

Member Spotlight-Current Employee



Meet **Sumeet Anand**: Turning Discipline into a Lifestyle

About Sumeet

Sumeet Anand has been with BP for **over 14 years** and is currently a Technology Engineer in the Trading division, where he supports critical systems that help drive secure and efficient trading operations. But beyond his impactful work behind the scenes, Sumeet is also a dedicated and consistent presence in the BP Fitness Center. He is someone who's transformed fitness from a simple goal into a daily part of his life. For more than a decade, Sumeet has made the gym his second home. He shares, "Fitness started as a way to challenge myself. I wanted to develop more discipline and consistency, and I found that working out helped me build that mindset not only physically, but in all areas of life."

A Mix That Keeps It Moving

Sumeet **thrives on variety** in his fitness routine. He incorporates weight training, functional bodyweight workouts, cardio, and agility drills. With all helping him perform better on the volleyball court, one of his favorite sports. He's also participated in many of our gym's challenges, with the rowing challenge being a standout favorite, alongside the car push and stability/balance contests. He admits, "**I used to struggle with motivation. Now it's just part of who I am. Staying consistent has been my biggest fitness accomplishment.**"

The Everyday Benefits of Staying Active

That consistency pays off daily. "I feel more positive and energized throughout the day. It helps me manage stress and stay focused at work. There's real truth to the saying, '**a healthy mind in a healthy body.**'" Whether it's a long training session or a quick workout squeezed into a busy schedule, Sumeet's approach is **rooted in flexibility, not perfection**. "Some weeks I get in longer workouts, and other times it's just about showing up and doing something. It all counts when you **stay consistent.**"

Nutrition, Balance & Motivation

Sumeet is also mindful of nutrition, recognizing its role in energy, recovery, and results. He's working toward better habits in this area, with **always striving for balance**. After workouts, you'll find him refueling with a protein shake and banana, keeping things simple and effective. **Support from his family and fitness friends plays a big part in his success.** "I've made great connections through volleyball and the gym community, seeing familiar faces and sharing goals helps keep me going." His current fitness goals include building lower body and core strength while improving endurance and cardiovascular health. And as for wearables? "I use a basic tracker when I do cardio. It helps me stay mindful, but I don't overthink it."

Advice for Others Starting Out

Sumeet's message to anyone hesitant about starting a fitness routine is clear and encouraging: **"Pick something you enjoy. Fitness doesn't have to look the same for everyone. Walking, group classes, volleyball whatever gets you moving. Just start small, stay positive, and keep going. You're stronger than you think."**

Thank you, Sumeet, for showing us that consistency, balance, and a positive mindset truly make the difference. Your story is a reminder that fitness is a lifelong journey and one that's better when shared with a supportive community like ours.