



bp fitness program e-newsletter



Fitness is for everyone, everywhere!

December 2024

Healthy Holidays are here

Counting down to the New Year! Keep your holidays healthy with our opportunities to exercise, socialize, eat right, and help others!

- Fill out our 2024 member satisfaction survey!
- Holiday Fit Fest* – health through to the new year
- Reindeer Run/Walk 5K*
- Toy Drive!
- Nutrition Seminar*: Nutrition for Longevity
- 100 Club Countdown
- Thrive with US*
- Holiday Hours
- [Join us on Viva Engage](#)

More information and details below!

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

2024 Member Satisfaction Survey

[Please fill out our Annual Member Satisfaction Survey.](#)

We really want your feedback to help us make the bp fitness program better in 2025!

As always, we will share survey results with you in our next newsletter. Survey feedback is also shared with bp management.

Our goal is to get 500 responses! We are currently at 350.

[Let us know you filled out the survey](#) and we will put you into a **prize drawing**.



December Holiday Hours 2024

Please see our adjusted holiday operating schedule below:

Monday, Dec 23rd: 5 AM – 4 PM

Tuesday, Dec 24th: Closed for Christmas Eve

Wednesday, Dec 25th: Closed for Christmas

Thursday, Dec 26th: 5 AM – 6 PM

Friday, Dec 27th: 8AM – 4PM

Saturday, Dec 28th: Closed

Sunday, Dec 29th: Closed

Monday, Dec 30th: 5 AM – 6 PM

Tuesday, Dec 31st: 5 AM – 4 PM

Wednesday, Jan 1st: Closed New Year's Day

Reindeer Run/Walk 5K

Wrap Up the Fall Fun Run Series with the Reindeer Run!

Join bp fitness and the **Inclusia BRG** for the grand finale of this year's Fall Fun Run series—the **Reindeer Run** on **Tuesday, December 12th, at 11:30 AM at Energy Park!**

This festive 5K is the perfect way to celebrate the season while giving back. We encourage participants to bring **toy donations for Lily's Toybox**, helping to bring joy to children in need during the holidays.

Click [here](#) to register for the Reindeer Run!

Snacks and fun prizes at the event. Earn 75 Wellbeing Points for participating.

You can participate virtually as well as part of Cardio Trek.

Looking to get involved in another way? We're still in need of volunteers to help make this event a success! **Sign up to volunteer [here](#).**

Sign up now to participate in this fun and meaningful event—don't miss your chance to close out the Fall Fun Run series with some holiday cheer!

We can't wait to see you there!

For questions, reach out to [@Walker, Taylor \(Workplace\)](#) or [@Salazar, Stephen \(Workplace\)](#).



Nutrition Seminar – Nutrition for Longevity

Tuesday, December 10th @ 11:00am

Helios room 1.250 and [on Teams](#)

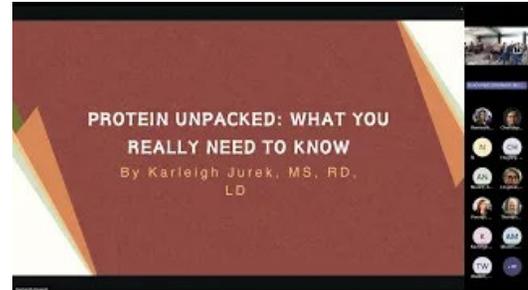
Unlock the Power of Nutrition for Longevity!

Join us for an engaging presentation hosted by Dietitian Karleigh Jurek, as she dives into the science of eating for a longer, healthier life. Discover how nutrition can help reduce age-related health risks, promote energy and vitality, and support cognitive and physical wellness as we age. Whether you're looking to prevent disease, enhance daily energy, or simply feel your best for years to come, this session will provide actionable tips and a fresh perspective on eating to support a vibrant, long-lasting life.

[Sign-up here](#)

- Snacks for those who attend in person.
- All attendees will have a chance to win exciting giveaways designed to support your healthy lifestyle.
- Ask Karleigh your nutrition questions.

If you didn't get a chance to attend last month's seminar, watch it here: [Protein Unpacked](#).



[501 Urban Market](#) on Viva Engage has information on healthy campus meals (Fit) and take-home meals (Curbside Menu).

Have a look at [more nutrition seminars from Karleigh](#).

Toy Drive in December

[Lily's Toybox](#) is a local charity devoted to providing new toys, books, and other gifts to children going through challenging times, since 2017. Help us make a child's Christmas a little better. Bring a toy down the the fitness centers now through December 18th.



Group Fitness in December

Season's Greetings & Fit Tidings: Wrapping up 2024

As we draw near to the end of another eventful year, we want to extend our deepest gratitude to each of you for your enthusiastic participation and steadfast support of our group fitness programs. Please note that our final quarterly schedule will conclude on Friday, December 20th. We're excited to bring you a festive holiday pop-up event—details below.

We wish you all a joyful holiday season and look forward to starting fresh in the new year. Mark your calendars: our 2025 fitness schedule will launch Monday January 6th! Expect to find the new schedule posted on our website, detailed in an email, and included in calendar invites sent directly to you.

Happy Holidays and see you next year with renewed energy and inspiring new classes!



Join our Holiday Jingle Jam POP Up!

Sleigh your fitness goals this holiday season with our merry and bright Christmas-themed spin class! Join us for a jolly ride filled with festive tunes, spirited energy, and heart-pumping cycling routines that will keep you in shape while spreading holiday cheer!

What to expect:

- Uplifting holiday playlist to get you in the festive spirit.
- Intervals and sprints that mimic the excitement of unwrapping presents.
- Climbs and resistance drills for that extra winter workout challenge.
- High energy to keep you motivated.

No ugly Christmas sweaters required, but feel free to don your favorite holiday gear to add to the festive atmosphere! This spin class is suitable for all fitness levels, whether you're an experienced rider or joining us for the first time. Grab your water bottle, adjust your Santa hat, and let's pedal into the holiday season together. [**REGISTER HERE**](#)

Thursday December 12th

11:30am – 12:15pm

Cycle Studio

Meet Instructor, Cindy Russell

My name is Cindy Russell, and I started teaching Group Fitness classes when I was 16 years old and finally became certified as an instructor 10 years ago. I certified as a 200 hr. Yoga Teacher and am currently studying for my advanced certification in Yoga Therapy.

Keep your eyes peeled for Cindy in our upcoming 2025 schedule!





Are you a BRG group interested in having bp fitness kickstart a private event for you? Would you prefer a private class held exclusively for your team? Partner with bp Group Fitness for your next event or meeting. We'll help energize and engage your group by incorporating physical activity that's fun for all. Simply email: [Edie Garcia-Gutierrez, Director of Group Fitness](mailto:Edie.Garcia-Gutierrez@bp.com) and we'll help you plan

Nagging pain in your neck, shoulders or hips? Just a few minutes can reset your posture recharge your energy, keeping you productive and pain-free. Bp Group Fitness offers guided stretch & move sessions via Teams every Tuesday & Thursday at 2pm so bring your team! Check out our [website](#) for links. Can't make it to the live sessions? Check our pre-recorded stretch breaks on the [Ergonomics in the Americas](#) page to view the pre-recorded sessions led by the bp Group Fitness team.



Prefer a calendar invite? Join our [Group Fitness Distribution List!](#)
Ask questions and engage with us on [Viva Engage - bp Group Fitness](#)
For US and Canada employees- [become a Virtual bp Fitness Center Member](#) TODAY!

Holiday Fit Fest 2024

Stay fit throughout the holidays.

Welcome to the **Holiday Fit Fest**: the fitness challenge to help your penguin waddle its way to wellness this holiday season! If you have not joined, there is still a chance with the Penguin Challenge to earn that exclusive **Holiday Fit Fest t-shirt (pic below)** and keep on track through all the festivities.

Option 1: Weigh-In Challenge

Maintain or lose weight during the holidays to earn your t-shirt. Reminder **Weigh Out** will be **Jan. 1st-10th**. *Virtual email your weight to:* bpfitness1@bp.com.

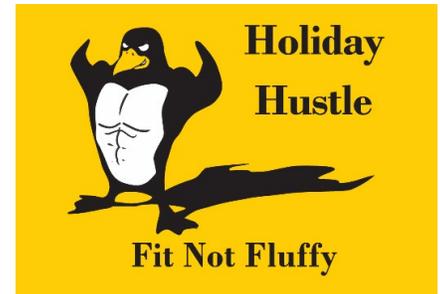
Option 2: Penguin Challenge

Help your penguin travel through the seasons 🌸 🌈 🍁 ❄️, earning points by participating in various fitness activities. Collect **75 points** to reach Winter Wonderland and get your t-shirt. Along the way, there will be prizes. Also, a special prize for the **first penguin** to reach Winter Wonderland and for the **highest total points** at the end! There are a few penguins in Winter Wonderland, but we need more. Will your penguin join them?

How to Earn Points:

5 Points Each:

- ✓ **Fitness Assessment:** Complete an Inbody, FMS, or Zibrio test.
- ✓ **Group Fitness Classes (Dec 2nd-20th)/Popup (Jingle Jam Spin – Dec 12th at WL1 – onsite only with limited bikes)**
- ✓ **Darbee Workout:** Pick up at the fitness center or download from the website.
- ✓ **Staff Workout:** Pick up at the fitness center or download from the website.



10 Points Each:

- ✓ **Christmas Guess Who?** Guess the staff's favorite song (Dec. 2nd-20th)
Virtual Use Link: [Christmas Guess Who? \(office.com\)](http://office.com)
- ✓ **Cardio Challenge:** Test your skills in one or all of these cardio events:
Virtual Use Link: [Holiday Fit Fest Cardio Challenge \(office.com\)](http://office.com)
 1. **Cycling** (5-min distance, Nov. 18th-22nd)
 2. **Running/Walking** (1-mile time, Dec. 2nd-6th)
 3. **Rowing** (1-min meter count, Dec. 9th-13th)
 4. **Stairmaster** (2-min step count, Dec. 16th-20th)
- ✓ **Special Events:**
 1. Join us for the **Reindeer Run** (Dec. 12th)
 2. **Monopoly Challenge:** Complete all exercises on the board (Dec. 17th WL1 & 18th Helios between 11-1)
 3. **Prettiest Christmas Tree Contest:** Submit your photo by Dec. 18th.

Everything you need is available online, **Virtual Members Can Do Everything!** Go to [Holiday Fit Fest - bpfitnesscenter.net](http://bpfitnesscenter.net) to download workouts and check out all the instructions.

Can your penguin survive the holiday hustle and make it to Winter Wonderland? Let's go for the t-shirt, the prizes, and a fitter, festive season! 

Terry Hershey parkrun

What is Terry Hershey parkrun?

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer, or spectate – it's up to you!

When is it?

Every Saturday at 8:00am.

Where is it?

The event takes place at Terry Hershey Park, west of Eldridge Pkwy, Houston, TX, nearest zip code 77079-8419. See [Course page](#) for more details.

What does it cost to join in?

Nothing - it's free! but please [register](#) before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode ([request a reminder](#)). If you forget it, [you won't get a time](#).

100 Club – we are counting down

It's time to celebrate your commitment to fitness! Have you checked into the fitness center at least 100 times this year? Are you close?

Make it Count!

As we head into the holiday season, keep up those visits to reach 100 check-ins before the year ends. There are only a few days left! Just scan your badge at each visit—make sure your profile appears on the screen to ensure it's counted!



Perks for 100 Club Members

Those who hit 100 check-ins will have their names displayed on the *Century Club* poster and receive a special giveaway as recognition for their dedication.

Not There Yet? Set it as a Goal!

If you haven't reached 100 yet, aim for it next year to see your name on the fitness wall. Just remember to scan in each time!

For questions or to check your visit count, email bpfitness1@bp.com.

Thrive with US

End-of-Year Point Reminder: Keep Your Eligibility! 📅 👍

To maintain eligibility for HealthPlus or Health+Savings in the 2026/2027 plan year, you, and your covered spouse/domestic partner (if applicable) must earn **1,000 points by December 31, 2024**.

Earn points through activities that support your health goals:

- 👥 Group coaching (Up to 200 points)
- 📁 PwC Financial Coaching (Up to 375 points)
- 🩺 Annual physical (375 points)
- 📄 Health questionnaire (125 points)
- 🦷 Dental/vision exam (125 points each)
- 🧠 EAP counseling (125 points)
- 👟 Million Step Challenge (250 points per million steps)
- 📖 [WebMD Wellbeing E-Learnings](#) (Up to 500 points)

Need help? Call **1-888-343-9862** or visit the [Thrive with US portal](#).

Team Builder Menu

Set up a **fun Team Building activity or break with the fitness center**. Our staff can help you inject some health and fitness into your next meeting. We can create a fun team activity in the fitness center, your office area or at Energy Park. Some activities can happen virtually as well. [Have a look at the possibilities](#).



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!

- [10 Effective Ways to Detox from Social Media - NASM](#)
- [15 Proven Tips to Sleep Better at Night](#)
- [How to Make Holiday Fitness More Fun](#)
- [Stay Fit This Holiday Season: 10 Essential Tips for Motivation and Success](#)
- [Best Muscle Group Combo's to Workout Together](#)
- [3 Tips from a Dietitian on Managing Holiday Indulgences](#)
- [Foods that fight inflammation - Harvard Health](#)
- [6 Foods That Zap Your Energy](#)
- [How to Actually Build Muscle When You Work Out | GQ](#)
- [How To: Build Healthy Habits - Chronometer Blog](#)
- [Calcium and Vitamin D: Top Foods to Prevent Osteoporosis](#)
- [Managing Your Mental Wellbeing During the Holiday Season « Mental Health First Aid](#)
- [Discovery Unlocks Potential of 'Special' Muscle](#)
- [36 Ways to Increase Your NEAT \(Non-Exercise Activity Thermogenesis\) - Better Living](#)

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

Until Next Month ...

Until next month....

"I believe that the greatest gift you can give your family, and the world is a healthy you."

- Joyce Meyer

bpfitnesscenter.net

Creating a culture of fitness.