



## bp fitness program e-newsletter



*Creating a culture of fitness!*

**June 2025**

Welcome Summer and all the heat, sweat and good times that goes with it! We are excited to have our summer interns with us. We've got some great programs and events coming in June—focused on fitness, fun and community!

- Freedom Run/Walk at Emancipation Park
- Summer Sweat Fest\*
- Million Meters in May wrap-up
- Group fitness in May\*
- Sign up for a training session! \*
- Wednesday Wellness Walks
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

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

### 3<sup>rd</sup> Annual Freedom Walk/Run and Health Fair

Bp is a proud sponsor of the [Freedom Walk/Run and Health Fair!](#)

Mark your calendars for Saturday, June 7th, and be part of an unforgettable day of fitness, fun, and community spirit!

**Date: Sat. June 7, 2025 | 🕒 Time: 7am – 12pm 📍 Location: Emancipation Park  
3018 Emancipation, HTX 77004**

[Join team bp](#) – registration is free, but you may donate if you like.

This event is perfect for everyone—whether you're a dedicated runner, a casual walker, or simply looking to enjoy the health fair activities. All fitness levels are encouraged to participate!

Planned activities include:

- **Team bp shirts for all participants.**
- Team bp table and raffle at the event.
- A short lively walk/run around the park.
- A Health Fair offering resources and information to boost your well-being.
- Fitness tips and demos.
- Opportunities to connect with others who share a passion for health and community.

Proceeds from this event directly support our “Healthy Communities” initiatives, funding programs like our Fitness Fun Days, weekly Hip-Hop aerobics, Line Dancing classes and more. By joining us, you're not just having fun—you're making a difference!

See you there!

## Million Meters in May 2025 wrap up

### Million Meters in May 2025: We Crushed It!

Hold onto your oars, folks—**Million Meters in May** was a splash hit again this year! We had an amazing 274 row-happy participants who absolutely obliterated our 5-million-meter goal. Our final tally? A jaw-dropping **5,337,449 meters**! That's like rowing from Houston to Toronto... and then turning around for a victory lap. 🏆

MMM continues to bring out the competitive beast (and strong quads) in our members, making May a month of fitness, focus, and fun!

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### Facility Face-Off: WL1 Wins the Rowdown!

This year, the friendly rivalry between **WL1**, **Helios**, and our **Virtual Crew** came down to the wire. But WL1 rowed away with the win, logging a mighty **2,648,662 meters**. 🏆

Here's how it shook out:

- **WL1:** 129 rowers
- **Helios:** 112 tenacious teammates and **1,245,472 meters**
- **Virtual Team:** 33 mighty meter-makers – **1,443,315 total meters**
- **Total bragging rights:** WL1

[The full leaderboard is available here.](#)

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### 🌟 Rowing Rockstars – The Hall of Fame Highlights

#### Most Meters Rowed – the Legends

- **WL1:**
  - **Robyn Whiteford:** Back with a bang! Robyn crushed an all-time record with **405,209 meters**. That's basically rowing to another galaxy.
  - **Mo Kudchadker:** Veteran vibes and 97,266 meters of rowing power.
- **Helios:**
  - **Kesava Chakka:** Clocked a strong 59,217 meters.
  - **Janet Sabio:** Former champ, forever legend—94,462 meters!
- **Virtual Team:**
  - **Matt Luce:** Leveled up with **253,602 meters** (beating his own record!)
  - **Debbie Kercho:** Virtual Queen with 59,262 meters of pure determination.

#### Biggest Single-Day Row – Marathon Madness

- **WL1:**
  - **Robyn Whiteford:** 50,250 meters in a single day. We hope she stretched afterward.
  - **Bernard McAfee:** 40,017 meters on May 1st... then dropped the mic (and the oars).
- **Helios:**
  - **Kesava Chakka:** 13,217 meters like it was nothing.
  - **Jill Wirnkar:** Powered through 14,119 meters—still got it!
- **Virtual:**
  - **Matt Luce:** 18,540 meters—no problem.
  - **Sandrine Hoebler:** Strong and steady with 10,000 meters in one go.

#### Most Days on the Rower – Calluses of Honor

- **WL1:**
  - **Mo Kudchadker:** 19 days rowing—more dedication than a Netflix binge.
  - **Robyn Whiteford:** 13 days of row-glory.
- **Helios:**

- **Shawn Lenihan & Janet Sabio:** 19 and 18 days, respectively. Consistency = beast mode.
- **Virtual:**
  - **Matt Luce:** *Every. Single. Day.* 30 rowing sessions. 🌟
  - **Kathryn Adams:** Showed up 13 times—talk about commitment!

#### Most Daily Stage Wins

- **WL1:**
  - **Robyn Whiteford:** Took home 13 stage wins like a rowing ninja.
  - **Joe Dellinger and Jose Patino:** Tied for 3 each.
- **Helios:**
  - **Erik Suchak:** 6 wins—king of consistency.
  - **Janet Sabio:** Claimed 8 wins like a pro.
- **Virtual:**
  - **Andreas Miksenas:** 11 wins—unstoppable!
  - **Debbie Kercho:** 7 wins!

#### Rowing Regatta – 1-Minute Sprints to Glory

- **WL1:**
  - **Carson Kress:** Blasted out 360 meters in 60 seconds!
  - **Leticia Maldonado:** 289 meters without breaking a sweat.
- **Helios:**
  - **David Mahaffey:** 344 meters of pure dash.
  - **Lauren Dufrene:** Hit 295 and left it all on the rower!



#### Special Shoutouts & Thanks!

- **T-shirt goals unlocked!** 67 rowers who logged **40,000+ meters** earned 75 Local Activity Points *and* a limited-edition Million Meters in May tee. Fashion meets fitness. 🏆
- **Massive thanks to Captain Peter Foster**, the godfather of MMM! Over 25 years ago, he launched this rowing revolution—and we're still feeling the ripple effect. 🌊

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**To all who rowed, sprinted, grunted, or simply gave it their best—thank you!** Your energy, enthusiasm, and oar-some spirit made this another unforgettable year. Until next May... keep rowing, keep moving, and keep making waves!

[Please take a moment to fill out our MMM survey.](#) It will help us make the program even better—and you could win a prize!



# SUMMER SWEAT FEST



It's simple — attend 20 group fitness classes from June 2nd - August 29th and earn a prize!



**REGISTER HERE**



This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2022 Optum, Inc. All rights reserved.

## New Season, New Schedule

Happy Summer, Group Fitness Community! We're excited to share our **Q3 Group Fitness Schedule**—your guide to staying active and engaged as temperatures rise. From **June 2nd to August 29th**, join us for a wide range of group fitness classes. From energizing cycle sessions and strength formats to calming stretch breaks. It's a great time to refresh your routine and explore everything that we have to offer.

But that's not all—**Summer Sweat Fest Challenge** is back! This friendly challenge invites participants to complete **20 group fitness sessions** this summer, earning recognition, community connection, and a chance to win a prize. You can earn your first bonus point by inviting a colleague, fellow team member or spouse (*bp employees and retirees only*) to join in on the fun and share in the energy of the challenge (make sure they list *your name* in the registration form)!

### ☒ How to join the challenge:

- **Register Here**
- **Check out our schedules below and take a class.** All in-person and virtual classes count - including our 10-minute stretch breaks!
- **In-person participants:** Mark your attendance in the studios.
- **Virtual participants:** Attendance will be tracked automatically via Teams (must attend the full session)
- **Each class earns you one point.**
- **Earn 20 points to win a prize!**

We'll send out weekly updates, including highlighted classes worth *double points* to keep you motivated! We will announce our winners in September.

**Please note:**

*No classes will be held on Friday July 4th as both fitness centers will be closed in observance of Independence Day.*

Beyond the physiological benefits such as the release of mood-boosting endorphins, lowered blood pressure, improved glycemic control, and better sleep, group fitness can serve as a safe, supportive space where you can feel seen, included, and empowered. For many, group fitness classes are a reminder that you are not alone- wellness is communal, and showing up for movement is also showing up for your mental health. We welcome you to explore a format that fits your energy and schedule.

[Download the full class lineup here](#)

Bp Employees can stay up to date on group fitness programs through the [monthly Viva Engage newsletter](#). Retirees and spouses can access the full schedule of group fitness and descriptions on our webpage: [Group Fitness - bpfitnesscenter.net](http://bpfitnesscenter.net)

**Group exercise classes:** 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 are available between 1/1-6/30 and 7/1-12/31*

Our 2<sup>nd</sup> Annual YOGAPALOOZA event has wrapped up! In collaboration with bp Inclusia and AGE Diversity, we welcomed over 30 wellness vendors at our marketplace and held over 20 activities in the WL1 Lobby and conference area all in the name of bring awareness to mental health! A huge thank you to our benefits team, volunteers, and staff for contributing to the success of Yogapalooza! Help us improve and WIN! Complete our short survey and share your thoughts on the event. As a thank you for your time, completing the survey gives you the chance to win an amazing prize! Your insights are invaluable in helping us enhance future events.

[FILL OUT SURVEY HERE](#)

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!

Email [Edie.Garcia-Gutierrez@bp.com](mailto:Edie.Garcia-Gutierrez@bp.com) to schedule your team builder now!



**Read More: June is Men's Health Month**

Here are a few great reads that reinforce how movement, especially in group settings can support men's health:

[The Benefits of Group Fitness Workouts for Your Body and Mind](#)

Pilates for Men: Benefits, Exercises, and Tips for Getting Started  
Men's Wellness 101: Fitness and Recovery Benefits for a Healthier Life - Fitness Project

**Yogapalooza - Sponsors, Presenters and Supporters**

Thank you to the wonderful people who helped make this event happen!

**Sponsors:**

- [bp Inclusia](#)
- [Colleague Experience \(CX\) Team](#)
- [AGE Diversity BRG](#)

**Raffles & Giveaways**

- [Bp Fitness](#)
- [bp Federal Credit Union](#)
- [GPTA](#)
- [Shadowbark Studios](#)
- [Josephine's Day Spa](#)
- [StretchLab - Memorial](#)
- [Dances with Stones](#)
- [Mighty Moose Nutrition](#)
- [Tempo Club](#)
- [Hourani's Barber Shop](#)
- [Crave & Craft Artisan Deli](#)
- [Fadi's Mediterranean Grill](#)
- [Hungry's Café](#)
- [Olade Organics](#)

**Presenters:**

- Suzanne Lewis – Premise Health
- Saumil Manek - Union is Creation
- Callie Murphy – Learn to Bloom
- James Saxton, Nichele Lucas, and Harshal Parikh– AGE Diversity
- Nancy Boroski & Jackson Fortunato- Gracie Jiu Jitsu West Houston
- Amy Craddock
- Kirie Martino
- Cindy Russell
- Marlene Wolfe
- Karleigh Jurek
- Stephen Salazar
- Edie Garcia-Gutierrez
- Jiji Oh

**Volunteers:**

- Robyn Whiteford
- Wanda Fontenot
- LaDonna Stubbs
- Rosa Hilburn
- Sorcha Brown

**bp Fitness Team:**

- Martina Ramirez-Silva
- Stephen Salazar
- Josh Thompson
- Edie Garcia-Gutierrez
- Kathi Willis

**Vendors:**

- [DePelchin](#)
- [FitTravel](#)
- [Gracie Jiu-Jitsu West](#)
- [Houston](#)
- [Olade Organics](#)
- [ZaxSnax](#)
- [Popssibilities](#)
- [Zozo fresh - Cold Press](#)
- [Juices and Salads](#)
- [Black Phlox](#)
- [Activate Games](#)
- [Dignity Memorial](#)
- [Compass Group Catering](#)
- [Learn to Bloom](#)
- [Shadowbark Studios](#)
- [Josephine's Day Spa](#)
- [StretchLab - Memorial](#)
- [Dances with Stones](#)
- [Mighty Moose Nutrition](#)
- [Tempo Club](#)
- [bp Garden Club](#)
- [Union is Creation](#)

### bp Employee Benefits Vendors:

- [Lyra Health - EAP](#)
- [Westlake Health & Wellness Center](#)
- [WebMD](#)
- [Aetna](#)
- [bp Federal Credit Union](#)
- [Ergonomics](#)



### Sign up for fitness training

#### Ready to Crush Your Fitness Goals?

Unlock your full potential with **1-on-1 Personal Training!** Whether you're just starting out or looking to break through a plateau, our Exercise Specialist are here to guide you every step of the way.

**Why Personal Training?** Customized workouts tailored to YOUR goals

- ✓ Expert guidance on form, technique & injury prevention
- ✓ Accountability & motivation to stay on track
- ✓ Faster, more sustainable results
- ✓ Flexible scheduling to fit your lifestyle.

[Sign up today and take the first step toward a stronger, healthier you.](#)



## Wednesday Westlake Wellness Walks

Leaving from WL1 and Helios!

Step into your midweek refresh! Join us at the **WL1 Plant Wall** for Wednesday Westlake Wellness Walks. We meet at WL1 at 12pm before swinging by Helios (outside the lobby) at 12:15pm.

$\frac{3}{4}$  of the route is shaded and breezy.

For a fun, energizing 30-minute stroll, join us—perfect for boosting your fitness, soaking up nature, and sharing good vibes and conversations 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](#)

## Show of Fitness – coming in July

Show of Fitness is our annual summer fitness program to get you moving and test your fitness! How long can you hold a plank, wall sit or hang from a bar—plus several other fun challenges.

[Check out our 2024 competition](#) and get ready to Show Your Fitness!

## Thrive with US

### June is Men's Health Month!

Join WebMD and the Working Families BRG in celebrating Father's Day and raising awareness for Men's Health.



**Date:** Wednesday, June 11



**Location:** WL1 and Helios Lobbies



**Time:** 11:00 AM – 1:00 PM

### Earn More Thrive with US Points!

Complete the Q2 [WebMD Gut Health and Brain Connection E-Learning](#) and earn **125 points** at your convenience.

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.

## bp fitness Etiquette

A few reminders and rules to help share our Fitness Center and locker rooms:

- Please **bring a water bottle** with you. You can fill it in the Fitness Centers and help the environment by saving on paper cups.
- Please do not use shower stalls as dressing areas.
- Please do not spit in the showers.
- Please **do not use aerosol sprays** of any kind. They are prohibited on the bp Westlake Campus and can irritate or cause reactions in your fellow members.
- **Lockers are for gym session use only.** We simply do not have enough lockers for everyone to leave their bags during the day or overnight. Left bags and other items will be removed daily.
- Be secure. **Always lock your locker** and protect your belongings. The Fitness Center is not responsible for any lost or stolen items. Lock up especially during peak hours.
- Be sure you **remember your locker number and code.**
- Pick up after yourselves. **Use the towel drops and trash cans.**
- **Be safe** by watching out for open locker doors and trip and slip hazards.
- Minimize clutter - Sneakers, gym bags and laptops don't all deserve a spot on the bench.
- **Share equipment;** let others work in between your sets.
- **Use safety clamps/collars** on free weight bars.
- **Clean up after yourself.** Wipe down benches, machines, and mats after use. The Fitness Center has cleaning wipes located throughout the facilities—please use.
- Put your weights and equipment back where they belong.
- **Limit cell phone use** in the facility and please keep your voice down.
- Avoid dropping/dumping heavy weights and excessive grunting.
- Report broken equipment.
- Lost and found - if you are missing any shoes, pants, workout shirts, toiletries, bike helmets, gloves, etc., please check with a Fitness Staff member about locating your missing item in the lost and found. The **Fitness Center is not responsible for any lost or missing items.**

A little courtesy and cleanliness go a long way!

## 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:

- [12 Summer Skin Problems You Can Prevent](#)
- [Surprising Ways That Sunlight Might Heal Autoimmune Diseases | Scientific American](#)
- [7 Tech Neck Exercises to Relieve Pain and Tension](#)
- [The Best Full-Body Summer Workout Plan - Muscle & Fitness](#)
- [25 Ways to Move More in Warmer Months | American Heart Association](#)
- [Should Women Take Creatine? Benefits And Side Effects, From Experts](#)
- [How Climate Change Affects Your Gut Health | TIME](#)
- [Why Exercise Is Wise](#)
- [The Mental Health Benefits of Exercise](#)
- [Here's the only science-backed way to lose belly fat | BBC Science Focus Magazine](#)
- [What you need to know about safely running with diabetes](#)
- [Learn about the difference between weight loss vs fat loss](#)
- [Living Near a Golf Course Nearly Doubles Your Risk of This Devastating Disease](#)
- [How Honest Are People on Social Media? | Psychology Today](#)
- [What actually works for muscle recovery—and what doesn't](#)

\*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....**

*"Exercise not only changes your body, it changes your mind, your attitude and your mood."*

[bpfitnesscenter.net](http://bpfitnesscenter.net)

*Creating a culture of fitness.*