



The very first **Russell Fit Club** began *September 6th, 2016* and finished *September 28th, 2016*.

RFC was a health initiative aimed at helping employees reach their health & fitness goals while simultaneously celebrating their dedication. The program included fun, team-based competition, regular healthy tips and tricks, and daily fitness activities located at Russell Headquarters made available to all employees. Fresh breakfast made by a live chef in the Slainte area was provided daily to those employees that participated in **RFC** activities.



The photo that introduced RFC August 29, 2016

TOTAL DAYS:

23

TOTAL PARTICIPANTS:

73

AVAILABLE EXERCISE HRS:

26

TOTAL POINTS:

1,375

TEAMS:



POINTS:

391 377 278 259 70

DAILY ACTIVITIES:

- 7:00 AM - BALANCE & FLEXIBILITY
- 7:20 AM - 7-MIN. WORKOUT
- 7:30 AM - CORE CIRCUIT
- 7:40 AM - 7-MIN. WORKOUT
- 11:00 AM - 7-MIN. WORKOUT
- 11:10 AM - 7-MIN. WORKOUT
- 11:30 AM - WALKING GROUP
- 12:00 PM - WALKING GROUP
- 12:30 PM - WALKING GROUP
- 2:00 PM - AFTERNOON STRETCH
- 4:30 PM - 30-MIN. WORKOUT



Balance & Flexibility
Body awareness & stretching.



7-Min Workout
Cardio & body-weight strength training.



Core Circuit
Abdominal & back muscle strengthening.



Walking Group
1-mile walk around Birchwood Fields