

# Member Spotlight-Retiree



## A Career Built on Dedication and Growth

**Nick Kornuta** began his career in 1981 with Amoco Production Company in Lafayette, Louisiana, shortly after graduating from Carnegie Mellon University. He spent his early years in Exploration & Production before transitioning into the Natural Gas Sales group in 1988 while based in New Orleans. In 1989, Nick relocated to Houston, where he continued building his career in the Natural Gas organization through the BP merger. **After an impressive 35.5-year career, he retired in 2016**, finishing as Director of Infrastructure Delivery, where he worked closely with Gulf of Mexico and L48 Midstream teams.

## Finding Fitness at the Right Time

**Nick joined the BP Fitness Center in 2012** after moving into Helios. With the fitness center conveniently located in the lobby, he recognized the importance of maintaining fitness as he aged and made it part of his routine. What started as a practical choice quickly became an essential part of his lifestyle.

## Staying Active for Life's Best Moments

After retirement, Nick remained committed to fitness so he could fully enjoy life with his wife, Cindy. His goal was simple: to stay healthy enough to golf, travel, and enjoy retirement without slowing down. Thanks to his consistency, he and Cindy have been able to stay active, travel with friends and family, and take part in adventures without hesitation. **As Nick puts it, staying active helps keep a “spring in our step.”**

## **A Balanced Approach to Fitness**

Nick enjoys a mix of strength and cardio workouts, focusing on upper body, lower body, and core training. He keeps things interesting by changing his routine every six weeks and adding cardio at the end of workouts. **One of his proudest accomplishments in retirement is simply maintaining his regular attendance at the fitness center, which is proof that consistency truly pays off.**

## **Habits That Build Success**

Nick believes routines make all the difference. One of his personal rules is simple but effective: no television until 7 p.m., helping him stay active throughout the day. He also keeps his workouts scheduled on his calendar, treating them like important appointments that can be moved, but never skipped.

## **Motivation Through Community**

Throughout his career and retirement, people have played a meaningful role in Nick's journey. His favorite memories at BP revolve around the friendships he built along the way. Today, his wife Cindy is his biggest supporter, joining him at the fitness center and helping keep each other accountable. **Together, they prove that fitness is even more rewarding when shared.**

## **Words of Wisdom for the Future**

**Nick's advice to others is heartfelt and practical: start early and make fitness part of your routine as soon as possible.** He emphasizes that staying active becomes even more important with age, helping maintain balance, overall health, and independence. His message is simple: taking care of yourself now makes life more enjoyable later.

---

## **Thank You, Nick**

Nick, thank you for sharing your journey and for showing us that consistency, routine, and a positive outlook can make fitness a lifelong habit. Your dedication to staying active and enjoying life inspires our entire BP Fitness community to keep moving and make the most of every day.