

A testimonial from Eirene Oliphant, BRR



We won't discuss weight, but suffice it to say, my body fat was well over 40 percent and my BMI indicated I was obese. I decided then that I needed to lose weight so I lost around 50 pounds very quickly then dealt with the constant battle of gaining some back and losing it again.

By participating in Corporate Challenge, I've managed to push myself physically further than I would have ever imagined. As a result, I'm in better shape now than I have been since college. My BMI is considered normal and my body fat is almost at the athletic range. I owe a great deal of my success in reaching those numbers to Corporate Challenge.

My first experience with Corporate Challenge was in 2012 with the 5K and that was it. In 2013, I decided to expand my participation and signed up for some of the track events as well as swimming. After which I decided I wasn't in that great of shape and vowed to do something about it. Less than one month later, I joined a gym and vowed to improve my speed for the 2014 Corporate Challenge events. By February of 2014, I was feeling much more confident in myself and decided to expand my Corporate Challenge experience by doing the half marathon event. In May 2014, I completed the Corporate Challenge half marathon and actually won points for my age! For me, Corporate Challenge became the motivator to continue to get into better and better shape each year. In June 2015, I competed in the Corporate Challenge triathlon and finished, again earning points for my age.

This year I'm signed up to do several events, one of which will be the 5k. I'm getting married that afternoon and still doing the 5K so what's your excuse not to participate? For someone who was in as bad of shape as I was and hated any type of athletic activity, there's a way for everyone to participate in Corporate Challenge. Find something that you enjoy, push yourself to become better at it and as a result, you'll feel better not only mentally, but physically. Plus you'll be helping BRR earn 1st place again!

Well, what are you waiting for? Get signed up! KANSAS CITY

