

Member Spotlight-Retiree



Building a Legacy of Connection and Impact

For more than 25 years, **Mary Gaw** thrived as an IT professional at BP, contributing to digital strategy in exploration, production, and gas marketing. While her roles were meaningful, it was the relationships she built that shaped her most. Those friendships and connections became a foundation that continues to enrich her life and inspire her today.

Discovering Strength Beyond Running

Running was Mary's passion for years, but her fitness journey took a powerful turn when she joined the BP Fitness Center. Encouraged by a running partner and guided by her first trainer, Sheila Sharemet, she discovered the world of strength training and fell in love with lifting. That spark of curiosity grew into a lifelong pursuit, ultimately inspiring her to earn her personal trainer certification and help others unlock their own strength.

Redefining What It Means to Be Strong

For Mary, fitness is about so much more than physical appearance. While she's proud of gaining strength and definition, she treasures the achievements that once felt impossible: conquering burpees, completing bodyweight pull-ups, doing pushups with ease, and improving her balance and posture. Fitness has sharpened her mind, strengthened her resilience, and boosted her confidence, proving to her that strength is built from the inside out.

Living Each Day with Movement and Purpose

Mary's days are fueled by motion. She continues to coach, teach, and work out daily, whether that means using the squat rack, mastering TRX, doing cardio, gardening, or even rearranging furniture just to stay active. To her, exercise isn't a box to check. It's who she is. She often says that her day simply isn't complete without a workout, because movement brings her joy, clarity, and fulfillment.

A Message to Inspire Us All

Mary's advice to others is both simple and profound: stay active, seek guidance, and make fitness a daily habit. She encourages everyone to dedicate 45-60 minutes each day to themselves, reminding us that health is the greatest investment we can make. Her words capture her philosophy best: "If you don't, no one else will."

Thank you, Mary, for inspiring our community with your story, your passion, and your commitment to living with strength and purpose. You remind us that fitness is more than just workouts. It's a lifestyle that builds confidence, resilience, and joy. We're grateful to celebrate your journey and know your example will continue to motivate others to keep moving, keep challenging themselves, and keep growing stronger every day.