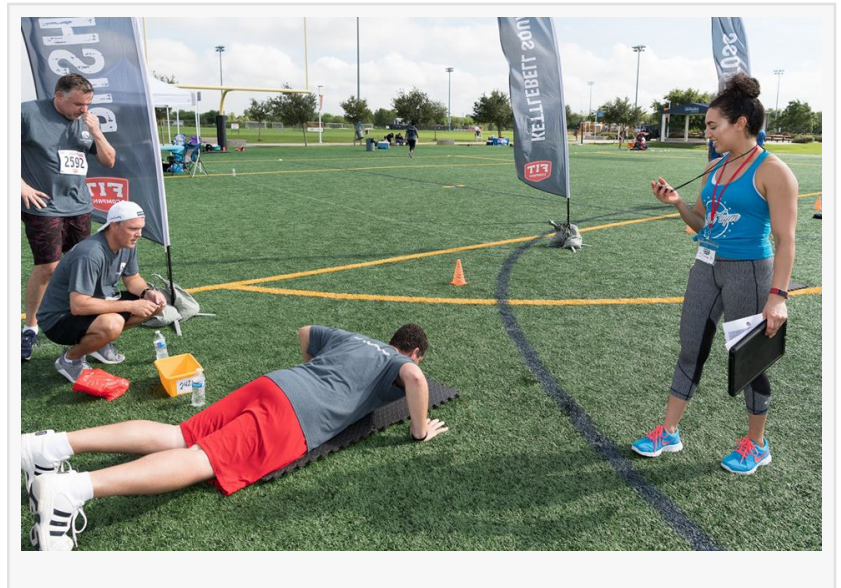
#### Course 1 – Level 1

- 1) #2594 - Valv Technologies (Tie)
- 1) #2600 - Gehan Homes (Tie)
- 3) #2580 - Aviva Metals, Inc.
- 4) #2592 - Tokio Marine HCC

#### Course 2 – Level 2

- 1) #2598 - Valv Technologies (Tie)
- 1) #2601 - HCSS (Tie)
- 3) #2595 - Valv Technologies
- 4) #2596 - Valv Technologies

#### Course 2 – Level 1



- 1) #2584 - The Siegfried Group
- 2) #2580 - Aviva Metals, Inc.
- 3) #2583 - The Siegfried Group
- 4) #2591 - Tokio Marine HCC (Tie)
- 4) #2592 - Tokio Marine HCC (Tie)

#### Course 3 – Level 2

- 1) #2598 - Valv Technologies
- 2) #2596 - Valv Technologies
- 3) #2601 - HCSS
- 4) #2595 - Valv Technologies

#### Course 3 – Level 1

- 1) #2587 - BrightStar Care
- 2) #2591 - Tokio Marine HCC
- 3) #2584 - The Siegfried Group (Tie)
- 3) #2600 - Gehan Homes (Tie)

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