



bp fitness program e-newsletter



Creating a culture of fitness!

August 2025

Summer is winding down! School will be starting soon! Get the most out of the rest of the Summer in the bp fitness center! Here is what we have going on:

- Show of Fitness! *
- Summer Sweat Fest*
- Balance Challenge is Coming
- Blood Drive
- Sign-up for Fitness Training*
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

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

Labor Day Holiday Closing

The bp fitness centers will be closed Saturday, August 30th through Monday, September 1st.

We will resume normal operating hours Tuesday, September 2nd.

This is in observance of Labor Day.

No Group Fitness Classes will be held during this time.



Have a safe and fun holiday weekend!

Show of Fitness – continues

Show of Fitness – FINAL WEEK!

There's still time to complete your challenges now through August 8th.

This week's events include the [Air Bike and Ball Over Shoulder](#).

 **Participate Virtually**  - [submit your event attempt here](#) to be eligible for t-shirt and overall scoring!

Complete 4 of 7 events to earn a **cool event t-shirt!**

Complete 5 of 7 events to qualify for **overall scoring and leaderboard rankings!**



Stop by the fitness centers to be tested by one of the fitness staff. We have a dedicated staff person available daily.

Group Fitness in August



August is **National Wellness Month** perfect time to spotlight how **Group Fitness** supports whole-person health through movement, connection, and accessible options that enhance everyday well-being.



Schedule Updates

- **Last Day of Q3 Classes:** Friday, August 29
- **Labor Day Break:** No classes from Monday, September 1 through Friday, September 5
- **Q4 Schedule Begins:** Monday, September 8



Summer Sweat Fest Challenge

The challenge wraps up on **August 29**, and there's still time to hit your **20-point goal** and earn your reward!

We've already celebrated **27 winners**, and more are close to crossing the finish line. Every

group fitness session counts—even the 10-minute stretch breaks. Keep showing up, earning points, and celebrating your progress!

★ Bonus Class Week

This week only, **every class earns you a BONUS point**—but just one bonus point per person. Haven't tried a class yet? Now's your chance! Bp Employees, retirees and spouses can access the full schedule of group fitness and descriptions on our webpage: [Group Fitness - bpfitnesscenter.net](https://bpfitnesscenter.net)

Pop-Up Class: Yoga for Balance & Mobility

Wednesday, August 13 | 11:30 AM – 12:15 PM | WL1 Lobby

A gentle yet challenging session to support joint stability, improve balance, and promote mindfulness through breath and slow, supported movement.

 [Registration Link](#)

Thrive Points Reminder

Earn **75 points** for every **10 group exercise classes** (onsite or virtual) you attend—up to **150 points** total.

Once completed, self-report via the **Thrive with US** portal:

- Go to **Points & Rewards**
- Click **Continue** under “Your Active Incentives for 2025/2026 Plan Year”
- Select **Social > Complete 10 Group Exercise Classes**
- Click **REPORT COMPLETION** and enter the date and type of classes you participated in.

Points available between July 1 – December 31


Partner with Group Fitness

Are you part of a BRG or planning an on-campus event? Let **bp Group Fitness** energize your meeting with fun, inclusive physical activity. Available in-person on the Houston campus or virtually via Teams.

We offer:

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



 Email Edie.Garcia-Gutierrez@bp.com to schedule your team builder!

Balance Challenge is Coming

Coming Soon: BOSU Balance Challenge – September 2025

Get ready to test your stability in our BOSU Balance Challenge starting this September! Whether you're balancing like a pro or just starting out, now's the perfect time to begin practicing.

Why the BOSU? This half-dome tool challenges your core, ankles, and posture which is all essential for improving balance, coordination, and injury prevention. It's fun, functional, and fit for all levels.

Start prepping in August: Download a practice sheet below

- In-person version (Fitness Center exercises): [Bosu Practice Flyer.pdf](#)
- Virtual version (Different exercises for home): [Virtual Practice Flyer.pdf](#)

Fill out and return your practice sheet to be entered into a raffle prize drawing.

More details coming soon!

Lost and Found Cleanout

Helios & WL1 fitness Lost & Found Clean Out!

We want to reconnect you with any lost items that may have found their way into our lost and found bins. From shoes to water bottles, clothes & jewelry, our lost and found has accumulated an array of belongings!

Stop by the gym to browse through the collection and reclaim any items that may belong to you. Any unclaimed items will be donated to a local charity by Friday, August 29th.



bp fitness Retiree Membership

Are you retiring from bp? Good news! As a bp retiree you have access to the bp fitness center at both Helios and WL1 -- your spouse does too.

Scan the QR code and complete the forms sheet to start the retiree membership process. The information is sent to a secure third party to verify retiree eligibility. We will then be in contact with you to complete the process.

If you know of a former bp co-worker that is already retired, please feel free to send them the QR code. For any questions email bpfitness1@bp.com



Sign up for fitness training

Smash Your Fitness Goals Like a Pro! ✨

Ready to level up? Whether you're a total newbie or a 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 and take the first step toward a stronger, healthier you.](#)

August Blood Drive

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center

AUGUST 26 & 27

Blood Drive

Benefiting MD Anderson Leukemia patients



Tuesday, August 26th

Helios Room 1.430

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



Wednesday, August 27th

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

Century Club Check In – Are you more than half-way to 100 Visits?

Always remember to scan in when you use the fitness centers so you can make it to the 2025 Century Club (those with 100 or more visits).

To check your own fitness center visits:

- login into Flex: <https://flex.plusone.com>
- Select the facility you use.
- Scroll to the bottom of the page to select your date range --and run your report.

If you forgot your Flex password—just let a staff member know—we'll reset for you.

Don't forget—if you get a new badge—we need to update it in Flex so you can scan-in.

Thrive with US

Earn points for completing your Annual Physical or Well-Woman Exam!

Complete your exam by **August 31** and earn an extra **25 bonus points** ★

BONUS: Get an Annual Physical or Well-Woman Exam by August 31

Wrap up your annual physical before August 31st and earn 375 points for the check-up itself and an extra 25 bonus points for meeting the deadline!

25 Points

Expires 8/31/2025

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 Create a 1-minute Daily Health Check-In Habit](#)
- [Grip Strength: What It Is, How to Improve, and Measure](#)
- [Is Running Bad for Your Knees?](#)
- [For Aging Bodies, Endurance and Resistance Training Can Help](#)
- [Diet, lack of exercise, drives obesity, a new study finds : NPR](#)
- [Science of exercise: The unexpected benefits of isometric exercises | New Scientist](#)
- [Effects of sleep deprivation - Harvard Health](#)
- [7,000 steps a day may be enough to cut diabetes, heart disease risk](#)
- [How to Start Exercising and Stick to It](#)
- [Exercise and stress: Get moving to manage stress](#)
- [How Can You Tell If a Mole is Cancerous?](#)
- [Pressure Points That Can Help You Fall Asleep](#)
- [Why Smart People Fall for False Information and What to do About It | UC San Francisco](#)
- [Identical twins showed interesting differences after one went on a vegan diet](#)
- [NATIONAL WELLNESS MONTH - August 1, 2025 - National Today](#)

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

Until Next Month ...

"Continuous effort - not strength or intelligence - is the key to unlocking our potential."

- Winston Churchill

bpfitnesscenter.net

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