



bp fitness program e-newsletter



Creating a culture of fitness!

March 2026

March is for Rowing!

Million Meters in March is going on now in the fitness centers and on Strava! bp fitness has a month full of opportunities to support your [sustainable performance](#) through exercise, competition, social connection and helping others. Check it out!

- Welcome Darius!
- March Matness *
- Million Meters in March – Island Adventure! *
- Walk for the Wild 5K
- March Fitness Plan*
- Ask the PT
- Power of Visualization – presentation*
- Soccer Tournament sign-up
- Bocce Tournament sign-up
- Corporate Track Team sign-up
- Thrive with US
- National Nutrition Month
- [Join us on Viva Engage](#)

More information and details below!

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

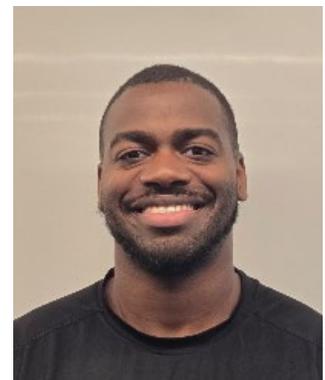
Welcome Darius!

Welcome Darius Mobley – Exercise Specialist

Join bp fitness in welcoming Darius, our newest team member. Born and raised in Houston, TX. He is a graduate from University of North Texas with a B.A. in Psychology and an M.S. in Kinesiology with an emphasis on sports and exercise psychology.

Darius brings his knowledge and experience as a personal training and group fitness instructor by encouraging and motivating people to be the best version of themselves. His specialties include HIIT, cardio kickboxing, and weight management. In his spare time, he loves being outdoors and spending quality time with his wife and daughter.

Welcome to the team Darius!



Email Darius.Mobley@bp.com to **schedule your 1 on 1 training session now** and keep your fitness journey moving forward!

Million Meters in March – Island Adventure

Get ready to row for an Island Adventure!

[Million Meters in March](#) is here! Our goal is to get to 5 million+ meters and over 300 total participants during the month of March! The **Helios and WL1 Fitness Center will have everyone rowing to determine who can put up the most meters!**

[Virtual Strava option](#) available for US employees not on campus.

Regular exercise makes you feel great and also contributes to  [sustainable performance throughout all aspects of your life!](#)

Rowing is a fantastic form of cardiovascular exercise which can also improve strength and muscle tone.

We are going on an Island Adventure this year! Participants will row their outrigger canoes from island to island by accumulating meters on the rowing machine! Islands are posted on the walls of the fitness centers. Members have the option to choose their own personalized outrigger game piece—and move it from island to island as they accumulate meters. It will take 40,000 meters to make it to the final island and earn a tropical MMM shirt!

Also included:

- **Cool tropical themed t-shirt (right)** for those first 75 to reach 40,000 meters!
- Collect **souvenirs** at each Island you reach.
 - 10,000 meters = lei
 - 20,000 meters = island key chain
 - 30,000 meters = puka shell bracelet
- **Competition!** Recognition for: weekly distance winners (person with the most meters that week), most meters in a single session, most days rowed, most cumulative meters (highest total) during the competition, winner of the sprint regatta (fastest rower)!
- **Updates!** We will have a leader board posted in the Fitness Center for you to post your numbers and track the action. We will also have a [webpage](#) with regular updates!
- **Recognition for outstanding performance!**

Sign-up and tracking is easy. Just come into the fitness center, write your name on our big tracking sheet and track your rowing meters during the month.

Great exercise, fun, competition, and prizes—this year's MMM should not be missed.

[Top 7 Great Rowing Machine Benefits](#)



Group Fitness in March

Sustainable Performance • March Matness • Mobility Series • Irish Dance Pop-Up

March 2026 invites us to deepen our approach to Sustainable Performance—showing up consistently, choosing smart challenges, and allowing recovery so the body adapts. In the studio, that looks like steady strength and mobility work that builds capacity without burnout. Here's what's on tap:

March Matness — Pilates Challenge (Mar 1–31)

All month we spotlight classic Pilates exercises across Group Fitness classes (in-person and virtual). Each class you attend earns 1 point; reach 20 points to receive a prize. Stack bonus points through early-morning or evening classes, on-demand sessions, Viva Engage check-ins, photos, and testimonials—then aim for the grand prize total!

[REGISTER HERE](#)

Mobility Series — Move Better, Feel Better

Dates: March 10 & 11 | Time: 11:15 AM–12 PM • Part 1: Upper Body Mobility

Dates: March 10 & 11 | Time: 11:15 AM–12 • Part 2: Lower Body Mobility

Location: WL1 Fitness Center — Studio A • In-person only

Focus: practical mobility for shoulders, spine, hips, knees, and ankles to reduce stiffness and support daily movement quality.

Irish Dance Pop-Up — March Celebration!

Dates: March 10 | Time: 4:30pm

Location: WL1 Fitness Center — Studio A • In-person only

A lively, rhythmic session to mark the month—no experience required. Build coordination, endurance, and a big dose of joy.

[REGISTER HERE](#)

Links & Stay Connected

Group Fitness Webpage: <http://bpfitnesscenter.net/groupfitness.shtml>

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

Viva Engage: bp Group Fitness

Private Classes / Team Builders: edie.garcia-gutierrez@bp.com

Houston Zoo – Walk for the Wild – Sunday, April 12th

Join team bp! Bring your herd to the Houston Zoo and step out for a 5K that supports wildlife-saving efforts across the globe. Every step makes a difference!

Bp will sponsor the first 200 bp employee, contractor and family members who sign up.

Your registration gets you:

- An exclusive Walk for the Wild t-shirt
- Full-day Zoo admission and access to the Walk for the Wild After Party.
- **Team bp shirt** to wear to the event
- Opportunity to earn [75 wellbeing points](#)
- Plus, you can score special prizes and experiences by fundraising, completing activities, and recruiting friends to join the adventure.

Every dollar you raise helps care for the animals you love here at home—and their wild counterparts around the world. Let’s walk, celebrate, and help save wildlife together!



Event Details - [2026 Walk for the Wild](#)

Date: April 12, 2026

Time: 7:00 AM-10:00 AM

- **7:00 AM:** Check-in opens
- **7:45 AM:** Opening Ceremony
- **8:00 AM-10:00 AM:** Walking and After Party

Registration Details

February 13 - April 6: \$65/Adult, \$45 for kids under 10

Please register children under age 2 as "Infants" free of charge. Children ages 3-9 must be registered as "Child".

Houston Zoo
6200 Hermann Park Drive
Houston, TX 77030 USA

The direct link for the team: <https://p2p.onecause.com/2026-walk-wild/team/bp-team> Team name is “bp Team” but we can change it and the default fundraising goal is \$2,500.

Use the discount code **bp2026** and that will zero out the registration fees.

We will have a team meet-up at the event. Shirt pick up information will be communicated before the event.

March Fitness Plan

bp Fitness Doors Open. Step In. Step Up. March Into Action Toward Your Goals.

March Bracket Fitness Plan is officially here, and this year it's set up just like the excitement of the NCAA Men's Basketball Tournament. Instead of teams competing, you'll have exercises battling it out across four divisions: Leg Exercises, Abs & Cardio, Chest & Triceps, and Back & Biceps. Your goal is to keep advancing each round until you crown your ultimate favorite exercise. (Download file: [March Fitness Plan Bracket.pdf](#))

Here's how the bracket works: Each matchup features two exercises listed side by side. You must complete both exercises for 5 sets of 10 reps. Alternate between the two movements, just like a head-to-head competition. Once you've completed all 5 sets, decide which exercise you preferred or which one challenged you in the best way. That exercise moves on to the next round in your bracket.



After completing the first round across the board, move into the second round with the exercises you advanced. Continue this process through each division until you narrow it down to one final

winner. In the center of the bracket, you'll write in your overall Favorite Exercise Champion.

If you forgot to submit your January Fitness Plan, there's still time! February is behind us; I hope your heart is stronger than ever. Just make sure to write your name on your plan and turn it in for credit. You can email it to Lauren.dufrene@bp.com or drop it off at the fitness center.

Also, get ready for **NCAA March Madness Bracket Contest**. Teams will be selected Sunday night the 15th. Brackets will be available to pick up and fill out on **Monday the 16th**, and you will only have three days to complete them before the games begin and the madness sets in. Let's build the momentum now by completing the March Bracket Fitness Plan and stepping through those BP Fitness doors ready to compete, stay accountable, and move closer to your goals.

Ask the Physical Therapist – March 10th

Join us in the bp fitness center at WL1 for “Ask the Physical Therapist” with Mansi Shah!

Bring Mansi all your aches and pains-- and questions about how to get help.

Tuesday, March 10th
WL1 fitness center
11am – 1pm



Energy Park access

This is a reminder that **Energy Park is a private, members-only facility**. To maintain a safe and secure environment for everyone, **outside users are not permitted to participate or utilize the park**.

As part of our campus-wide security standards, **badge access is required at all times** when entering or using Energy Park. This helps us ensure that only authorized bp fitness members, employees and contractors are on site.

If you plan to host any **spectators or guests**, please register them through the **Visitor Management System** before they arrive. This process aligns Energy Park with the same access requirements followed across the rest of our campus.

Thank you for your cooperation in helping us maintain a safe, secure, and enjoyable facility for all members.

If you have any questions, feel free to reach out to bpfitness1@bp.com.

Spring Bocce Tournament - begins March 31st

Sign-up for the Spring Bocce Tournament beginning March 31st at Helios. Matches will take place around lunchtime throughout the week. All skill levels are welcome! Competition includes group stages and knockout rounds.

Grab your colleagues and jump into the fun—sign up here!
Registration ends March 21st

New to bocce? Watch this short video to learn the basics:
<https://youtu.be/mJV-nWmrlqc?si=Kc4ViFCNhpfTNc5v>



Equipment is provided. Bocce balls can be checked out inside the Helios Fitness Center.

Questions? Contact Stephen.Salazar@bp.com.

Soccer Tournament – sign up now!

The annual spring **Petroleum Games Soccer Tournament** kicks off March 30th and runs through April, concluding in May. Houston will be a host city for the 2026 FIFA World Cup and this year's edition of the Petroleum Games Tournament aims to incorporate some Houston World Cup connections. You won't want to miss it.

The competition includes a **group stage**, followed by high-energy **knockout rounds**, all building toward the championship match for the coveted **Petroleum Games Cup**.

All matches will be played during lunchtime, offering a perfect mid-day break filled with fun, fitness, and friendly competition. Volunteer team captains will draft squads from the pool of registered players, creating balanced teams and plenty of opportunities to connect with colleagues.

Whether you're a seasoned soccer player or just looking to get involved and have a good time, **everyone is encouraged to join**. Don't miss your chance to be part of this great event!



👉 Register now: [2026 Petroleum Games Soccer Tournament Registration – Fill out form](#)

🕒 Registration closes March 21st

Corporate Track Meet – Saturday, May 2nd

Join the bp Track & Field Team!

Calling all runners, throwers, and jumpers—let's compete for GOLD!

Did you know bp has a track and field team comprised of sprinters, mid-distance and distance runners, weight throwers, and jumpers?! We compete annually against major companies like Exxon, Shell, Chevron, SLB, GE, and more.

Meet Day:

Saturday, May 2nd
Barnett Stadium

Family-friendly—including a kids' race!

Events run approx. 8:00 a.m. – 1:30 p.m.



Weekly Team Practices:

Start: Wednesday, February 18th

Where: Spring Forest Middle School (near the office)

Everyone Can Join!

All ages & skill levels

bp employees, retirees, and alumni

No full-day commitment required

Contact [Woodham, Natalie](#) and [Salazar, Stephen \(Workplace\)](#) for more information!

The Power of Visualization: presentation

Back by popular demand!

The power of visualization: what blind athletes can teach us about top performance.

[Tuesday, March 10th 12pm – 1pm in WL1 room 3.482 \(also on Teams\).](#) **Presentation will be recorded**

Join coach (and longtime bp fitness member) Peter Foster as he shares what he learned from coaching blind swimmers --that visualization is a powerful tool for reducing stress and anxiety and enables top performance in a challenging environment.

The same goes for a difficult business event, an important sales presentation, board meeting, or interview.

You will learn 10+1 easy steps on how to put this into practice in any situation.

Speaker profile:

Pete Foster is a qualified swimming, triathlon and rowing coach and executive consultant. Aside from coaching athletes and executives, he is a competitive masters swimmer and adventure traveler.

Always log in

Always remember to **scan in** when you use the fitness centers so you can make it to the 2026 Century Club (those with 100 or more visits).

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

Thrive with US

March is the perfect time to fuel your body, refresh your habits, and focus on what matters most — **YOU.** ❤️

Celebrate **National Nutrition Month** by joining a nutritional coaching class through your portal. You can earn up to **200 points** while building healthy habits that truly support what matters most in your life.



[Wellbeing @ bp E-Learning](#) - 125 points

Missed the live webinar series? No worries! You can complete the e-learning anytime, anywhere — at your own pace. 📺

Wellbeing starts with the basics, and **Thrive with US** makes it simple to stay on track. In this class, we'll cover:

- ✅ 2026 program updates
 - ✅ Points-earning opportunities
 - ✅ How to navigate the Thrive with US portal and the WebMD Wellness At Your Side app 📱
- 📞 Questions? Call the WebMD Helpline: **1-888-343-9862**

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:

- [Super-Short Workouts Can Improve Your Health](#)
- [12 Best Stretches You Should Do After Sitting All Day](#)
- [Get Moving: 5 Great Outdoor Exercises to Try This Spring](#)
- [5 Benefits of Using a Rowing Machine, According to Experts. Nike.com](#)

- [This National Nutrition Month®, Let's Promote Healthy Eating for Older Adults - News & Events | odphp.health.gov](#)
- [How to Protect Your Joints as You Become More Active This Spring | Guthrie](#)
- [Why a Rowing Machine Session Benefits You More Than Other Common Forms of Cardio | GQ](#)
- [Painful Side Effect of Statins Explained After Decades of Mystery: ScienceAlert](#)
- [How Exercise Supports Overall Health and Lowers Breast Cancer Risk](#)
- [The Mental Health Benefits of Exercise](#)
- [The role of physical activity in workplace well-being: impacts on stress, productivity, and health: a narrative review | Sport Sciences for Health | Springer Nature Link](#)
- [Work-Life-Wellness 2026: 89% Link Wellness to Higher Performance](#)
- [How Pilates Boosts Wellness and Longevity | Merrithew Blog](#)

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

Until Next Month ...

"The harder you work, the luckier you get."

- Gary Player

bpfitnesscenter.net
Creating a culture of fitness.