

Member Spotlight-Retiree



Meet **Wanda Fontenot**, a dedicated BP Fitness Center member and retiree whose passion for health and wellness continues to inspire those around her. **A**

Legacy at BP

Wanda worked at BP for **15 years**, serving in a variety of roles across departments such as PSCM, EPTG - Integrity Management, North American Gas (NAG), Gulf Coast Restoration Organization (GCRO), and Global Operations. She embraced each role with enthusiasm and found deep fulfillment in her work. Beyond her career, she also had the best experience volunteering for BP's charity initiatives, with BPMS150 holding a special place in her heart.

A Lifelong Commitment to Fitness

Wanda joined the **BP Fitness Center from day one**, drawn in by **the free fitness programs, personal training, and group classes**. She immediately recognized it as one of BP's best benefits, and even after retirement, she remains committed to her fitness journey.

Staying Active in Retirement

For Wanda, staying **strong and healthy as she ages** is a top priority. She enjoys the wide range of classes, personal training sessions, and fitness challenges, including **5K runs**. She also appreciates the additional **nutrition guidance and recipes** provided by the fitness team, which support her overall well-being.

The Impact of Exercise on Retirement

Wanda credits consistent training for keeping her mentally and physically strong. She participates in a mix of **strength training, yoga, Pilates, Gyrokinesis, treadmill running, and cycling** to maintain flexibility, endurance, and strength. Her biggest fitness accomplishment in retirement? **Completing the Corpus Christi Two Highest Bridges Half Marathon in 2023 – (with minimal training) thanks to her regular workouts at the gym!**

A Passion for Variety

When it comes to workouts, Wanda loves **everything** - machines, classes, and strength training. She thrives on variety and enjoys the challenge that each workout brings.

Motivation & Advice for Others

Unlike many, Wanda doesn't struggle with motivation - **fitness is in her DNA!** Her advice for BP employees? **"Start today! The benefits will change your mindset, improve your health, and bring clarity to your life."** She encourages everyone to prioritize exercise, as it can **prevent medical issues and enhance overall quality of life.** **A Fun & Unexpected Benefit of Staying**

Active

One of Wanda's favorite surprises in retirement? **The compliments she receives from others who notice her dedication to fitness!** She also loves that she can still run, lift weights, and challenge herself in new ways. **Looking Back & Looking Ahead**

If she could change one thing about her fitness journey, it would be **learning to swim earlier in life.** She took swimming lessons in 2023 but now realizes she needs to **practice more** -and she's determined to make it part of her routine! **A True Fitness Inspiration**

Wanda has inspired her **sister to start working out** and even encouraged a former coworker to join the BP Fitness Center. She believes in leading by example and hopes to help others find the same joy in exercise that she has.

Words of Wisdom

As someone who has maintained an active lifestyle for decades, Wanda emphasizes the importance of staying consistent at every stage of life. **"Exercising clears the cobwebs from the brain, keeps me strong, and has helped me avoid medications and major health issues. If I could, I'd help everyone see just how important it is!"**

Thank you, Wanda, for your dedication, positivity, and the inspiration you bring to the BP Fitness Center! Your passion for fitness and well-being is truly remarkable, and we are grateful to have you as part of our community.