AEC Wellness Challenges

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We are proud of everyone who participated in our first wellness competitions. AEC FITNESS CHALLENGE WINNERS Left to Right: Annice Fitch, Katie Wolz, Carol Haskett, Summer Foster

Over the course of three months, 26 participants undertook these challenges to help create a happier, healthier work environment at AEC.

One competition, Biggest Loser/Weight Loss, was graded on the percentage of body weight participants lost over the time period. The AEC Fitness Challenge was based off of participants logging their exercise. The winners for each competition received a variety of prizes including fit-bits and gym memberships.



BIGGEST LOSER/WEIGHT LOSS CHALLENGE WINNERS - Left to Right: Jordan Bennett, Carol Haskett, Zac Wilson

Carol Haskett took the top spot in our Biggest Loser/Weight Loss competition, and tied for first with Summer Foster for our AEC Fitness Challenge. A big thank you to our AEC Wellness Committee for organizing these events.