



## bp fitness program e-newsletter



*Creating a culture of fitness!*

**May 2025**

So much going on in May! Fitness is truly part of being a happy and healthy individual--physically, mentally, and emotionally. This month's programming includes great opportunities to support sustainability, community, learning and mental health.

- Sheila Sharemet facility dedication!
- Million Meters in May rowing challenge\*
- Group fitness in May\*
- Bike to Work week\*
- Corporate Track Meet
- Memorial 5K Run/Walk to Remember\*
- Freedom Run/Walk at Emancipation Park
- Wednesday Wellness Walks
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

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

### **Sheila Sharemet Facility Dedication – May 15th**

Sheila Sharemet, long time manager and leader of the bp fitness program, passed away March 17<sup>th</sup>.

In her time with bp, Sheila helped individuals achieve their goals, improve their health and create better lives.

Her caring nature focused her creativity, intelligence, and drive to lead the bp fitness program. She believed that fitness was about the whole person and that when individuals come together with that in mind-- a community is created, and a culture of fitness is born.

**Please join us Thursday, May 15<sup>th</sup> at 9:30am in the WL1 fitness center** for a facility renaming ceremony for Sheila.

We are changing the name to: The Sheila Sharemet Fitness Facility.

Her vision will live on with us.



### **Memorial Day Closure**

The bp fitness centers will be closed Saturday May 24<sup>th</sup> through Monday May 26<sup>th</sup> in observance of the Memorial Day Weekend.

We will resume normal hours of operation, Tuesday May 27<sup>th</sup>.

## MMM - going on now!

Get ready to row!

[Million Meters in May](#) is here! Our goal is to get to 5 million+ meters and over 300 total participants during the month of May! The **Helios and WL1 Fitness Center will have everyone rowing to determine who can put up the most meters!** [Virtual Strava option](#) available for US employees not on campus.

Rowing is a fantastic form of cardiovascular exercise which can also improve strength and muscle tone.

The format will be similar to previous year's Tour de France style: daily stage winners (person with the most meters that day), most meters in a single session, most days rowed, most cumulative meters (highest total) during the competition, most stage wins during the month, winner of the sprint regatta (fastest rower)!

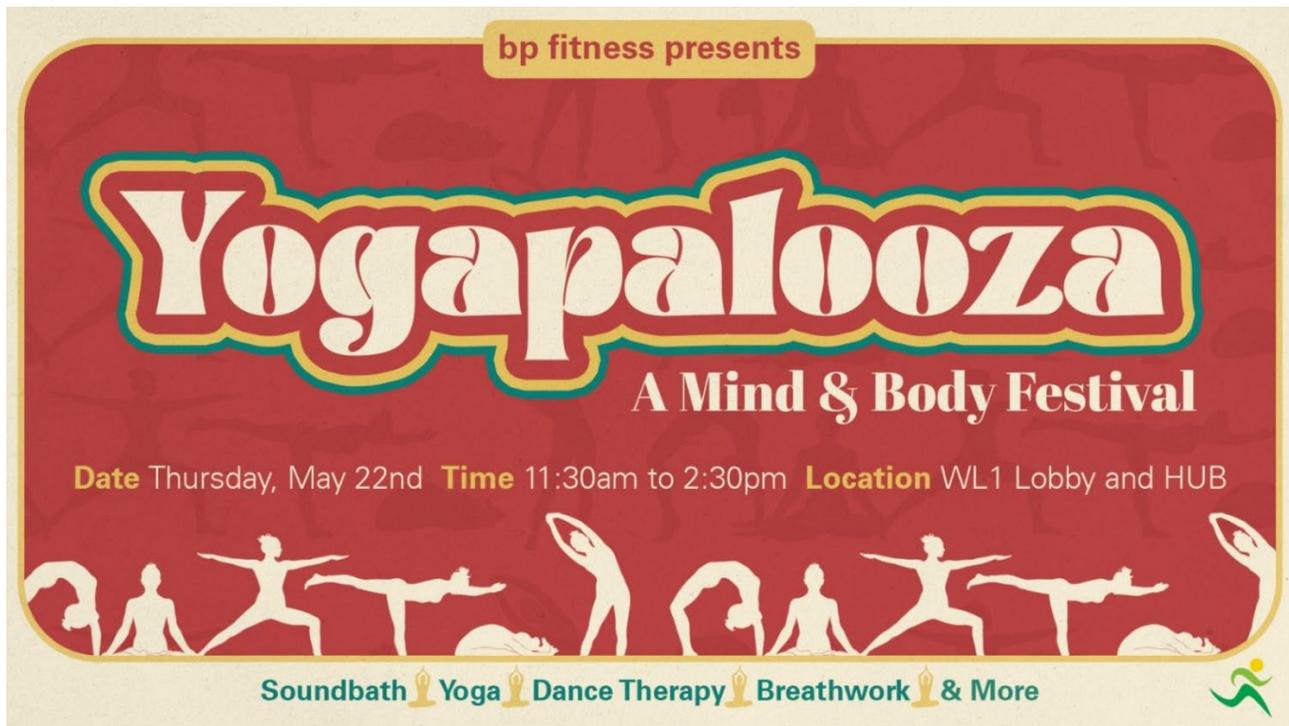
Also included:

- **Cool t-shirt** for those first 75 to reach 40,000 meters!
- **Points!** 75 local Activity Points for all who row 40,000 meters for the month!
- **Competition!** Recognition for: daily stage winners (person with the most meters that day), most meters in a single session, most days rowed, most cumulative meters (highest total) during the competition, most stage wins during the month, winner of the sprint regatta (fastest rower)!
- **Updates!** We will have a leader board posted in the Fitness Center for you to post your numbers and track the action. We will also have a [webpage](#) with daily updates!
- **Recognition for outstanding performance!**



Sign-up and tracking will be easy. Great exercise, fun, competition, and prizes—this year's MMM should not be missed. **It all starts May 1<sup>st</sup>!**

[Top 7 Great Rowing Machine Benefits](#)



### **Mental Health, Movement and Meaning**

May is a month of reflection, celebration and connection. As we honor both Mental Health Awareness Month and Asian American and Pacific Islander (AAPI) Heritage Month, we're reminded of the profound impact that movement, mindfulness, and community have on our overall well-being.

### **Yogapalooza | Thursday May 22<sup>nd</sup> | 11:30am – 2:30pm**

This on-campus wellness event brings together everything our Group Fitness program stands for:

- **Movement Sessions:** Yoga, Mobility, Strength, Dance and Mindful Movement sessions rooted in Asian traditions that promote balance and inner peace.
- **Sound Bath Experience:** A meditative practice that reduces stress and fatigue.
- **Workshops:** Learn how self-defense, breathwork and gardening can support wellbeing.
- **Wellness Vendors:** Offering on-site services, self-care tools and expert resources.
- **Giveaways:** Fitness gear and wellness gifts all designed to support your mental health journey.

### **🧘 Group Fitness: A Pathway to Mental Well-Being and Connection**

In our fast-paced work environment, it's easy to lose touch with our bodies and feel overwhelmed by daily demands. Group fitness offers more than a workout-it creates a structured space where individuals can release stress, rebuild confidence, and reconnect with themselves and others. The rhythm of a cycling class, the grounding in a stretch break or the shared momentum in strength training are all moments where mental clarity and physical resilience begin to rebuild, one rep at a time.

Our group fitness program offers a variety of classes to support your mental and physical wellbeing:

**Stretch Breaks** - Tuesdays & Thursdays at 2pm: 10-minute guided sessions to ease tension, improve circulation, and provide a mental reset during your day.

**Cycle & Cardio Classes** - High energy classes designed to boost cardiovascular health, release endorphins, and elevate your mood.

**Strength and Sculpt Sessions** - Build resilience and confidence through strength training, which has been linked to reduced stress levels and improved mental health.

Beyond the physiological benefits such as the release of mood-boosting endorphins, lowered blood pressure, improved glycemic control, and better sleep, group fitness can serve as a safe, supportive space where you can feel seen, included, and empowered. For many, group fitness classes are a reminder that you are not alone- wellness is communal, and showing up for movement is also showing up for your mental health. We welcome you to explore a format that fits your energy and schedule.

Bp Employees can stay up to date on group fitness programs through [Viva Engage](#) and the [monthly newsletter](#). Retirees and spouses can access the full schedule of group fitness offerings on our webpage: [Group Fitness - bpfitnesscenter.net](http://GroupFitness-bpfitnesscenter.net)

**Important Reminder: Our Q2 schedule ends on Friday May 23rd and will resume Monday June 3rd, just in time for Summer Sweat Fest!**

**Group exercise classes:** Earn 75 points for every 10 group exercise classes (onsite or virtual instructor led classes) you attend, up to 150 points. Once all 10 classes are complete, self-report on your Thrive with US portal by locating Points & Rewards > click Continue under “Your Active Incentives for 2025/2026 Plan Year” > click Social > click Complete 10 Group Exercise Classes. Click REPORT COMPLETION and indicate the date and the type of classes you predominantly participated in to receive points.

*\*Points are available between 1/1-6/30 and 7/1-12/31*

**Are you a BRG group interested in sparking engagement in your meeting or event?** Partner with bp Group Fitness for your next on campus event or meeting. We'll help energize your group by incorporating physical activity that's fun for all levels. Connect through your in-person meeting on the Houston campus or virtually through Teams - the opportunities are endless!

- Yoga/Breathwork/Meditation
- Stretch/Mobility
- Core/Pilates
- Dance Breaks & Lessons
- Boot Camps/Agility/Strength Training
- Spin Classes
- ...and many more specialties!



### **Read More: Movement and Mental Health**

Here are a few great reads that reinforce how movement, especially in group settings, can improve mental wellbeing:

[Mental Health Benefits of Exercise: For Depression and More](#)  
[How Group Fitness Can Improve Your Mental Health](#)  
[Group Exercise May Be Even Better for You Than Solo Workouts](#)

## Bike to Work Week: May 13<sup>th</sup> – 19<sup>th</sup>

Join us for Bike to Work week!

The bp fitness center is celebrating this healthy and environmentally supportive activity. Cycling is great cardio exercise that is gentle on the joints –as well as a fun way to commute to work! Check out what we have planned:

- Weeklong **Strava Challenge** in our **bpfc Cardio Club** group on Strava. We will be recognizing bp employees and fitness members who cycle to work—anywhere in the world!
  - We will track different fitness categories including cycling distance, number of rides and over all time spent cycling.
  - Prizes for participants - including bp cycling jerseys and other bike related gear!
- **Bike to Work Profiles.** We'd like to hear from YOU-- on why you cycle to work and what it means to you! We will feature profiles on bp fitness [Viva Engage page](#) and our [Bike to Work web page](#).

[Click here to share your story!](#)

- Snacks in the fitness centers for cyclists who bike to work!

Also, cyclists can check out [Bike to Work Day, May 15<sup>th</sup> at Terry Hershey park!](#)

Interested in [Biking to Work?](#) Email us at [bpfitness1@bp.com](mailto:bpfitness1@bp.com) and we can help you get started. Members that bike to work get a permanent locker to store their extra clothing and gear in.

## Memorial Run to Remember

### 10<sup>th</sup> Annual Memorial Run to Remember (5K Run/Walk)

Join us Wednesday, May 21<sup>st</sup> at Energy Park to honor our service members who made the ultimate sacrifice for our freedom.

[Sign up here!](#)

0630 Registration  
0645 Taps & Moment of Silence  
0655 Stretch and Warm up  
**0700 Run Begins**

Top 10 runners will receive medals.  
Earn 75 Wellbeing Points!



As part of our event, we want to honor the brave service members who have dedicated their lives to our country. We invite you to share a photo of a service member you would like to honor.

Please [upload a photo](#) along with their name and a brief message about their service. These photos will be displayed at the event to celebrate and remember their contributions.

Thank you for helping us pay tribute to our heroes. We look forward to seeing you at the run!

### Corporate Cup Track Team

This is the **last week to sign up** for this one-day event, taking place on **Saturday May 3rd** at HISD's Barnett Sports Complex. We need runners, jumpers, and throwers of all fitness levels to join our team!

Talk about fun! This is a great event for competitive athletes, once competitive athletes or those aspiring to be athletes—or anyone just wanting to be part of a track meet!

#### Event Categories:

- **Sprints:** 100m, 200m, 400m
- **Mid Distance:** 400m, 800m, 1200m
- **Long Distance:** 1 mile+
- **Weight Events:** Javelin, Shot Put, Discus
- **Field Events:** Long Jump, High Jump



Don't miss out on this exciting opportunity! If you're interested in competing this year, please email Natalie Woodham at [Natalie.Woodham@bp.com](mailto:Natalie.Woodham@bp.com) with your preferred events and distances so we can strategize effectively.

### 3<sup>rd</sup> Annual Freedom Walk/Run and Health Fair

Bp is a proud sponsor of the [Freedom Walk/Run and Health Fair!](#)

Mark your calendars for Saturday, June 7th, and be part of an unforgettable day of fitness, fun, and community spirit!

**Date:** Sat. June 7, 2025 | 🕒 **Time:** 7am – 12pm 📍 **Location:** Emancipation Park  
3018 Emancipation, HTX 77004

[Join team bp](#) – registration is free, but you may donate if you like.

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:
  - Team bp shirts for all participants.
  - Team bp table and raffle at the event.
  - 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 our “Healthy Communities” initiatives, funding programs like our Fitness Fun Days, weekly Hip-Hop aerobics, Line Dancing classes and more. By joining us, you're not just having fun—you're making a difference!

See you there!

## Wednesday Westlake Wellness Walks

Step into your midweek refresh! Join us at the **WL1 Plant Wall** for Wednesday Westlake Wellness Walks.

This is a great way to get steps for the [Global Thrive Challenge!](#)

For a fun, energizing 30-minute stroll, we meet at **12 PM sharp**—perfect for boosting your fitness, soaking up nature, and sharing good vibes with great company. Lace up your sneakers and treat yourself to a re-charging break that leaves you smiling and ready to conquer the rest of your day!

Walk at your own pace.

[Want to boost your mental health? Take a walk](#)

## Thrive with US

Check out the calendar of events below in support of May's health observances.

### Progyny 101 Class

Join us for an informative session on bp's fertility benefits.

 May 13 | 10:00–11:00 AM

 WL1, Room 1.102. [Sign up!](#)

### Women's Health Month Booth

Stop by the WL1 Lobby to pick up resources from **WebMD, Progyny, Premise, and Aetna.**

 May 13 | 11:00 AM – 1:00 PM

 WL1 Lobby

### Mental Health Month

Explore the "**You in Mind**" program on Wellbeats! Complete mindful minute check-ins and reflect on how each class makes you feel to find what works best for your wellbeing — and earn **25 bonus points!**

## Blood Drives – May 21<sup>st</sup> and 22<sup>nd</sup>

THE UNIVERSITY OF TEXAS  
MDAnderson  
Cancer Center



MAY 20 & 21

# Blood Drive

Benefiting MD Anderson Leukemia patients



**Tuesday, May 20**

Helios Room 1.430

< Please scan the Helios QR code to schedule your appointment.



**Wednesday, May 21**

WL1 Room 1.130/1.140

< Please scan the Helios QR code to schedule your appointment.

Appreciation gift, refreshments, 75 wellbeing point for one-time donation.

Questions?

Please contact: cxhost@bp.com

**OurWorkplace**

[Helios sign-up](#) and [WL1 sign-up](#)

### 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 Fix Your Posture | Houston Methodist On Health](#)
- [The 4-Week Plan for a Shredded Summer Body - Muscle & Fitness](#)
- [How to Relax Without Drinking Alcohol | TIME](#)
- [The endorphin myth: The surprising truth behind runner's high \(and how to get more of it\) | BBC Science Focus Magazine](#)
- [Top 15 Tips to Train Pull-Ups](#)
- [How Does Physical Health Affect Mental Health - Podcast](#)
- [Is exercise safe during pregnancy? Experts share which activities to do and which you should avoid](#)
- [Exercise and stress: Get moving to manage stress - Mayo Clinic](#)
- [Mental Health Benefits of Exercise: For Depression and More](#)
- [How Group Fitness Can Improve Your Mental Health](#)
- [Group Exercise May Be Even Better for You Than Solo Workouts](#)

\*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....**

*"When life takes the wind out of your sails, it is time to test the oars."*

[bpfitnesscenter.net](http://bpfitnesscenter.net)

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