



bp fitness program e-newsletter



Creating a culture of fitness!

April 2025

Welcome Spring! Plants are sprouting, flowers blooming and the warm weather is returning. bp fitness has a full schedule a programs and activities to help you focus on mental and physical health and wellbeing! Have a look below!

- Waste Warrior 5K is coming*
- Million Meters in May rowing challenge
- Group fitness in April*
- Corporate Track Meet sign-up
- Bocce Ball Tournament sign-up
- Wednesday Wellness Walks
- Gardening Volunteer Weekend
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

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

Sheila Sharemet (1956 - 2025)

As many of you know, Sheila Sharemet, long time manager and leader of the bp fitness program passed away March 17th. She touched many lives in her 40+ years with the bp fitness program.

A Memorial reception will take place on Friday April 11, in Wesley Hall at the Memorial Drive United Methodist Church, on 12955 Memorial Drive, Houston, TX 77079 from 2:00 to 4:00p. Earlier in the day, her family will have a private service. It will be recorded for future sharing.

[This is her full obituary](#) which appeared in the Houston Chronicle and is posted on Legacy.com. Please visit Sheila's online memorial tribute where memories and words of comfort may be shared with her family and loved ones.



In lieu of flowers, Sheila requested that donations be made to the Sheila Sharemet fund of Lifting Families Together <https://liftingfamiliesaltogether.org/>. This is a charity that was close to her heart.

We will miss her very much.

Easter Holiday Closure

The bp fitness centers will be closed Saturday April 19th in observance of the Easter Holiday Weekend. We will resume normal hours of operation, Monday April 21st.

Spring Bocce Ball Tournament

Sign up for our Bocce Ball Tournament!!

Begins April 28th @ Helios
[Register your team today!](#)

Registration ends April 18th

[Bocce Ball Polling Page](#) - brush up on your bocce skills! Meet at the bocce ball court during lunch to play! Bocce Balls can be checked out inside Helios Fitness Center.

[Contact stephen.salazar@bp.com](mailto:stephen.salazar@bp.com) for more details



Group Fitness in April

Move Through It: Stress Relief, Strength and Grounding

As April unfolds, we're reminded of the power in showing up – for ourselves, our well-being and each other. Inspired by the Japanese philosophy of *mono no aware*, we invite you to embrace presence and movement to stay rooted through life's ebb and flow. Mono no aware translates to "an empathy towards things" and reflects a deep awareness of changing seasons in nature and life. It's not about resisting change but moving with it gently and with grace. In that spirit and in recognition of **Stress Awareness Month**, our group fitness programming is here to support you in finding balance, building resilience, and reconnecting with yourself - at any stage in life, and at any physical activity level.

Here's how our April schedule supports your well-being:

- **Stress-Relief Focused:** Yoga, mobility, and mindful movement to support your nervous system.
- **Midday Reset:** 10 to 30-minute formats that help you pause and recharge.
- **Hybrid Virtual Options:** Join live from your space-wherever you need it.
- **Community Through Movement:** Shared experiences that remind us that we're not navigating this alone.

A large, stylized logo for 'Yogapalooza' in a bubbly, rounded font. The text is white with a thick red outline and a thinner yellow outline. Below the main text, the words 'A Mind & Body Festival' are written in a smaller, white, serif font. The entire logo is set against a dark red background.

Yogapalooza
A Mind & Body Festival

Special Programming – Save the Date

- **Thursday April 29th 11:30am – International Dance Day** – Stay tuned to learn how the group fitness team celebrates international dance day!
- **May 22nd 11:30am - 2:00pm - Yogapalooza in the WL1 Lobby** - In celebration of Mental Health Awareness Month and World Meditation Day. Learn about in-house mental wellbeing resources, shop wellness vendors, and take part in mindful activities.

Group Fitness supports you – mind, body, and heart. Bp Employees can stay connected with us through our [viva engage group](#) and [monthly newsletter](#). Are you a spouse or retiree? You can also check out the full schedule of group fitness offerings on our webpage: [Group Fitness - bpfitnesscenter.net](#)

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!



Waste Warrior 5K – April 22nd

Participate in the Global Sustainability Network's Waste Warrior 5K event hosted by the bp Fitness Center, GPTyAy, bp Energia, bp Inclusia, bp Veterans, and bp Pride!

Pick to run/walk our 5k or short-course route to collect waste along the way to help the environment, your local community, and yourself.

Tuesday, April 22nd 11:30am at Energy Park.

[Sign-up here!](#)

Participants will receive:

- Sustainable keepsake
- Seek community resources
- Healthy snacks
- 75 wellbeing points

Bring your own water bottle to stay hydrated and repurpose one of your plastic grocery bags to collect the waste.



The month of April signifies: Wildlife Week, Arbor Day, Earth Day, and World Health Day. See you there!

MMM coming soon

Get ready to row!

[Million Meters in May](#) is coming! Our goal is to get to 5 million+ meters and over 300 total participants during the month of May! The **Helios and WL1 Fitness Center will have everyone rowing to determine who can put up the most meters!** Virtual Strava option available for US employees not on campus.

The format will be similar to previous year's Tour de France style: daily stage winners (person with the most meters that day), most meters in a single session, most days rowed, most cumulative meters (highest total) during the competition, most stage wins during the month, winner of the sprint regatta (fastest rower)! Also included:

- **Cool t-shirt** for those first 80 to reach 40,000 meters!
- **Points!** 75 local Activity Points for all who row 40,000 meters for the month!
- **Competition!** Recognition for: daily stage winners (person with the most meters that day), most meters in a single session, most days rowed, most cumulative meters (highest total) during the competition, most stage wins during the month, winner of the sprint regatta (fastest rower)!
- **Fastest 500 meters!** Who can post the fastest time?! Participants can try as many times as they like throughout the month!
- **Updates!** We will have a leader board posted in the Fitness Center for you to post your numbers and track the action. We will also have a [webpage](#) with daily updates!
- **Recognition for outstanding performance!**

Sign-up and tracking will be easy. Great exercise, fun, competition, and prizes—this year's MMM should not be missed. Stay tuned for more details! **It all starts May 1st!**



[Top 7 Great Rowing Machine Benefits](#)

Corporate Cup Track Team

bp Fitness annually participates in the HCAA Corporate Cup Relays in Houston. We need runners, jumpers, and throwers of all fitness levels who are interested in being part of the team! This one-day event takes place on **Saturday, May 3rd at HISD's Barnett Sports Complex.**

Events include:

- Sprints- 100m, 200m and or 400m
- Mid distance- 400m, 800m, 1200m
- Long distance- 1mile +
- Weight events: Javelin, shotput & discus
- Field events: Long jump, high jump

Track practices are held every Wednesday at 4:45pm at Spring Forrest Middle School, 14240 Memorial Dr, Houston, TX 77079



Email Natalie.Woodham@bp.com or Stephen.Salazar@bp.com if you're interested in competing this year and your preferred events/distances so we can strategize!

Wednesday Westlake Wellness Walks

Step into your midweek refresh! Join us at the **WL1 Plant Wall** for Wednesday Westlake Wellness Walks.

For a fun, energizing 30-minute stroll, we meet at **12 PM sharp**—perfect for boosting your fitness, soaking up nature, and sharing good vibes with great company. Lace up your sneakers and treat yourself to a re-charging break that leaves you smiling and ready to conquer the rest of your day!

Walk at your own pace.

[Want to boost your mental health? Take a walk](#)

Member Spotlight

At bp Fitness Center, we're more than just a gym - **we're a community**. Each of our members has a unique fitness journey, and we're excited to spotlight two inspiring individuals who exemplify dedication to health and wellness: one current employee and one retiree.

First, meet **Sue Caruthers**, a bp employee who has made fitness an essential part of her daily routine. Discover how she stays motivated, her favorite workouts, and how being active has impacted her overall well-being.

Read Sue's story: [Member Spotlight - Sue Caruthers.pdf](#)

Next, let's get to know **Wanda Fontenot**, a bp retiree who continues to prioritize her health and inspire others. From running half marathons to participating in fitness challenges, Wanda proves that staying active is a lifelong commitment.

Read Wanda's story: [Member Spotlight - Wanda Fontenot.pdf](#)

Do you have a fitness story to share? Whether you're a current bp employee or a retiree, we'd love to feature you in our Member Spotlight! Fill out the form below and let us celebrate your journey:

- [Member Spotlight - Current Employee](#)
- [Member Spotlight - Retiree](#)

Your story could be the motivation someone else needs to start or continue their fitness journey!

Cardio Mania wrap-up

Cardio Mania – was a combination of our Cardio Trek and Cycle Mania programs!

This 6-week cardio journey is complete! Thank you to everyone who participated in Cardio Mania. We had 411 people join the Cardio Club group in Strava. Each week we had new people making it into the weekly Top 20 on the leaderboard.

Having a different weekly focus helped to give everyone a chance to work hard and push themselves to be on the leaderboard or to improve their time, distance, or # of activities. Some people put up big numbers each week with this program-- helping them to train for the MS 150 bike tour, a triathlon or even just to get started with exercising again.

March has been a month of changes --whether it was good or bad --and exercise can help with mental health and wellbeing. If it feels too hard to get to the fitness center or if starting a workout routine is too intimidating, just start with going for a walk outside or on the treadmill.

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.



The Strava app helps 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!

Keep doing cardio and work on improving yourself physically and mentally.

100 Club for 2025

345 members have at least 20 visits so far this year and are on track for the 100 Club for 2025!

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 keep logging 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


 **2025 BP Medical Plan starts on April 1st! If you're enrolled in the Health+Savings Plan, don't forget to download your Physician Certification Form on the Thrive with US Portal.** 

Join Us for the [Gut Health and Brain Connection class](#) 

In this wellbeing class, uncover the essential role of gut health in brain function and immune support. Learn how nutrition can optimize digestion and boost your body's natural defenses for better health. 

Plus, don't miss out on valuable resources at our Stress Awareness Booth 

 **When: April 15th, 11:00 AM – 1:00 PM**

 **Where: WL1 Lobby**

Includes:


- Lyra Health (new EAP program)
- WebMD stress management handouts


- **2025 Physician Certification Form**

Garden Club

Volunteer with Us!

We're getting our hands dirty and prepping for a new growing season! Join us as we clean up existing garden beds and prepare new ones for planting. Whether you're a seasoned green thumb or just want to help, we'd love to have you on the team. 🌻 🧤

 Friday, April 11th- Sunday 13th

 Helios Garden

 10:30AM-2:00PM

Contact sabrina.gomez@jll.com if you are interested.

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:

- [Fool Yourself into a Great on Workout April 1st | SELF](#)
- [Supercharge Your Metabolism: The Power of Food and Lifestyle - Fitness - Exercises, Fitness & Nutrition, and Fitness Articles](#)
- [6 Signs You Need to Increase Your Core Strength](#)
- [Netflix's 'Apple Cider Vinegar' Explores Wellness Misinformation](#)
- [Dig into the benefits of gardening - Mayo Clinic Health System](#)
- [The power of the relaxation response](#)
- [The Benefits of Ice Baths](#)
- [12 Tips to Get Beach Body Ready](#)
- [Balance Exercises for Older Adults: 11 Moves to Try](#)
- [Easy tips to support a low salt low sugar diet](#)
- [Top 7 Great Rowing Machine Benefits](#)
- [▷ Mono no aware, the Japanese concept that teaches us to appreciate the ephemerality of life](#)
- [12 Coping Strategies for Managing Stress During Big Changes: Embrace Transformation with Confidence - Aspire Atlas](#)
- [Dancing and the Brain | Harvard Medical School](#)
- [How to look after your mental health using exercise](#)
- [How Travel Affects Mental Health](#)

*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....

"Springtime is a lovely reminder of how wonderful change can be."

bpfitnesscenter.net

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