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FitOne Healthy Business Challenge Invites Local Businesses to Join in Friendly Competition *Co-workers invited to run, walk or volunteer for health, fitness and camaraderie*

Boise, ID – Encourage your co-workers to participate or volunteer at the FitOne 5K, 10K or Half Marathon as a part of the FitOne Healthy Business Challenge. There's a benefit to setting up your team with FitOne prior to May 31.

Online registration for the FitOne 5K, 10K and Half Marathon opens on June 1 with a discounted registration fee for 24 hours only. Any distance is \$20, plus registrants receive a "Fit for Summer Package" that includes a free 30-day membership to Axiom Fitness, \$10 off at Shu's Idaho Running Company, and a 10% off coupon at Albertsons.

Businesses that join the Challenge have the option to pay for a portion or all of their participants' registration fees, which makes a positive incentive for company wellness programs.

Proceeds from the FitOne 5K, 10K, and Half Marathon on Saturday, September 24, benefit St. Luke's Children's Hospital, Idaho's only children's hospital.

In partnership with sponsor SelectHealth, the FitOne Healthy Business Challenge also provides tools, tips and resources to local businesses to help encourage healthier options in and around the workplace. Monthly content is available for businesses to share among co-workers as we work together to build healthier communities.

Participating businesses receive a certificate suitable for framing, a team photo on race day, team member recruitment materials, and winning teams in each business-size category receive recognition across a variety of media and communication channels.

"At FitOne, our mission is to build healthier communities through fun, active living," said Heather Hill, director of FitOne at St. Luke's Health System. "Through the FitOne Healthy Business Challenge, local businesses and business leaders have the opportunity to support and encourage their employees in achieving better health, reduced stress, increased energy, and greater productivity, all while building stronger community involvement."

"The FitOne Healthy Business Challenge is an easy way to build camaraderie while improving your health in a fun environment," said Marnie Packard, SelectHealth manager of community and government relations. "SelectHealth is pleased to support this opportunity for teams to work together and share a commitment to better health and fitness."

Winners of the Healthy Business Challenge are determined by the highest percentage of company participation.

Friends and family are invited to join Challenge participants on race day but only company team employees will be counted in the final percentage.

The team set-up deadline is Aug. 31. Individual team members must complete registration by Sept. 18 to count toward team totals. Packets will be available for pick up Sept. 22-23 at the FitOne Healthy Living Expo at the Boise Centre, where participants can meet FitOne sponsors and partners at health and wellness booths, and enjoy free educational cooking demonstrations and fitness classes.

Move for fun, get fit for life. To sign up for a FitOne Healthy Business Challenge Team, visit <http://fitoneboise.org/race/healthybusiness-challenge>.

If you have questions about setting up your Healthy Business Challenge team, please email Samantha Vella at vellas@slhs.org or call (208) 381.2221.

About FitOne:

FitOne's mission is to build healthier communities through fun, active living. FitOne is produced and sponsored by St. Luke's Health System, based in Boise, Idaho. The title beneficiaries for FitOne are St. Luke's Children's and Idaho's only children's hospital.

The FitOne Family 5K Run, Walk and Stroll, 10K and Half Marathon take place every September. Key FitOne sponsors are KTVB, Townsquare Media, Idaho Dairy Council, KeyBank, SelectHealth, Albertsons, and the Idaho Statesman.

To learn more, please visit FitOneBoise.org or call 208.381.2221. To learn more about St. Luke's Health System, visit StLukesOnline.org.

About SelectHealth

SelectHealth is a not-for-profit health insurance organization serving members in Utah and Idaho and is committed to health improvement, superior service, and providing access to high-quality care. As a subsidiary of Intermountain Healthcare, SelectHealth is part of one of the nation's top-ranked integrated health systems. SelectHealth is also recognized as Utah's top-ranked health plan, according to NCQA's Private Health Insurance Plan Rankings, 2014–2015.

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