

Member Spotlight-Current Employee



A Career Built on Experience and Leadership

Mike Fowler brings years of experience from a wells background and currently serves on the S&ORA team as an Operations Authority. His role takes him around the world, working closely with site teams to support risk management and safe operations. Since joining bp in 2005, Mike has been a dedicated member of the BP Fitness Center, starting at Westlake 4 and continuing his workouts at Helios and WL1 over the years.

A Lifelong Commitment to Health

Mike's journey into fitness began in his early 20s after reading a book called Fit for Life. While the book focused on nutrition, it sparked a long-term commitment to healthy eating and staying active. Over the decades, his training style has evolved—moving from heavy weightlifting in his 20s to endurance sports in his 30s, full-body classes in his 40s, and now in his 50s focusing on boot camp workouts with occasional yoga sessions.

Finding Strength Through Variety

Mike enjoys keeping his workouts fresh and engaging. One of his favorite exercises is rowing, which he considers one of the most complete workouts available. It combines cardio, strength, and full-body movement, making it both efficient and effective. Whether he's rowing while listening to a podcast or participating in boot camp workouts, variety continues to be key to his success.

Fitness as a Daily Advantage

Working out consistently has made a noticeable difference in Mike's daily life. He now incorporates stretch breaks throughout the day and credits fitness with supporting both his mental and physical well-being. Staying active helps him bring his best self to work and maintain the energy needed to handle a demanding role.

Milestones That Build Confidence

Mike's biggest fitness accomplishment came during his mid-30s when he completed a half Ironman race. At the finish line, he swore he would never attempt a full Ironman—yet two years later, he proved himself wrong and completed the full distance. That experience taught him an important lesson: never underestimate what you're capable of achieving.

Discipline Creates Results

Mike follows a strong mindset when it comes to staying consistent, inspired by the phrase, "Discipline Equals Freedom." He aims to complete five workouts each week and treats his early morning workouts as non-negotiable. By joining the 5am club, he ensures that the first hour of his day is dedicated to himself before the rest of the day begins.

Advice That Makes a Difference

Mike encourages coworkers to start small and build confidence over time. Whether it's a short workout or a one-mile walk, consistency is what matters most. He also emphasizes the importance of nutrition, reminding others that you can't outwork a poor diet. His best piece of advice is rooted in the Navy SEAL "40% Rule," which suggests that when you think you've reached your limit, you likely still have more to give.

A Routine That Supports Life

Mike balances fitness with work and personal responsibilities by making exercise a priority early in the day. His routine includes pre-workout supplements, hydration during exercise, and a protein shake afterward to support recovery. Above all, he believes in carving out dedicated time for personal health so he can give his best to others throughout the day.

Thank You, Mike

Mike, thank you for sharing your story and for showing our BP Fitness community the value of discipline, consistency, and personal growth. Your dedication to making fitness part of your daily routine is an inspiration to those just starting and those continuing their journey.