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Techies take stride for good health through fitness challenge

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The Grand Tech park fitness challenge which was launched in the month of December by Columbia Asia Hospital Sarjapur Road for the techies at Embassy Tech Village was concluded with full fervour and loads of positive energy. ‘The ETV Fitness Challenge’, was organised to encourage employees from MNC’s and various corporates in the tech park to focus on their fitness regime, burn extra kilos and lose weight.

The event witnessed participation of more than 350 employees from over 24 different corporates who pre-registered themselves for the fitness challenge one month back. With the launch of the event, the registered teams had input their current weight and other stats, which was re-recorded on the last day of the event, and the winners were chosen.

During the course of this one month of the challenge, Columbia Asia Hospital Sarjapur Road conducted a host of fitness and preventive health activities involving Diet, nutrition and Physiotherapy sessions and, Mindfulness sessions and Ergonomic sessions for all the participants in the Columbia Asia hospital clinic which is inside the Embassy Tech Village.

The winning teams were awarded by Ms. Manisha Kumar, General Manager, Columbia Asia Hospital Sarjapur Road, in the presence of senior HR and management of participating corporates. The winners were from various corporates such as Software AG, Flipkart, L&T Infotech, Just Energy to name a few and were given exciting prizes in form of latest fitness gadgets and appliances.

Ms. Manisha Kumar, General Manager at Columbia Asia Hospital, Sarjapur Road said: “Given the sharp increase in lifestyle diseases, preventive healthcare is deemed to be of utmost importance today. This event is our effort and another step to spread the message and create awareness in the community about a healthier lifestyle and hence prevention of diseases. We are delighted to see the overwhelming response from ETV in terms of huge participation for our event. We can proudly say that our effort and aim behind doing this event has been achieved.”