

MEDIA CONTACT

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FitOne seeks team captains for corporate challenge Sept. 26
Co-workers invited to team up for health, fitness and camaraderie

Boise, ID – Encourage your co-workers to participate in a healthy, fun walk or run while building team work at the FitOne Corporate Challenge. Become a team captain and sign up your team by Aug. 31.

Proceeds from the FitOne 5K, 10K, and Half Marathon on Saturday, Sept. 26 benefit St. Luke's Children's Hospital, Idaho's only children's hospital.

The corporate challenge is sponsored by SelectHealth.

"At FitOne, our mission is to build healthier communities through fun, active living," said Heather Hill, director of FitOne at St. Luke's. "Each and every one of us can strive to be a positive role model for our families, friends, and co-workers; and if we can each inspire one healthy habit along the way, imagine what a difference we can make collectively."

"The FitOne Corporate Challenge is an easy way to build camaraderie while improving your health in a fun environment," says 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."

Corporate team captains receive FitOne Corporate Challenge gear and an invitation to the team captain kick-off event in September. The winning team captain in each of six categories wins a three-month membership to Axiom Fitness.

Participating companies receive:

- Promotional materials: posters and event fliers
- Downloadable training plan
- Team picture on race day

Winning company names are announced on a big screen at the FitOne Healthy Living Expo Sept. 24-25 and at the start lines of the FitOne 5K, 10K and Half Marathon.

The first-place team in each of six categories receives recognition in a full-color print ad in the Idaho Statesman and a press release announcing the winners of the Corporate Challenge.

Company size categories are:

- X-Small Company, 10-49
- Small Company, 50-99
- Medium Company, 100-249
- Large Company, 250-749
- X-Large Company, 750-1,499
- XX-Large Company, 1500 +

Companies with fewer than 10 employees are encouraged to participate but are not eligible for company prizes.

To improve employee health and wellness, companies can pay all or part of their participants' entry fees and may coordinate billing directly through FitOne.

Winners of the Corporate Challenge are determined by the highest percentage of company participation. Friends and family are invited to join you on race day but only company team employees will be counted in the final percentage.

Individual team members must complete registration by Sept. 20. Packets will be available for pick up Sept. 24-25 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 Corporate Challenge Team, see <http://www.fitoneboise.org/race/corporate-challenge>.

For more information regarding FitOne, please visit FitOneBoise.org or contact Heather Hill at (208) 381.2236.

About FitOne

FitOne is produced and sponsored by St. Luke's Health System based in Boise, Idaho, and will continue to evolve as a year-round platform providing resources and opportunities to support active, healthy living 365 days a year. The FitOne 5K, 10K and Half Marathon take runners and walkers through the heart of Boise. Key sponsors of the event are KTVB, Townsquare Media, Idaho Dairy Council, KeyBank, SelectHealth, Albertsons, and the Idaho Statesman.

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.