



bp fitness program e-newsletter



Creating a culture of fitness!

June 2026

Summer is here! Join us for fun and fitness with friends in June. Check out the events and activities below that focus on health, socializing and community support—with some friendly competition thrown in:

- Show of Fitness
- Summer Sweat Fest*
- Freedom Walk/Run and Health Fair
- Pride – Chase the Rainbow 5K
- June Fitness Plan*
- Thrive Cup Challenge
- Personal training and GroupX pts.
- [Join us on Viva Engage](#)

More information and details below!

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

Show of Fitness – June 15th

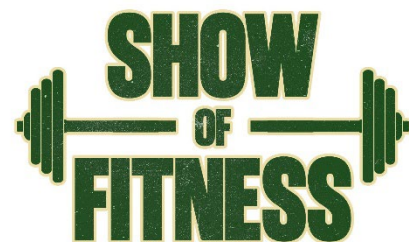
Show of Fitness Begins June 15 – 26

<http://bpfitnesscenter.net/show-of-fitness.shtml>

Join our biggest annual fitness event of the summer! This friendly competition tests your strength, speed, and endurance to perform exercises that are fun, safe, and challenging **for all levels of fitness**.

Best of all—it gives you a great indication of what you may need to improve on from a strength, endurance, and cardiovascular perspective.

- 4 of 7 events get you a cool t-shirt!
- 5 of 7 events gets you eligible for overall scoring!
- **Start practicing the challenges NOW** – check out our webpage for [Exercise Tips and Resources](#) to help you set a new personal record!



Show of Fitness Contributes to Wellbeing Point opportunities:

Million Steps Challenge - 250 pts / million steps

Logging 2000 exercise minutes - 125 pts / quarter

Who will be this year's fittest member? Check Out Last Year Winners: <http://bpfitnesscenter.net/sof-scores-2025>

😊 **June Group Fitness**

Belonging Builds Health

June is your invitation to step out of the box and move differently. Health isn't built by doing the same thing over and over — it grows when we try, explore, and connect. This month, we challenge you to expand your movement comfort zone and discover something new.

📅 **New Q3 Schedule | New Opportunities**

Our Q3 Group Fitness Schedule is here, along with our Summer Sweat Fest Challenge — designed to keep you moving whether you're in the office, working remotely, or traveling.

Check out our details online: [Group Fitness - bpfitnesscenter.net](https://bpfitnesscenter.net)

Download your copy of our schedule: [1022373-GroupFitnessCalendarUpdate Q3 with Links-8f14e.pdf](#)

- ✓ Guided in-person sessions from yoga to spin
- ✓ Live-streamed classes for flexibility
- ✓ [Wellbeats On Demand](#) anytime, anywhere
- ✓ 10-minute movement breaks — perfect for busy days

SUMMER SWEAT FEST

Jun 1st - Sept 4th



💧 **Summer Sweat Fest**

Stay consistent, stay connected, and stay motivated all summer long. Summer Sweat Fest encourages variety, consistency, and fun — because movement is better when we do it together.

🚀 **Step Out of the Box**

Try something new this month:

- Only do yoga? 🖐️ Try strength
- Love strength? 🖐️ Hop on a spin bike
- Cardio fan? 🖐️ Explore dance or mobility

New instructors bring new moves, fresh energy, and new insight — and you might discover a class you didn't know you needed.

💡 Belonging builds health, and showing up — even to something unfamiliar — is where growth happens.

Team Builder Opportunities

Shared movement builds trust, boosts morale, strengthens collaboration, and supports sustainable performance by creating healthier, more energized teams. If your department is interested in scheduling a wellness team builder, reach out—we'd love to create something meaningful for your group.

✉ Email: Edie.Garcia-Gutierrez@bp.com



Stay Connected

Group Fitness Webpage: [Group Fitness - bpfitnesscenter.net](http://bpfitnesscenter.net)

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

Viva Engage: [bp Group Fitness](#)

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

Freedom Walk/Run – join Team bp



Mark your calendars and **join "Team bp"** on Saturday, June 6th, 2026, to be part of an unforgettable day of fitness, fun, and community spirit! Last year, over 500 participants showed up to make this event a success, and this year, we're ready to take it to the next level. Let's continue building something extraordinary together!

Date: Sat. June 6, 2026 | 🕒 **Time: 7am – 11am** 📍 **Location: Emancipation Park
3018 Emancipation, HTX 77004**

This event is perfect for everyone—whether you're a dedicated runner, a casual walker, or simply looking to enjoy the health fair activities. All fitness levels are encouraged to participate!

- Planned activities include:
- A short lively walk/run around the park.
- A Health Fair offering resources and information to boost your well-being.
- Fitness tips and demos.
- Opportunities to connect with others who share a passion for health and community

Proceeds from this event directly support the "Healthy Communities" initiatives, funding programs like Fitness Fun Days, weekly Hip-Hop aerobics, Line Dancing classes and more. By joining, you're not just having fun—you're making a difference!

- Earn **75 Wellbeing points**
- Get a **team bp t-shirt** to wear during the event

- Team bp will have a table at the event and take a team photo prior to the walk/run

See you there!

Pride – Chase the Rainbow 5K

Pride Month is almost upon us & your BRG are excited to announce that bp Pride is funding and organizing a team to participate in the very first Katy Pride Chase the Rainbow: Stride with Pride 5k on **Saturday June 13th!**

More details here <https://www.katypride.org/5k/> & also here [2026 — Chase the Rainbow: Stride with Pride — Race Roster — Registration, Marketing, Fundraising](#)

This event is a fantastic, family-friendly way to celebrate Pride & show support for the LGBTQ+ community. You can go at your own pace whether you're a seasoned runner or just looking for a fun way to get involved, but the most important thing is that you're there.

To sign up:

- Go to https://raceroster.com/events/2026/116853/chase-the-rainbow-stride-with-pride/register?promo_code=BP5K60. Please don't share the link outside of this email distribution list.
- Select **5K \$50.48**.
- Choose who you are registering - yourself or someone else. Friends & family are 100% welcome, but please ensure they can 100% commit to attending before registering.
- Enter your personal details.
- Add yourself to team **bp Pride**.
- Check the box for "The team captain may be able to see various details of my registration, including my contact information."
- Choose your t-shirt size.
- The promo code field should already be populated. If not, enter **BP5K60**. Again, please don't share this.
- Accept the waiver.
- Select "no, thanks" when asked if you would like to purchase registration codes.
- Submit your order.



Official event t-shirt sizes are not guaranteed after May 29th.

We will use the shirt sizing on your race registration to place an order for a **bp branded shirt**. **If you participated in previous downtown Pride runs & still have a bp-branded shirt, we please ask that you re-use it, let us know & do not request a new one.**

Can't wait to see everyone at the start line!

From interactive wellness sessions and educational experiences to community engagement with local partners and vendors, Movement for Mind brought together a variety of opportunities to support physical, mental, and emotional health in a practical, accessible way.

Your experience matters to us, and your feedback plays a critical role in shaping future programming and ensuring we continue to meet the evolving needs of our community.

👉 **Take the quick survey here (if you have not already done so):**

[Movement for Mind Post Event Survey 2026 – Fill out form](#)

🎁 **Bonus: Raffle Entry**

Complete the survey and you'll be entered into a raffle drawing for special wellness prizes provided by our sponsors and vendors.

Thank you again for your participation and for being part of a community that prioritizes wellbeing, connection, and performance.


June Fitness Plan

This June Hydrate, Strengthen & Open the Door to Beach Ready Abs!

With the summer heat here, this month's fitness plan focuses on two important goals: **Core Strength and Hydration.**

This month is all about keeping it **simple, effective, and consistent.**

How It Works:

- Complete the **2 ab exercises listed for each day**, alternating back and forth between them for **3-5 sets.**
- The workouts are designed to be quick, simple, and easy to fit into your schedule while helping build stronger core muscles all month long.
- **Download Here:**  [June Fitness Plan.pdf](#)

30-Day Hydration Challenge:

Along with the workouts, you can complete a hydration challenge throughout the month.

Your goal is to drink **8 glasses of water each day.** Every time you complete your water goal, **color in the glasses on the tracking sheet** to help stay accountable and motivated.

Reminder:

Remember to turn in **any previous fitness plans** you've completed, even if you have only finished one day! You can still receive credit and may even **earn a prize** at the end of the year. Can email to lauren.dufrene@bp.com.

We hope you had fun with the **May Fitness Plan** and that it helped get you ready for our **Show of Fitness** program starting June 15th. Now let's keep the momentum going all summer long!

Submit Personal Training and GroupX pts before 6/30

5 personal training sessions or 10 group fitness classes will earn you 75 Wellbeing pts. You can earn up to 150 pts per year. Self-report on the Thrive portal before 6/30. [Find out more here.](#)




Smash Your Fitness Goals Like a Pro! ✨

Ready to level up? Whether you're a total newbie or seasoned gym-goer stuck in a rut, our 1-on-1 Personal Training is your secret weapon to unlocking serious results.

Why go solo when you can train like a boss?


Our Exercise Specialists are your fitness GPS—keeping you on course, pumped up, and crushing it every step of the way.

Best of all—it is free to all members.


 **Tailored Workouts** – Built just for YOU and your unique goals

 **Form & Technique Coaching** – So you train smart and avoid setbacks

 **Accountability & Motivation** – Because we all need a little push sometimes

 **Results That Last** – Not just fast progress, but progress that sticks





 **Flexible Scheduling** – Because life doesn't stop, and neither should your fitness

[Let's do this. Your goals aren't going to crush themselves! Sign up today.](#)

Thrive with US


 **The FIFA World Cup is almost here, and Thrive with US is kicking things off with the upcoming Thrive Cup Challenge on your portal!**

 Join us for a four-week journey focused on simple, meaningful wellbeing goals—and earn up to **100 wellbeing points** along the way.





 Participants who complete all four weekly goals will also be entered for a chance to win a **FIFA World Cup Adidas Kit**, with three lucky winners selected at random at the end of the challenge.*

Thrive Cup Challenge Kickoff Booths

 Helios and Westlake 1 Lobbies

 Wednesday, June 10 | 11:00 a.m. – 1:00 p.m.

Come enjoy:

-  Soccer games
-  Music
-  Food
-  WebMD and bp Fitness Center promotions and giveaways

 Wear your favorite soccer jersey and show your team spirit!

**The Thrive Cup Challenge is open to eligible bp US employees and their covered spouses/domestic partners enrolled in the Thrive with US wellbeing program. The prize drawing is available only to active employees and their enrolled spouses/domestic partners. Retirees and their spouses/domestic partners are not eligible for the prize drawing.*

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.

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 Power of Routine: Healthy Habits for a Better Life](#)
- [Even small changes in physical activity may boost longevity - Harvard Health](#)
- [Loneliness Affects Memory in Older Adults, According to New Study](#)
- [2026 Health and Wellness Trends](#)
- [What Is Sleep Quality? - National Sleep Foundation](#)
- [Is Your Sleep Tracker Disrupting Your Sleep? | Psychology Today](#)
- [Boost Your Post-Workout Recovery with Inflammation-Reducing Superfoods](#)
- [Why Step Out of Your Comfort Zone During a Workout?](#)
- [Benefits of Exercise Classes and Groups – Baylor College of Medicine](#)
- [The Psychology Behind the Power of Group Exercise Classes – Whole Intent](#)
- [Why 10-Minute Movement Breaks Improve Focus and Wellbeing – Journal of Functional Morphology & Kinesiology](#)
- [The Mental Health Benefits of Exercise](#)
- [Working Out to Relieve Stress](#)

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

Until Next Month ...

"You have power over your mind, not outside events. Realize this and you will find strength"
— Marcus Aurelius

bpfitnesscenter.net

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