



bp fitness program e-newsletter



Fitness is for everyone, everywhere!

February 2025

February is Heart Health Month! We have plenty of heart healthy activities you will love! Check out all the new things happening with bp fitness!

- Member Survey results!
- Group fitness in February*
- Garden Club kicks off.
- Rodeo Run 2025
- Cardio Mania*
- Ask The Physical Therapist booth!
- Goal Fit wrap-up
- 2024 100 Club!
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

**Are virtual programs you can participate from anywhere!*

Member Survey Results: Your Voice Matters

A huge THANK YOU to the 475 members who took the time to complete our 2024 bp Fitness Member Satisfaction Survey! We are thrilled to share that you rated the fitness program higher than last year—in every area! Your feedback drives our commitment to improving and evolving, ensuring that bp Fitness continues to be a place where you feel motivated, supported, and empowered to prioritize your health and wellness.

Here's what you had to say:

- ✅ **You love the fitness program!** 94% of members rated bp Fitness at least an 8 out of 10, with an impressive 65% giving it a perfect 10! 89% would highly recommend the program to others.
- ✅ **Fitness for all ages!** 71% of respondents were between 35 and 65 years old, 13% were 35 or younger, and 14% were 66+. Men made up 52% of members, while women accounted for 47%.
- ✅ **One-stop shop for fitness!** 51% of members rely on the fitness centers for most or all of their workouts.
- ✅ **Outstanding staff!** Over 97% of members find our fitness staff to be friendly, professional, safe, and motivating.
- ✅ **Facility favorites:** Equipment maintenance (97%), locker room cleanliness (93%), variety and access to equipment (94%), temperature control (92%), and hours of operation (93%).
- ✅ **Group Fitness love!** 30% of members participate in group fitness classes, with 69% attending in the studio and 31% joining online. 95% of participants rated the program as good or excellent! Plus, 25% of participants are brand new to our classes this year!

✔ **Personal Training success!** 56% of members have used personal training services, and 95% highly recommend them. Our Exercise Specialists earned high praise: Friendly and punctual (98%), professional (96%), motivational (97%), clear instruction (96%), and safe (98%).

✔ **Welcoming and safe!** 98% of members find bp Fitness Centers to be comfortable and inviting places to work out.

✔ **Healthy habits for the win!** 97% agree that BP Fitness has helped them create or maintain a healthy lifestyle!

In addition to all the great feedback—we loved all your great comments and suggestions for making the bp fitness program even better!

And the winners are...

Congratulations to our survey prize winners: **James Shinn, Susan Zeigle, Darla Kerkemeyer, Jack Egger, and Chris Gonzalez!** Enjoy your smart scale!

Thank you for your continued support and participation. Stay tuned for even more exciting fitness opportunities in 2025!

Group Fitness in February

2025 February – Feel the Love, Move for Your Heart

February is the month of love, and what better way to celebrate than by sharing the joy of movement! This month, we're embracing Heart Health Month with a lineup of special programming designed to keep you active, engaged, and feeling your best.

Special Programming – Save the Dates!

[January/February Back to Basics – Tuesdays 5pm & Wednesdays 12:05pm](#)

A 30-min. group fitness introductory tutorial for beginners teaching functional movement and low impact cardio variations.

Saturday Feb 8th 9:30 – 10:15am – [Group Fitness Pop-Up – INSANITY Live! at Helios](#) – for those seeking HIGH intensity.

Thursday Feb 20th - [Cycle Pop Up in the WL1 Lobby 11:30-12:15pm with Bill](#) to kickstart our CardioMania challenge. Bp cycle jerseys for those that participate!

Thursday February 27th - **Country Line Dancing Lessons in the WL1/Helios Lobby (Time TBD) with Marlene** - Live band and line dancing lessons in celebration of GO Texan Day!

March 3rd - 28th -March Matness Challenge - A fun Pilates challenge that can be completed anywhere! Complete the full challenge and earn your prize!

May 22nd - Yogapalooza in the WL1 Lobby 11:30am - 2:30pm - In celebration of Mental Health Awareness Month and World Meditation Day. Shop well-being vendors, take part in mindful activities and soothe yourself in sound.

Heart Health Tip of the Month:

Regular physical activity is one of the best ways to keep your heart strong! Aim for at least 30 minutes of movement most days of the week – and remember, every step counts! We invite you to share the group

fitness love with your colleagues. Bring a friend, encourage a teammate, and let's build a stronger, healthier community together. Stay connected with our news through our [viva engage group](#).

Are you a spouse or retiree?

You can also check out the full schedule of offerings on our webpage: [Group Fitness - bpfitnesscenter.net](#)

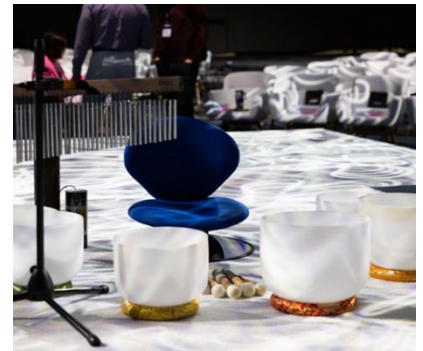
Learn what to Expect in a Group Fitness Class

Stepping into a group fitness class for the very first time can feel intimidating, and our Group Fitness team is here to help! Here are a few tips to get started safely:

- **Wear the Right Gear:** Dress comfortably in clothes that allow you to move freely. We suggest wearing comfortable workout attire that allows for free total body movement. Shoes are optional in some classes and sneakers are recommended in others.
- **Stay Hydrated:** Hydrating your body can help you move more efficiently, so please be sure to drink water before, during, and after each class to stay hydrated and energized.
- **Mind Your Alignment:** Proper alignment is crucial to avoiding injury. Listen closely to your instructor's cues.
- **Listen to Your Body:** Some exercises may feel challenging, but nothing should feel painful. If something hurts, adjust your range of motion or take a break.
- **Start with Light Weights:** If you're new to a move, focus on form, and increase the weight as you gain confidence and understanding of the class format.
- **Take Breaks:** Try not to rush through exercises (even the ones that are very challenging!) Move slowly and deliberately, especially with heavier weights, and take breaks when needed.
- **Ask Questions:** If you're unsure about a movement, don't be afraid to ask your instructor for help. All our teachers love helping beginners find their confidence. Never forget, even the most seasoned teachers were once beginners themselves.

Yogapalooza returns in 2025!

Mark your calendars for Yogapalooza our annual mind-body event scheduled for May 22nd, 2025. Yogapalooza is meant to bring awareness to mental health and learn ways to seek help, find support for others, and practice self-care. This event promises to be a full day with wellbeing vendors, activities and informational sessions that will provide information and tools for self-care in the workplace. Stay tuned for more details on how you can join us.



Are you a BRG group interested in sparking engagement in your meeting or event? Partner with bp Group Fitness for your next on campus event or meeting. We'll help energize your group by incorporating physical activity that's fun for all levels. Connect through your in-person meeting on the Houston campus or virtually through Teams - the opportunities are endless!

- Yoga/Breathwork/Meditation
- Stretch/Mobility
- Core/Pilates
- Dance Breaks & Lessons
- Boot Camps/Agility/Strength Training
- Spin Classes

...and many more specialties!



Garden Club sign-up

We're thrilled to invite you to the inaugural meeting of our brand-new Garden Club! This vibrant gathering will take place both in-person and virtually, allowing everyone to participate regardless of location.

Date: Wednesday, February 5th

Time: 11:30am – 12:30pm

In-person Location: 3.130 (Helios 3rd Fl) *BYOL*

Virtual Link: [Teams access](#)

[Please register here.](#)

Get ready to dig into a world of gardening possibilities!

At this kickoff meeting, we'll:

- Unveil exciting opportunities to serve on the club's board
- Discuss the formation of various committees
- Discuss schedules from seeding to harvesting
- Introduce our proposed lineup of educational speakers
- Connect you with experienced gardeners for expert advice

Whether you're a seasoned green thumb or just starting to cultivate your interest, this is your chance to be part of something truly special. Join us as we plant the seeds for a flourishing community of garden enthusiasts!

Don't miss this opportunity to grow with us. We can't wait to see you there!

P.S. Bring your ideas and enthusiasm – together, we'll make our Garden Club bloom!

[Follow our progress on Viva Engage!](#)

Cardio Mania is coming

Introducing **Cardio Mania** - a combination of our Cardio Trek and Cycle Mania programs!

This 6-week journey runs from Feb 17th to March 30th.

Why Cardio is important:

Engaging in regular cardiovascular exercise not only strengthens your heart and lungs but also releases endorphins, boosting your mood and energy levels. Additionally, it can improve your sleep quality, leaving you feeling more refreshed and ready to tackle the day. Moreover, cardio workouts can enhance your immune system, making you less susceptible to illnesses.

Whether you're a beginner or just looking for an extra challenge, this program is designed for you! Challenge yourself each week by trying different activities or improving your time, distance, or the number of activities.

We'll be using the Strava app to track all cardio activities by using the weekly leaderboards to determine the number of activities, distance, and time but also the variety of activities-- cardio, strength, HIIT, and Yoga classes!



Each week will have a different theme:

Weeks 1 & 4 – Tracking Time (Recognize for most overall time in a week)

Weeks 2 & 5 – Tracking Distance (Recognize for overall longest distance in miles in a week)

Weeks 3 & 6 – Tracking Activities (Most Activities Recorded i.e., yoga, strength training, HIIT in a week)

Special Events:

- Cycle pop-up class in the WL1 lobby, Thursday Feb 20th at 11:30am
- Weekly Mini challenges
- Training tools such as the [Volt App](#) to supplement your cardio workouts.
- Rodeo Run March 1st – [join bp fitness running group](#)
- Articles and Darbee Workouts!
- FAQ Session to help with an introduction and how to navigate using the Strava app. Join us at Helios in Rm 1.210 Wednesday Feb 12th at 11:30am or [on Teams](#).

How to Join:

Join the Strava group [bpfc Cardio Club](#). Post and track your activities. Make sure to sign up and record each workout in order for them to count each week. Email bpfitness1@bp.com with questions.

Prizes:

Top prizes for overall time, longest distance, and most activities recorded at the end of challenge!
Prize for participating in our Pop-Up Cycle class in the Lobby!
Weekly giveaways for mini weekly challenges!

Rodeo Run 2025 – sign-up now!

Howdy runners!

Register with Team “bp fitness” for the 2025 Rodeo Run/Walk! We already have close to 200 on team bp fitness!

Date: Saturday, March 1st at 9:35am (5K start) and 9:10am (10K start).
Sleep-in options available as well.

Register now under [“bp fitness”](#) !

All who register by Sun, Feb 23rd will be able to pick up their race packet(s) at WL1 the week of the race.



Deadline to register for team bp fitness: February 23rd.

Participants can still register online at rodeohouston.com/rodeorun until 7pm on Friday, Feb 28th or until race is sold out. You will be responsible for picking up your packet after the team assigned deadline (Feb 23rd).

All proceeds go to a worthy cause and support the Houston Livestock Show and Rodeo, supporting the youth of Texas through scholarships and educational support.

- You will receive the official Rodeo Run dry wick shirt in your race packet.
- **We will be giving “Team bp” dry wick shirts for all participants to wear at the event.**
- Join our **Strava group** “bp fitness Rodeo Run” to participate in our virtual training program.
- Fitness members can also get our VOLT training app--5K strength program to help get you race day ready!
- The opportunity to earn [wellbeing points](#): 75 points for 5K, and 125 points for 10K. (Note: This applies only to benefits enrolled bp employees, spouses, domestic partners and/or retirees.)
- We will have a bp fitness booth downtown on race day for the team to meet before the start!

Contact [Martina Ramirez Silva](#) or visit the [Rodeo Run](#) website for FAQ.

Ask the PT – February 18th

Meet Mansi Shah, our new Physical Therapist at the Health and Wellness Center! Bring your questions about any aches and pains you have-- and discover how physical therapy can help address your musculoskeletal concerns.

Join us on Tuesday, February 18th, at the WL1 Fitness Center from 11:00 AM to 1:00 PM.

Don't miss this opportunity to learn more about improving your health and well-being!

Goal Fit wrap-up

Thank You for Sharing Your 2025 Fitness Goals!

We want to give a huge thank you to everyone who took the time to write down their 2025 fitness goals! Our GoalFit wall is filled with incredible goals, and we love seeing the dedication and motivation from each of you.

No matter what you're working toward - whether it's getting stronger, improving endurance, feeling healthier, or just staying consistent. We're here to help you every step of the way. Throughout the year, we'll be checking in to see how you're progressing, offering support if you need guidance, and cheering you on when you need a little extra encouragement.

Remember, you're not alone in this journey! If you ever need help refining your plan, overcoming obstacles, or just someone to talk to, we're here for you. Let's make 2025 a year of success, growth, and achieving every goal on that wall together!
Keep pushing forward—we can't wait to celebrate your progress!

“Every goal on this wall is a step toward a stronger you”



100 Club for 2025

Congratulations to our 2024 100 Club Members—all 216 of them. We recognize their hard work, dedication, and support for bp fitness.

You can see all of their names at the entrances to each fitness center—on our 100 Club Posters.

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.

Be sure to always scan in with your badge when visiting the fitness centers—so **you** can be part of the 100 Club in 2025. When you scan—your name, picture and a green check mark should display on the screen.

Thrive with US

☀️ Wellbeing @ bp ☀️

Hello 2025 Wellbeing MVP! 🏆

This year, become your own Wellbeing Most Valuable Player 🙌 With support from doctors, WebMD health coaches, and your teammates, backed by Thrive with US, you'll tackle challenges and achieve your best self.

Also, we're celebrating 15 years...

Since 2010, bp's wellbeing program has helped employees reduce health risks and thrive in all aspects of life. Let's keep that momentum going!

Live classes start **February 5th**, with multiple days/times to choose from.

 [Click here to register now](#)

125 wellbeing points!

Wellbeing @bp

2025 wellbeing class

This wellbeing class provides an overview of Thrive with US, the US bp wellbeing program highlighting:

- 2025 updates
- New and classic point earning opportunities
- Navigating the Thrive with US portal and WebMD Wellness At Your Side app
- bp benefits resources

Register for a live class or access the e-learning on the **Thrive with US** portal powered by WebMD.

bp wellbeing program 2025



Annual enrollment begins **February 3** and runs through **February 28**. Explore your bp benefits at benefits@bp for the **2025-2026 plan year**.

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!

Articles:

- [9 Different Types of Stretching Exercises \[Flexibility Guide\]](#)
- [Group Fitness Instructor Tips That Will Help You Maximize Your Workout | SELF](#)
- [Social and Group Fitness | Building Health and Connections for Longevity](#)

- [Unlocking Wellness: Navigating the Three Pillars of the Health Triangle](#)
- [How to Follow an Eco-Friendly, Sustainable Diet](#)
- [7 biggest lessons on building lasting habits, from a motivational psychologist | BBC Science Focus Magazine](#)
- [How to Feel Full Longer: What Are the Foods That Fill You Up? | Houston Methodist On Health](#)
- [35+ Heart-Healthy Dinners You Can Make in 25 Minutes](#)
- [The Anti-Inflammatory Diet: Is It Right for You?](#)

*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....

"Sometimes you don't realize your own strength until you come face to face with your greatest weakness."

-Susan Gale

bpfittnesscenter.net
Creating a culture of fitness.