



bp fitness program e-newsletter



Fitness is for everyone, everywhere!

October 2024

Trick or treat...

The holidays are fast approaching! Cooler temps, fun outdoors, charitable causes and lots of fitness. We are your one stop shop for getting in shape and helping others! October is jam packed!

- Show of Strength is back!
- Bocce Tournament
- 10 Days of Mindfulness
- Spike it Pink!
- New GroupX classes
- Nutrition Seminar: Protein Unpacked
- Zombie Run/Walk 5K
- Hess 5K
- Thrive with US

More information and details below!

Show of Strength – coming October 14th

Show of Strength: Power Quest!

The time is here to show your strength. Participate this month as we bring back show of strength challenge. A huge THANK YOU to everyone who attended our Strength Training Seminar last month, see link below to rewatch and find some insight on progression, program design, injury management, outside factors, and technique valuable for your training journey 🎓💡

[Strength Seminar Video](#)

Challenges:

Week 1 (October 14th – 18th) – Max Reps Push-Ups, Max Reps Pull-Ups, Farmer Carries

Week 2 (October 21st-25th) — 1 Rep Max Bench Press, 5 Rep Max Leg Press

Wednesday, October 16th & 23rd – Car Push at top of Helios Parking Garage

Start preparing by picking up one of our curated workout routines from the fitness center and sign up for your max testing.

Have questions? Contact martina.ramirez_silva@bp.com

Bocce Ball Tournament

Fall Bocce Ball Tournament – Sign your team up today!

Tournament begins October 14th. Format will be two groups facing off in a round robin style tournament with playoff rounds. Recruit your colleagues and friends to join in on some friendly competition and camaraderie!

[Click this link to sign up!](#)

We have everything you need to play. Bocce balls can be checked out inside the Helios Fitness Center.

[Check out this short clip to understand the basics of the game.](#)

Start brushing up on those bocce skills!!!

Contact Stephen.Salazar@bp.com for ALL questions and more details.



Group Fitness in October

Mindfulness and Movement

October brings a fresh focus on self-care and mental well-being, with special activities designed to enhance your physical and mental resilience. Join us as we celebrate World Mental Health Day and take on our 10 Days of Mindfulness Challenge. Physical activity is the least disruptive, most effective, and least expensive method of managing mental well-being. Discover the many ways to move with our experienced team of group fitness instructors whether you join us on campus or virtually - there's something for every BODY.

Hispanic Heritage Month Dance Lessons & Performance

Wednesday Oct. 2nd 11:45am WL1 Lobby – Zumba Performance Tribute to Celia Cruz
Thursday Oct. 3rd 11-12pm Helios Lobby - Salsa – Cuba – with special guest, Orlando Alvarez
Tuesday Oct. 8th 11-12pm WL1 Lobby - Dance Lessons - Chile

Hispanic Heritage Month celebrates Zumba: A Global Fitness Phenomenon - Zumba has made a profound impact not only on the Latin community but also on fitness enthusiasts around the globe who love music and dance. It embodies the spirit of inclusivity and celebration, making every session a festive party that honors its Hispanic origins while blending other global rhythms. We party every Tuesday at 4:15pm at the WL1 Studio A.

Zumba Performance – We invite you to join us in a performance that promises to be an enriching experience celebrating the rhythms and performing artists of Cuba! Wednesday Oct. 2nd at 11:45am in the WL1 Lobby

Celebrate Mental Wellbeing

[Register 10 Days of Mindfulness Challenge Oct 7-18](#)

Various World Mental Health Day Activities Oct 10th at WL1 and Helios

Starting October 7th, participate in daily mindful activities in celebration of World Mental Health Day. Register above and complete at least 10 activities by October 18th for a chance to win a self-care package and earn wellbeing points! There will be something of everyone, self-paced handouts, in-person sessions, virtual sessions and on-demand through [Wellbeats](#). Stay tuned for a series of campus activities on Thursday October 10th designed to promote mental well-being. Details will be teased in upcoming communications, promising engaging and enlightening activities for all.

NEW Group Fitness Classes: Our lineup is designed to invigorate your routine and help you finish the year strong. You'll see favorites such as Pilates and new formats like Gyrokinesis, Pump & Pedal, and Line Dancing. Join group exercise classes in our studios or from the comfort of your home.

2024 Q4 bp Group Fitness Schedule Sept 30th - Dec 20th				
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Afternoon</p> <p>10:30am - 12:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>12:30pm - 1:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>1:30pm - 2:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>2:30pm - 3:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>3:30pm - 4:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>4:30pm - 5:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>5:30pm - 6:00pm Pilates WL1 - Virtual Instructor: [Name]</p>	<p>Afternoon</p> <p>10:30am - 12:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>12:30pm - 1:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>1:30pm - 2:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>2:30pm - 3:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>3:30pm - 4:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>4:30pm - 5:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>5:30pm - 6:00pm Pilates WL1 - Virtual Instructor: [Name]</p>	<p>Afternoon</p> <p>10:30am - 12:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>12:30pm - 1:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>1:30pm - 2:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>2:30pm - 3:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>3:30pm - 4:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>4:30pm - 5:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>5:30pm - 6:00pm Pilates WL1 - Virtual Instructor: [Name]</p>	<p>Afternoon</p> <p>10:30am - 12:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>12:30pm - 1:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>1:30pm - 2:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>2:30pm - 3:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>3:30pm - 4:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>4:30pm - 5:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>5:30pm - 6:00pm Pilates WL1 - Virtual Instructor: [Name]</p>	<p>Afternoon</p> <p>10:30am - 12:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>12:30pm - 1:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>1:30pm - 2:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>2:30pm - 3:00pm Pilates WL1 - Virtual Instructor: [Name]</p> <p>3:30pm - 4:00pm Yoga WL1 - Virtual Instructor: [Name]</p> <p>4:30pm - 5:00pm Strength Training WL1 - Virtual Instructor: [Name]</p> <p>5:30pm - 6:00pm Pilates WL1 - Virtual Instructor: [Name]</p>

**** Save the Date! Coming Soon: October 24th Self-Defense for Men****
Onsite WL1 - Limited capacity

bp 2024 REWARDS PROGRAM - Earn rewards for joining our group exercise classes.

If you have completed 10 group exercise classes, please self-report on your **Thrive with US** portal by to receive 75 points. Below are the self-report instructions. Earn 75 points for every 10 group exercise classes (onsite or virtual instructor led classes) you attend, up to 150 points. Once all 10 classes are complete, self-report on your Thrive with US portal by locating Points & Rewards > click Continue under “Your Active Incentives for 2025/2026 Plan Year” > click Social > click Complete 10 Group Exercise Classes. Click **REPORT COMPLETION** and indicate the date and the type of classes you predominantly participated in to receive points.

***Points available between 7/1-12/31**

Are you a BRG group interested in having bp fitness kickstart a private event for you? Would you prefer a private class held exclusively for your team? Partner with bp Group Fitness for your next event or meeting. We'll help energize and engage your group by incorporating physical activity that's fun for all. Simply email: [Edie Garcia-Gutierrez, Director of Group Fitness](mailto:Edie.Garcia-Gutierrez@bp.com) and we'll help you plan



bp fitness

Stretch & Move Breaks

Tuesdays & Thursday | 2pm | Virtual

10-minute sessions packed with easy, feel-good stretches and light movement designed to undo the stresses of your workday **right from your desk.**

Visit bpfitnesscenter.net **Group Fitness** page to join via Teams

Just a few minutes can reset your posture recharge your energy, keeping you productive and pain-free. Bp Group Fitness offers guided stretch & move sessions via Teams every Tuesday & Thursday at 2pm so bring your team! Check out our [website](#) for links. Can't make it to the live sessions? Check our pre-recorded stretch breaks on the [Ergonomics in the Americas](#) page to view the pre-recorded sessions led by the bp Group Fitness team.

Prefer a calendar invite? Join our [Group Fitness Distribution List!](#)
Ask questions and engage with us on [Yammer - bp Group Fitness](#)
For US and Canada employees- [become a Virtual bp Fitness Center Member](#) TODAY!

Hess 5K Run/Walk

Join team bp for the annual HESS 5K – [Sign up today!](#)

- October 22 -24
- 4:00pm – 6:30pm each day
- Registration Deadline – Oct. 11
- Packets available for pick-up at WL1 Fitness Center on Monday, Oct 21

This Houston corporate wellness and team building event will be spread over a 3-day period with a 2.5-hour window each day for company team members to start their run or walk.

Sign-ups contribute to the Memorial Park Conservancy's efforts to preserve and enhance the park for the enjoyment of all Houstonians.



Spike It Pink! – October 24th

**Spike It Pink Volleyball Fundraiser! Help fight breast cancer!
Thursday, October 24th from 10am – 2pm at Energy Park.**

Hosted by the bp Fitness Center —100% of the donations go towards the National Breast Cancer Foundation. Their mission is to provide help for women and inspire hope to those affected by breast cancer through early detection, education, and support services.

[Click Here to Register](#) – ***Make your \$25 donation.** All active players will receive a Spike It Pink t-shirt for making a \$25 donation to the NBCF.

Open to all bp employees and contractors – from beginners to experienced players.

Event Details:

- Players receive Spike It Pink t-shirt with \$25 donation.
- Health Information booths
- Prizes for top fundraising & best dressed teams
- Refreshments and giveaways available at the event
- And more!!!



Join our volleyballers at Energy Park every Tuesday & Thursday (11:30AM) for pick up play!

Volunteers are needed! Contact Stephen.Salazar@bp.com for details and more information.

*[Bp will match employee donations](#)—double your donation.

Zombie Run/Walk 5K

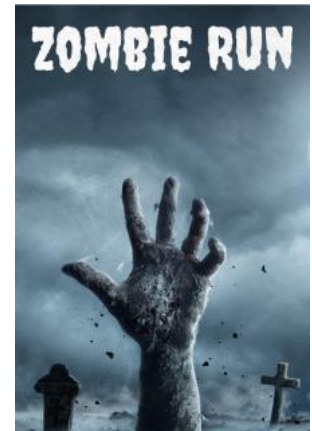
Kick Off Our Annual Fall Fun Run Series with the Zombie Walk/Run!

Get ready for a spooky, fun-filled event as we kick off the Fall Fun Run series with the *Zombie Walk/Run* on **Thursday, October 31st at Energy Park!** [Sign up here](#) and join the fun—let's get moving and show off those costumes this fall!

Two start times available: 7 AM & 11:30 AM.

And don't forget—we encourage everyone to **dress up in your favorite Halloween costume** for some added fun!

Can't make it in person? No problem! Join our **Virtual Run** from **October 28th to November 1st** and run anytime, anywhere! Simply track your progress on the Strava App and join our [Fall Fun Runs group](#).



Snacks and fun prizes at the event.

Extra treat! Bring your Halloween candy to donate to *Treats for Troops!* Drop off your donations at either of our fitness centers or at Energy Park on the day of the event.

For questions, reach out to [@Walker, Taylor \(Workplace\)](#) or [@Salazar, Stephen \(Workplace\)](#).

Nutrition Seminar – Protein Unpacked

Protein Unpacked: What You Really Need to Know

Tuesday, October 22nd @ 11:00am
WL1 room 1.102 and 1.104 and [on Teams](#)

Confused about protein? You're not alone! Join us for a fun and down-to-earth session presented by **dietitian Karleigh Jurek**. She'll bust the most common protein myths and give you the straight facts. Find out how much protein you really need, the truth about plant-based proteins, and whether you should be chugging protein shakes after workouts. Perfect for anyone who wants to eat smarter and feel stronger!

[Sign up here](#)

- Snacks for those who attend in person.
- All attendees will have a chance to win exciting giveaways designed to support your healthy lifestyle.
- Ask Karleigh your nutrition questions.

If you didn't get a chance to attend last month's seminar, watch it here: [Fit Meal Planning for the Whole Family](#).

[501 Urban Market](#) on Viva Engage has information on healthy campus meals (Fit) and take-home meals (Curbside Menu).

Have a look at [more nutrition seminars from Karleigh](#).



Cardio Trek and Fall Fun Runs

Cardio Trek is back and will be starting October 28th for 6-weeks. **It is a fantastic virtual and in-person challenge** that allows you to participate anywhere! You can join anytime during the challenge—but don't wait.

Participants can have fun either walking, running, biking or any form of cardio to track total amount of activities. We are using the free [Strava](#) app (do not pay) to track everyone's activity! Download to your smartphone and join the bpfc Cardio Club group once you are on Strava.

For any questions email bpfitness1@bp.com. Web page is coming soon with more information.

We are tracking activity frequency, and distance with a **leader board on the Strava app as well as our website.**



Get ready to sweat and have fun inside or outside with the weather starting to get cooler!

Thrive with US

Listen in on our Q3 Wellbeing Class, [Rediscover Your Rhythm E-Learning](#). This **125-point wellbeing class** focuses on recharging your body and mind, emphasizing the importance of social connections, and offering strategies to unplug, unwind, and practice mindfulness.

Looking ahead, our upcoming Q4 Wellbeing Class, [Myth Busters](#), will review and debunk common myths related to nutrition, exercise, and other popular wellbeing topics. **Live classes start on October 8th**, so be on the lookout for more details on the Thrive with US portal and Viva Engage.

Team Builder Menu

Set up a **fun Team Building activity or break with the fitness center.**

Our staff can help you inject some health and fitness into your next meeting. We can create a fun team activity in the fitness center, your office area or at Energy Park. Some activities can happen virtually as well. [Have a look at the possibilities.](#)



Don't Forget to Always Log-in at the Fitness Centers – 100 Club

Close to 400 members have over 50 visits this year. 217 have 75 plus or more visits and are on their way to 100 for the year!

Be sure to always scan in with your badge when visiting the fitness centers—so you can be part of the 100 Club for 2024. When you scan—your name, picture and green check mark should display on the screen.

Remember, **if you get a new badge—you need to stop by one of the fitness center desks** to have it updated in our system --so you can log in.

Articles For You!

We hope you enjoy these hand-picked articles* from the bp Fitness Staff!

These articles are selected to inform and inspire you towards your health and fitness goals. Have a look!

- [10 Best Ways to Increase Dopamine Levels Naturally \(healthline.com\)](#)
- [How To: Build Healthy Habits - Cronometer Blog](#)
- [Exercise and mental health](#)
- [The Mental Health Benefits of Exercise](#)
- [Mastering Fitness and Nutrition: Practical Tips from Coach Adam Badger — Volt Performance Blog \(voltathletics.com\)](#)
- [Discussing Alcohol & Nutrition: Making Mindful Choices - NASM](#)
- [Easy exercises to improve your posture — and look younger \(thetimes.com\)](#)
- [9 Exercises to Increase Strength and Mobility in Your Feet \(outsideonline.com\)](#)
- [What actually works for muscle recovery—and what doesn't \(popsci.com\)](#)
- [Most Supplements Don't Work. But That's Not the Worst Part. \(outsideonline.com\)](#)
- [World Mental Health Day 2024 « Mental Health First Aid](#)
- [How Exercise Boosts the Brain and Improves Mental Health | Smithsonian \(smithsonianmag.com\)](#)
- [Dance and Cultural Diversity – Unity Through Dance](#)
- [Daily Affirmations Spotify Playlist](#)
- [Physical fitness: a pathway to health and resilience - PubMed \(nih.gov\)](#)
- [How to Change Up Your Workout Routine for Fall \(everydayhealth.com\)](#)
- [17 Fall Wellness Tips to Keep You Healthy This Season \(totalwellnesshealth.com\)](#)
- [A Morning Mobility Workout to Start Your Day](#)
- [Should You Do 100 Push-ups a Day?](#)

*The bp Fitness Center does not necessarily endorse all the views or products that may be advertised on the attached links.

Until Next Month ...

Until next month....

"If you want to achieve big things, do small things right."

bpfitnesscenter.net
Creating a culture of fitness.