

BON SECOURS HOSPITAL GREAT LIMERICK RUN 2018



- Enter as a micro, small, medium or large company (determined by number of employees)
- Each mile run/walked earns a point for your company
- Prizes awarded to first 3 in each category.



ACCEPT THE CHALLENGE OF THE FITTEST COMPANY!



FITTEST COMPANY

Win the title of fittest company for your workplace and I'm sure you will reap the benefits. Whether it be bragging privileges or just an overall healthier lifestyle at work, there is no downside to winning!



HEALTH

Running is the best form of exercise for health and weight loss and this is all supported by a healthy diet! Encourage healthy eating in the office, have a lunch buddy who encourages you and take on the training and diet process together.



PERSONAL GOALS

New Years may be long gone, but so are those resolutions you made! Use this challenge as a way to achieve those goals you set for yourself on the 1st of January, but with the support of your colleagues and boss.



TEAM BONDING

Train with your friends, make new friends, network in a healthier way, discuss work issues with a clear head. Working out together leads to stronger bonds and a healthy way to get to know your colleagues.

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