



bp fitness program e-newsletter



Creating a culture of fitness!

September 2026

September is Cardio Mania kick-off time! Cardiovascular exercise is important in so many ways—and we have lots of opportunities for you to participate in person or virtually! Fall is going to be a very active season for fitness. Please have a look at all that we have lined up for you!

- Cardio Mania*
- September Group Fitness*
- Soccer Tournament Sign-up
- Bocce Ball Tournament Sign-up
- September Fitness Plan*
- Health and Wellness Center Open House
- Shoulder and neck pain presentation video*
- Thrive – Mobility Basics
- Smart Path
- Don't forget to update your badge!
- [Join us on Viva Engage](#)

More information and details below!

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

Labor Day Holiday Closure

**The bp fitness centers will be closed Saturday, September 5th through Monday, September 7th
There will be no Group Fitness Classes during this time.**

This is in observance of the Labor Day Holiday. We will re-open for normal fitness operations Tuesday, September 8th

Cardio Mania 2026 – begins September 8th

Move More. Try More. Finish Strong.

Cardio Mania 2026 is designed to be more than a cardio challenge. It is a six-week fitness experience that rewards movement, consistency, variety, community participation, and preparation for future fitness

goals. By combining Strava tracking, weekly challenges, Group Fitness activities, HYROX preparation, educational content, and fun member recognition, Cardio Mania becomes a flagship fall fitness program that appeals to walkers, runners, cyclists, strength trainers, and fitness beginners alike.

This 6-week journey runs from September 8th – October 16th

Our main tracking system will be using the Strava app (free version to use), participants will track their workouts, engage in weekly challenges, and connect with other members of the bp fitness community. If you are not part of the Strava bpfc Cardio Club, then click on the link and request to join. If you have never used Strava or are still new to it, we have [a video link](#) with helpful instructions on setting up the app and tracking your activities.

[bpfc Strava Cardio Club](#)



Each week we will focus on a different aspect of cardiovascular fitness, helping participants build healthy habits while exploring new ways to stay active with time, distance, activities and consistency. Each week will also include a bonus event aligned with the featured focus area. Participants will also enjoy a feature event each week to encourage engagement and community involvement. To support overall wellness and fitness knowledge, weekly articles and educational resources will be provided.

Why Cardio is important:

Cardio exercise strengthens the heart and lungs, improves circulation, and helps the body use oxygen more efficiently. Regular cardio activities such as walking, jogging, cycling, swimming, or dancing can increase endurance, boost energy levels, and support overall physical fitness.

In addition to improving heart health, cardio can help manage weight by burning calories and increasing metabolism. It also plays a key role in reducing the risk of chronic conditions such as heart disease, high blood pressure, type 2 diabetes, and stroke.

Beyond the physical benefits, cardio exercise can have a positive impact on mental health. It helps reduce stress, improve mood, and increase feelings of well-being by releasing endorphins, often referred to as the body's "feel-good" hormones. Incorporating regular cardio into a fitness routine can lead to better health, greater longevity, and an improved quality of life.

Whether you're a beginner, stuck in a fitness rut or a seasoned exerciser, **Cardio Mania** offers a fun opportunity to improve cardiovascular fitness, stay accountable, and develop lasting healthy habits over six exciting weeks. 🏃 🚴 💖

September News: Celebrate the Season, Reset, and Keep the Momentum Going

As we step into September, our Group Fitness department is closing one chapter with a lot of pride and opening the next with fresh energy. Summer Sweat Fest is coming to a close, our current Group Fitness class schedule is wrapping up, and we are taking a short reset before launching our next season of Group Fitness classes and programs. Use the break week to rest, reset, and get curious about what you want your next season of wellbeing to look like.



Before we look ahead, we want to pause and celebrate what we accomplished together through Group Fitness. This season was more than checking off a class, it was about showing up, trying something new, cheering each other on, and building a Group Fitness culture where movement feels meaningful, welcoming, and connected.

Summer Sweat Fest: Closing Strong

Summer Sweat Fest has been a season of consistency, creativity, and community. So far, we have welcomed 182 participants, celebrated 58 winners, and we are still counting as the final week comes to a close.

Thank you for your contribution to something bigger than fitness. Every class attended, new format explored, and moment of encouragement helped shape the energy of this summer. We hope to keep seeing you beyond the challenge.

A few highlights from this season:

- 182 Summer Sweat Fest participants
- 58 winners and still counting
- Dog Days of Summer pop-ups added extra energy to August
- Members showed up across in-person, virtual, stretch, and on-demand class options
- Our Group Fitness team continued to plan, practice, cue, coach, and connect with care before, during, and after class

Reflection space:

- “I did Kathi's Boot Camp this morning and really enjoyed it - she is a great instructor!”
- “I am in a girls trip and I just convinced 5 of them to do the 10 minute stretch recording!! Thank you!!”
- “Since I am working from home today, my wife joined me at Cindy's stretch class and she really liked it. Thanks for organizing this excellent Summer Fest program to keep us fit.”

Group Fitness creates shared experiences that can foster relationships, belonging, and social support—reminding us that what happens in class can carry into the workday, our teams, and the way we show up for one another.

Schedule Break and New Fall Schedule

Last day of the current schedule: Friday, September 4. Also the last day of Summer Sweat Fest

Break week: Monday, September 7, through Friday, September 11. Both centers will be fully closed on Monday, September 7, for Labor Day. Be on the lookout for notices about Summer Sweat Fest prize pick up.

New schedule: Monday, September 14, through Friday, November 20. Details will be shared soon—keep an eye on our webpage, calendar invites, and Viva Engage for updates.

Coming Soon: Annual Group Fitness Survey

Your voice helps shape Group Fitness programming. Our annual Group Fitness Survey is coming soon, and we hope you will take a few minutes to share what is working, what you want more of, and where we can continue to grow.

Surveys help us plan Group Fitness schedules, evaluate class formats, identify emerging interests, and better understand how Group Fitness supports your workday, wellbeing, and sense of community.

When the survey launches, think about:

- What classes helped you feel more energized, focused, or connected?
- What formats, times, or locations would make it easier for you to participate?
- What would you love to see in the next quarter?
- How can we continue to make Group Fitness welcoming, accessible, and meaningful?

Your feedback matters because Group Fitness programming is strongest when it reflects the people it serves.

Thank You to Our Group Fitness Team

A heartfelt thank you to our Group Fitness team for the work that happens long before class begins. Behind every format is time spent planning, practicing, preparing playlists, refining cueing, mirroring, adapting for different bodies, and thinking through how to create a safe and welcoming experience.

To our active Group Fitness members: we hope you feel proud of what you helped build this season. We hope to see you beyond the challenge—continuing to show up for classes and programs, inviting others in, and inspiring us and your peers at work to make wellbeing something we practice together.



Looking Ahead: Sweatwork Social, Cultural Dance, and Mindfulness

September and October will bring new Group Fitness opportunities to move, learn, connect, and reset. From our Sweatwork Social to Hispanic Heritage Month Dance Lessons and a new 10 Days of Mindfulness challenge, we are continuing to build Group Fitness experiences that support fitness, culture, reflection, and community while aligning with the larger benefits and wellbeing focus of our organization.

The invitation is simple: stay curious. Try the thing you have been meaning to try. Bring a colleague. Ask a question. Learn the story behind a rhythm, a practice, or a new way to care for yourself.

More details and registration links are included below.

Hispanic Heritage Month Dance Lessons

Registration is coming soon for our Hispanic Heritage Month Dance Lessons. These sessions are more than dance breaks—they



are an invitation to learn through movement, music, rhythm, and cultural storytelling.

Celebrating Hispanic Heritage Month at work helps recognize cultural contributions, strengthen connection across teams, and foster inclusion. Dance gives us a joyful, embodied way to experience that learning together.

Expect workshop-style sessions that blend approachable movement with cultural context, music history, and space to celebrate the countries represented this year.

Register Here: [Bailamos! Hispanic Heritage Month Dance Pop - Up Series – Fill out form](#)

Sweatwork Social: Details and Registration

Join us for Sweatwork Social, an opportunity to move, connect, and build community beyond the studio. Expect a welcoming mix of movement, learning, and social time designed to help colleagues connect in a fun, active setting.

Sweatwork Social

Saturday, September 26

9:00 AM – 1:00 PM

[SAVE THE DATE REGISTRATION:](#)

Expected activities include:

- Padel Clinic
- Pilates
- Mobility
- Yoga
- Food trucks
- Social time and community connection



Whether you are coming for the movement, the learning, the social connection, or the chance to try something new, this is another way to turn wellness into a shared experience. Bring your curiosity, bring a colleague and/or spouse, and plan to sweatwork with us.



Coming in October: 10 Days of Mindfulness

In October, we will launch 10 Days of Mindfulness—a simple challenge designed to help you pause, notice, breathe, reset, and bring more intention into the workday. Mindfulness practices in the workplace can support stress reduction, focus, emotional regulation, and resilience. This challenge will make mindfulness approachable through small daily prompts that fit into real workdays.

Register below—and start thinking about this: what might change if you gave yourself 10 intentional moments over 10 days? [10 Days of Mindfulness Challenge: October 5th - 16th – Fill out form](#)

Stay Connected

Prefer a calendar invite? Join our [Group Fitness Distribution List](#).

Ask questions and engage with us on [Viva Engage](#).

For US and Canada employees, [become a Virtual bp Fitness Center Member](#) today.

Fall Soccer Tournament

Calling all soccer enthusiasts! The Energy Park Fall Soccer Tournament is back, giving you the perfect opportunity to compete, connect with colleagues, and stay active this fall.

Tournament Begins: Monday, September 29

Game Days: Mondays, Wednesdays, and Fridays during lunch

Location: Energy Park

Who Can Participate?

All **bp Fitness Center members** are welcome to register. Teams will be drafted from the pool of registered players to ensure balanced and competitive matchups.

⚽ Tournament Format

- 7 vs. 7 (minimum 5 players on field)
- Two 15-minute halves
- Semifinal and Championship matches will feature two 20-minute halves

Equipment Requirements

For player safety:

- **Shin guards are mandatory**
- **Turf shoes or flat-soled athletic shoes only**
- **Cleats are not permitted**

Why Join?

- Friendly competition
- Team camaraderie and networking
- An opportunity to be crowned tournament champions
- A fun way to stay active and healthy

👉 [Click here to register](#)

Registration closes September 11.

See you on the field! ⚽



Fall Bocce Tournament

Sign Up for the Bocce Ball Tournament!

Looking for a fun way to connect with colleagues, enjoy some friendly competition, and spend your lunch break outdoors? Join this season's fall Bocce Ball Tournament!

Whether you're a seasoned player or have never picked up a bocce ball before, we welcome participants of all skill levels.

Tournament Details

- **Location:** Helios Bocce Ball Court
- **Match Times:** Typically scheduled around lunchtime throughout the week
- **Format:** Group-stage play followed by knockout rounds
- **Tournament Length:** Determined by the number of teams entered

Why Participate?

- Meet and connect with colleagues across teams
- Enjoy friendly competition in a relaxed setting
- Get outside and stay active during the workday
- Build team camaraderie and have fun

Form Your Team

Recruit your colleagues, friends, and fellow bocce enthusiasts to join the action! The more teams we have, the more exciting the tournament will be.

[Register your team today!](#)

Registration ends September 21st

[Contact \[stephen.salazar@bp.com\]\(mailto:stephen.salazar@bp.com\)](mailto:stephen.salazar@bp.com) for more details.



September Fitness Plan

Look beyond the next door this September. Keep moving forward one rep closer to your year-end goals!

This month is all about **strength + cardio** with 6 exercises: **Step-Ups, Squat Jumps, Plank Jacks, Skaters, Bicycle Crunches, and Jumping Jacks.**

Complete the listed reps below each exercise, mark off one box each time, and finish all 20 boxes for each exercise by the end of the month. For a total of **4,200 reps!** You can spread the exercises throughout the month and choose what works best for you. **Download here:** [Sept. Fitness Plan.pdf](#)

Be sure to check out the **Cardio Tips** on the back for helpful tips!

Download the Cardio mania sheet to go with it: [Cardio Mania Activity Log.pdf](#) or grab a sheet in the **fitness center** to participate. All six exercises count as an activity for reps!

Remember to turn in your Goal Fit Challenge for a chance to win a prize! If you have any other monthly fitness plans, feel free to turn those in for credit.

Virtual members: Email your completed plans to lauren.dufrene@bp.com or Teams me a photo.

Keep moving forward: **one rep, one box, one goal at a time!**

September Fitness Plan 10-20-30-40-50-60 Workout					
Member Name: _____					
Complete the listed reps for each cardio exercise and mark off one box each time you finish that exercise's reps. Mark off your own goal by doing one, several, or all six exercises each day until you've checked off all 20 boxes for every exercise (4,200 total reps) by the end of the month.					
STEP UPS 	SQUAT JUMPS 	PLANK JACKS 	SKATERS 	BICYCLE CRUNCH 	JUMPING JACKS 
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Neck & Shoulder Pain Presentation

In case you missed it, **Physical Therapist Mansi Shah** gave an informative and interactive session packed with practical tips to help you prevent neck and shoulder pain before it starts. [Watch the video](#) to learn simple stretches, effective exercises, and everyday habits that can keep your neck and shoulders feeling strong, healthy, and pain-free. Mansi also discusses the warning signs that indicate it may be time to see a healthcare professional.



Invest In Yourself. Start with a Smart Path

Whether your goal is to lose weight, gain strength, build endurance, improve your health, or simply establish a healthier routine, having a plan makes all the difference.

The best place to start is with a **Smart Path** and a **Functional Movement Screen (FMS)**. Work with our Exercise Specialists to outline realistic and actionable goals. Get valuable insight on how well your body moves and identify opportunities to improve mobility, stability, and performance.

Your Smart Path and FMS results will provide the foundation for setting goals, tracking progress, and achieving lasting results.

Best of all—it is free to all members.



[Sign up today and start building your plan for a healthier, stronger you.](#)

Westlake Health and Wellness Center - Open House – September 24th

COME & JOIN US at the Health and Wellness Center for an:

OPEN HOUSE THURSDAY, SEPTEMBER 24th - 11am-2pm

POP IN FOR BETTER HEALTH: CHOLESTEROL EDITION

Adventure is out there... and so is better heart health! Join us for cholesterol education, wellness resources, games, prizes, and heart-healthy tips.

Health is a Priority Small steps today. Stronger tomorrows. Care you can count on. Compassionate care for every visit



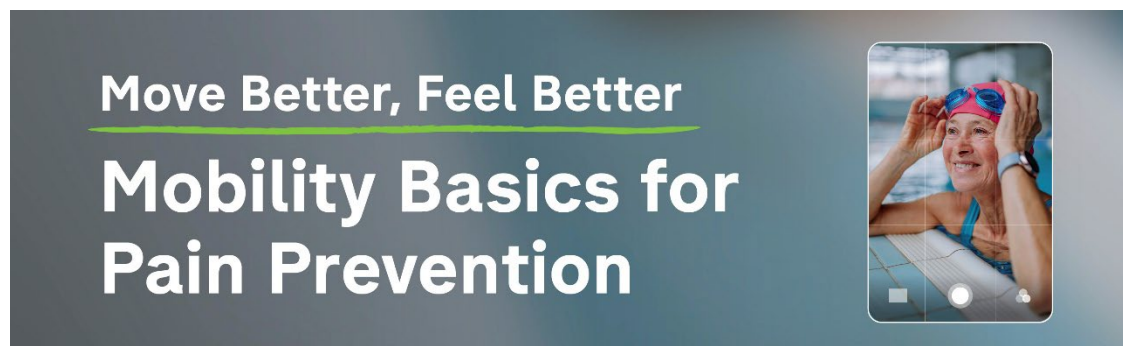
Thrive with US

Move Better. Feel Better. 🏃

Take control of your joint health on your own time! Our [Mobility Basics for Pain Prevention E-Learning](#) is now available.

Learn how simple daily mobility practices can help reduce pain, enhance movement, and support long-term health.

Earn 125 Wellbeing Points!



Fall Cycling

BIKETOBER



It's still hot out, but cooler weather is just around the corner! Inflate your tires, lube your chain so you are ready. Watch BP Fitness for community Biketober events.

Another action you can take now is to sign up for Love to Ride.

Everyone is welcome - whether you haven't been on a bike in years or you already ride.

BP will be competing against other organizations of similar size in the metro area.

It's free to take part and you can win some great prizes!

Find out more and sign-up here: lovetoride.net/greaterhouston

Always log in and update your badge

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:

- [How to Be Active Safely in Warm Weather](#)
- [How to Keep Your Cool When You Exercise in the Heat](#)
- [HYROX: Benefits, risks, and more](#)
- [Steady State Cardio: Benefits and Training Guide | BodySpec](#)
- [Runners in Their 60s, 70s and 80s Reveal Their Running Secrets](#)
- [Can Summer Break Ease AI Anxiety? | Psychology Today](#)
- [10 Ways to Build Muscle as Fast as Humanly Possible | GQ](#)
- [Try These Methods to Improve Bench Press](#)
- [10 Shoulder Mobility Exercises & Stretches for Relief](#)
- [5 Steps to Jump-start your Exercise Routine - Superself Version](#)
- [Why Do I Ache More as I Get Older? And Does It Mean I Should Train Less? | Sussex Performance Centre](#)
- [Why community is so important in your fitness journey / The Body Coach](#)
- [What is Hybrid Training? Benefits & Why You Should Try It – BowFlex](#)
- [With AI, How Much of You Is Left? | Psychology Today](#)
- [Exercise intensity modulates interorgan communication and is associated with cardiometabolic health outcomes in humans](#)
- [10 Possible Causes of Fatigue and How to Resolve Them](#)
- [Clicking and Scrolling Our Way to Impaired Performance | Psychology Today](#)
- [Working Out Boosts Brain Health – American Psychological Association](#)
A helpful read on how regular physical activity can support stress resilience, mental health, mood, memory, and cognition.
- [Supersets for Legs and Back: Exercises to Burn Calories – NASM](#)
A practical article explaining how resistance training and supersets can support strength, joint stabilization, work capacity, and long-term fitness goals.
- [Mobility – Harvard Health](#)
A relevant overview of why mobility matters for independence, balance, range of motion, injury prevention, and everyday function.

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

Until Next Month ...

"It doesn't matter how you do it, just get out there and do it"

— Dean Karnazes

bpfitnesscenter.net

Creating a culture of fitness.

*Join us at the WL1 – Sheila Sharemet Fitness Center, Helios Fitness Center
or Energy Park – outdoor recreation facility*