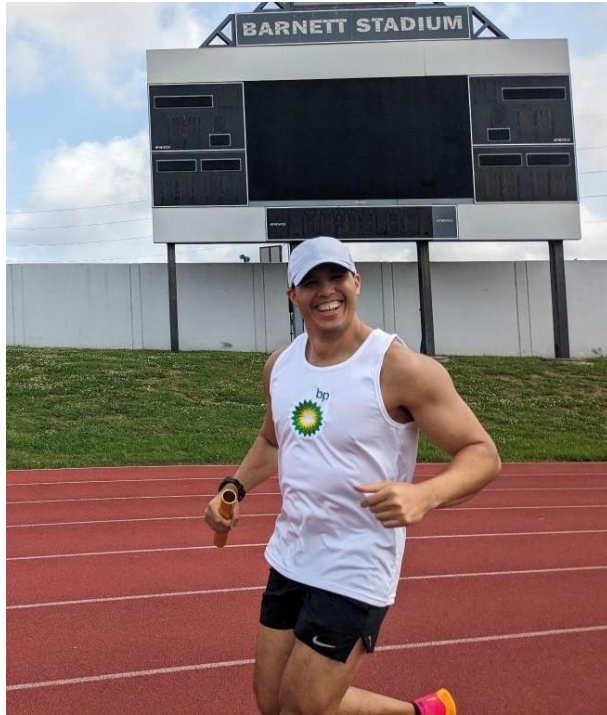


# Member Spotlight-Current Employee



## Early Mornings & Marathon Mindset

Meet **Carlos ChinFong**, one of our dedicated 5am fitness crew members! Carlos works in Supply Chain for the bp Central Subsea Team and has been a part of the BP Fitness Center since his very first weeks at bp about two years ago. He's not only a regular in the gym before the sun comes up, but also a marathon runner who finds joy in pushing his body and mind to new limits.

## Why Fitness Matters

Fitness has always been a priority for Carlos, though his inspiration has shifted over time. In college, it was the dream of being a "professional ninja." Later, movies like Creed motivated him, and today, his drive comes from wanting to be the strongest in his retirement community one day. His favorite move? The Turkish get-up. He swears by it for mobility, strength, and keeping joints "buttery smooth."

## Impact of the Fitness Center

Carlos says the BP Fitness Center has kept him motivated to work harder and try challenges he would never do on his own. He especially enjoys Stephen's Show of Fitness and Lauren's Balance Challenge for breaking routines and keeping workouts fresh. Most importantly, he values the friendships he's built with the "rock solid" 5am crew and the staff always ready with a fist bump or encouraging word.

## **Accomplishments & Advice**

Carlos's proudest fitness accomplishment is competing at the Kona Ironman Championships, though he jokes that being his family's ping pong champion comes in a close second. When asked what advice he'd give coworkers, Carlos reminds everyone that the fitness center is a judgment-free zone. "It just takes a friendly nod or fist bump to join the fun." His other tip? Take advantage of post-workout showers at the gym to save a little on your water bill at home!

## **Life, Balance & Goals**

Between marathons, group challenges, and early mornings, Carlos admits he doesn't really "balance" fitness with work and life, but he's okay with that. For recovery, he fuels up with overnight oats or scrambled eggs and toast. And while he has upcoming marathons on his radar, he prefers to keep them quiet until after race day; "bad juju" otherwise.

## **Thank You, Carlos!**

The BP Fitness Center team wants to thank Carlos for sharing his story and inspiring us all with his dedication, humor, and positive energy. From 5am workouts to Ironman triumphs, you remind us that fitness is about consistency, community, and finding what works for you.