



bp fitness program e-newsletter



Creating a culture of fitness!

December 2025

Happy Holidays!

Happy Holidays! Santa is on the way and so is 2026!

Join bp fitness for activities and programs we've created to keep you fit, healthy, environmentally conscious, and socially connected. We also have ways for you to give back as well.

Here is what we have planned for December:

- Adjusted fitness operating hours as the holidays approach.
- Holiday Group Fitness Classes and pop-ups*
- Holiday Fit Fest*
- Running of the Elves 5K Run/Walk* – partnering with Lily's Toys
- Goal Fit 2026*
- Rodeo Run 2026 – with team bp fitness
- [Wellbeing Points](#) deadline 12/31/25
- [Join us on Viva Engage](#)

More information and details below!

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

bp fitness Holiday Hours

Please see our modified operating hours during the holidays.

Christmas and New Year:

Thursday, Dec 18th : 5 AM – 5:00 PM (early close for bp fitness member/staff offsite mixer)

Friday, Dec 19th : 5 AM – 6 PM

Monday, Dec 22nd: 5 AM – 4 PM

Tuesday, Dec 23rd : 5 AM – 2 PM

Wednesday, Dec 24th : Closed for Christmas Eve

Thursday, Dec 25th : Closed for Christmas

Friday, Dec 26th : 5 AM – 4 PM

Saturday, Dec 27th : Closed

Sunday, Dec 28th : Closed

Monday, Dec 29th : 5 AM – 4 PM

Tuesday, Dec 30th: 5 AM – 4 PM

Wednesday, December 31st : 5 AM – 2 PM

Thursday, January 1st : Closed

Friday, January 2nd : 5 AM – 4 PM

Holiday Fit Fest

Holiday Fit Fest Continues!

Thanks to everyone (396) who kicked things off with weigh-ins last month—you're setting the tone for a healthy holiday season!

Next up: **weigh-outs**, happening **after New Year's through January 16th**. Keep up the momentum and finish strong!

Want another way to join the fun? Grab a **Holiday Fit Fest Bingo Card!**

- **Complete one bingo (a row, column, or diagonal) to earn 1 raffle entry.**
- **Black out the entire card for 2 raffle entries!**

The Bingo cards and everything you need are available online,

Virtual Can Do Everything! Go to Holiday Fit Fest - bpfitnesscenter.net to download workouts and check out all the instructions



Let's keep the energy going and make this season fun and fit!

Group Fitness in December



December Group Fitness Newsletter

The holidays are here, and we're decking the halls with 15 Days of Fitness, Wellness & Joy. From Barre to Balletone®, Zumba® to Jingle Jam Spin, we've got a sleigh-full of classes to keep your spirits bright and your body moving.

Skip the stress and make room for merriment—because nothing says holiday cheer like a good sweat and a mindful moment. Let's lift, stretch, and dance our way into the season of joy together!

Schedule Highlights

From December 1st –19th, enjoy daily specialty workday classes like Metabolic Burn, Balletone®, Yoga Flow, TRX®, Zumba®, Jingle Jam Spin, Line Dancing, and more!

[View Full Schedule](#)

Earn Thrive Points

Participating in classes during December counts toward your Thrive Points! Every session helps you stay active and earn rewards for your wellness journey. Earn 75 points for every 10 group exercise classes (onsite or virtual) you attend—up to 150 points total. Once classes are completed, self-report via **Thrive with US** portal:

- Go to Points & Rewards
- Click Continue under “Your Active Incentives for 2025/2026 Plan Year”
- Select Social > Complete 10 Group Exercise Classes
- Click REPORT COMPLETION and enter the date and type of classes you participated in.

Deadline is December 31

Pop Up Classes this Month

Jingle Jam Spin - Wed Dec 17 | 11:30am | WL1 Cycle Studio

Join us for a jolly ride filled with festive tunes, spirited energy, and heart-pumping cycling routines that will keep you in shape while spreading holiday cheer! Sleigh your fitness goals this holiday season with our merry and bright Christmas-themed spin class!

[Register Here](#)



Team Builder Opportunities

Shared movement builds trust, boosts morale, and strengthens collaboration. Consider booking a private session for your department—email Edie at edie.garcia-gutierrez@bp.com.



Stay Connected

GroupX Class Schedule: [Group Fitness - bpfitnesscenter.net](http://bpfitnesscenter.net)

Yammer: [bp Group Fitness](#)

Virtual Membership Info: <http://bpfitnesscenter.net/bp-virtual-membership.shtml>

Private Class Inquiry: edie.garcia-gutierrez@bp.com

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Articles to Inspire Your Season

1. [Being physically active can help you manage holiday stress - Physical Activity](#)

Exercise lowers cortisol, boosts endorphins, and improves sleep—helping you manage seasonal stress.

2. [Exploring the Link Between Loneliness & Physical Activity – Graduate School of Arts and Sciences](#)

Physical activity interventions with social components reduce loneliness and improve wellbeing.

3. [A Neuroscientist Explains How to Survive The Stress of The Holidays – ScienceAlert](#)

Movement activates the parasympathetic nervous system, calming stress responses and improving emotional regulation.

Running of the Elves 5K Walk/Run

Dash Through December at the Running of the Elves!

Join us for our last 5K of the year on Thursday, December 11 at 11:30 AM at Energy Park. Let's wrap up the year by spreading holiday cheer with a fun run for a great cause!

We're accepting toy donations for Lily's Toy Box to bring joy to children in need this holiday season. You can drop toys in the white donation boxes located at Westlake 1 or Helios fitness centers or bring them on the day of the event*.

[Sign up here to participate in this years Running of the Elves!](#)

Not running? No problem! Consider volunteering to help us make this festive event a success and share the spirit of giving. Email Taylor.Walker@bp.com to volunteer.



Bring your donations, lace up your shoes, and let's make this event fun, festive, and full of holiday joy! 🎄

Snacks and treats available at the event.

*Donation is not necessary for 5K participation but is a nice thing to do.

Rodeo Run 2026

Howdy runners!

Register with Team “[bp fitness](#)” for the 2026 Rodeo Run/Walk to have packet fees sponsored by bp for employees, contractors and family members!

Date: Saturday, February 28th at 9:35am (5K start) and 9:10am (10K start).

Register now and use passcode “bpRR2026” to join our team!

Deadline to register for team bp fitness: February 13th.

Be sure to register by deadline to pick up race packet(s) at WL1 the week of the race.



All proceeds go to a worthy cause and support the Houston Livestock Show and Rodeo, supporting the youth of Texas through scholarships and educational support.

- Official Rodeo Run dry wick shirt is included in your race packet, as well as **“Team bp” t-shirts for all participants to wear at the event.**
- Find a running program on our [website](#).
- The opportunity to earn [wellbeing points](#): 75 points for 5K, and 125 points for 10K. (Note: This applies only to benefits enrolled bp employees, spouses, domestic partners and/or retirees.)
- We will have a bp fitness booth downtown on race day for the team to meet before the start!

Contact [Martina Ramirez Silva](#) or visit the [Rodeo Run](#) website for FAQ.

Fitness Goals 2026 – what is your goal?

Open the Door to a Stronger 2026

A new year means new doors to open and new goals to achieve! As we head into 2026, it's time to think about what doors you want to walk through next in your fitness journey.

If you filled out your 2025 goal card, take a moment to reflect. Did you reach your goal? **If you achieved your goal: GREAT JOB!** If not, what barriers stood in your way? Please share the barriers you faced this year with me by emailing me at Lauren.dufrene@bp.com. I'd love to help you remove those obstacles and make sure you're ready to kick open the doors to success in 2026.

To help you stay on track for next year, we're introducing **Monthly Fitness Plans!** Each month, you'll pick up your plan, track your workouts, and turn it in for credit, keeping you accountable and motivated all year long.



Already know your 2026 Goal? Get a head start before the new cards go out in January by filling it out early here: [2026 Fitness Goal – Fill out form](#)

Let's walk into bp fitness strong and walk out stronger next year!

100 Club – 1 month to go

Always remember to **scan in** when you use the fitness centers so you can make it to the 2025 Century Club (those with 100 or more visits).

Deadline to reaching your 100 visits is **Dec 31!** Check how many visits you already have and factor in how many days you need to come in.

To check your own fitness center visits:

- login into Flex: <https://flex.plusone.com>
- Select the facility you use.
- Scroll to the bottom of the page to select your date range --and run your report.

If you forgot your Flex password—just let a staff member know—we'll reset for you.

Don't forget—if you get a new badge—we need to update it in Flex so you can scan-in.

Thrive with US

Don't Forget — earn your 1,000 Wellbeing Points by Dec 31!

To remain eligible for or enroll in the **HealthPlus** or **Health+Savings** medical plan options, all employees and their covered spouse/partner must earn at least **1,000 wellbeing points** by **December 31**. **New hires or newly eligible employees in their first year of coverage are exempt.*

- ✓ Track your progress on the Thrive with US portal
- ✓ Stay on track with your wellbeing goals
- ✓ Keep your 2026 coverage options open

 **HSA Incentive Reminder:** Complete the **Physician Certification Form** and meet all requirements by **December 15** if you (and your covered spouse/domestic partner) are in Health+Savings and earn a **\$1,000 HSA incentive**. **Retirees and their spouses/domestic partners are not eligible.*

 **Questions?** Call the **WebMD Helpline:** 1-888-343-9862 (Mon–Fri, 8:30 a.m.–8:00 p.m. EST)



Don't Forget

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:

- [The Body Keeps the Score book by Bessel van der Kolk](#)
- [7 Habits of Highly Effective People book by Stephen R. Covey](#)
- [Seated salsa - the miracle movement to help ease back pain](#)
- [This Is Why Some People Are Always Late | Psychology Today](#)
- [Fart Walks Are Legit: Why You Need to Take a Hike After a Meal](#)
- [Super Agers All Have This 1 Behavior in Common](#)
- [2026 Fitness Forecast: Trends Set to Define the Year](#)
- [Finding Time for Fitness Over the Holidays](#)
- [Staying Active When the Holidays Get Hectic](#)
- [How to Run Faster Without Running Out of Breath](#)
- [A Neuroscientist Explains How to Survive the Stress of The Holidays – ScienceAlert](#)
- [Exploring the Link Between Loneliness & Physical Activity – Graduate School of Arts and Sciences](#)
- [Being physically active can help you manage holiday stress - Physical Activity](#)
- [Learn how to naturally increase metabolism](#)
- [Muscle Mass Percentage Averages and How to Calculate It](#)

*The bp Fitness Center does not necessarily endorse all the views or products that may be advertised on the attached links.

Until Next Month ...

"Fitness is the gift you choose to give yourself."

- unknown

bpfitnesscenter.net

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