



bp fitness program e-newsletter



Creating a culture of fitness!

January 2026

Welcome 2026!

Hope you had a happy and healthy holiday season. Bring on the new year! bp fitness is ready to help you become the best version of yourself in 2026!

Here is what we have planned for January:

- Holiday Fit Fest weigh-outs*
- 2026 Group Fitness Classes!*
- 2025 Survey Results
- Goal Fit 2026*
- Rodeo Run 2026 – with team bp fitness
- Book a training session*
- The Power of Visualization – presentation*
- [Join us on Viva Engage](#)

More information and details below!

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

MLK Day Closure

The bp fitness centers will be **closed from Saturday, January 17th through Monday, January 19th** in observance of the Martin Luther King Day Holiday.

We will resume normal hours on Tuesday, January 20th.

Holiday Fit Fest weigh-outs

Closing out Holiday Fit Fest!

You made it! Thank you all for participating; whether you worked to maintain your weight during the holidays, or you took part in our Bingo activities to stay active and motivated. Staying mindful of your wellness and fitness throughout the holidays can be a challenge of its own.

Reflect on what worked for you, and what didn't help you stay on track—which of those practices you can adopt in the new year, and which habits can we leave in 2025? **Join in our 2026 Fitness Goal program and submit your fitness goal for the year to stay accountable throughout the year!**

Be sure to **weigh out now through January 16th**! Be sure to do so early, so you can secure your t-shirt if you maintained within 2 pounds. **Bingo cards should be submitted by January 5th** to enter in our raffle.

Lift for Longevity: Building Strength for a Lifetime

January 2026 ushers in a fresh season of strength with our Lift for Longevity theme—an invitation to envision the vibrant, capable life you want to enjoy as you move towards your golden years. This month, we're focusing on how resistance training supports independence, confidence, and long-term vitality. Look for our upcoming video presentation created from our new slide deck, designed to help you understand how to build strength for life. Throughout January, we'll spotlight our strength-focused classes and combined conditioning sessions that empower you to move better, feel stronger, and invest in a future filled with energy and possibility.



Schedule Reminders

2026 Schedule: Monday January 5th – March 6th

No classes are held on Monday January 19th as both fitness centers close in observance of MLK Day

Print your copy [HERE](#) and visit our website for class links:

<http://bpfitnesscenter.net/groupfitness.shtml>

Earn Thrive Points

Participating in classes during December counts toward your Thrive Points! Every session helps you stay active and earn rewards for your wellness journey. Earn 75 points for every 10 group exercise classes (onsite or virtual) you attend—up to 150 points total. Once classes are completed, self-report via **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.

Reporting deadlines: Jan 1st – June 30th & July 1st – December 31st

🎄🚴 JINGLE JAM 2025 — VIDEO RECAP! 🚴🎄

Our cycle studio was bursting with holiday energy this past Wednesday, and we've put together a special video to relive the fun! From festive beats to glowing smiles, you all brought the *jingle* to Jingle Jam. ✨



Shoutouts:

- **Michelle** for crushing those watts like a holiday superhero!
- **Jiji** for kicking things off with a super fun, festive set!
- **Bill** for surprising us all by adding a Christmas song to the playlist—instant holiday magic.
- And of course, **Erin & Kathi**, our behind-the-scenes elves who help make everything run smoothly.

If you came for the ride, the music, or the community, we thank you for making this event such a joyful way to close out our cycle classes for 2025. 🎵❤️



[Check out the video](#) and relive the holiday sparkle! Wishing you all a happy, healthy, and wonderfully jolly holiday season. ✨🎁

Team Builder Opportunities

Shared movement builds trust, boosts morale, and strengthens collaboration. Consider booking a private session for your department—email Edie at edie.garcia-gutierrez@bp.com.

Stay Connected

GroupX Class Schedule: [Group Fitness - bpfitnesscenter.net](http://bpfitnesscenter.net)

Yammer: [bp Group Fitness](#)

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

Private Class Inquiry: edie.garcia-gutierrez@bp.com



Longevity Spotlight: Articles to Fuel Your Strength Journey

1. Consumers Seek Strength & Longevity Over Weight Loss, Life Time Finds - Athletech News

This article highlights 2026 trends showing that strength training and longevity have become top health priorities, with many adults planning to lift more and focus on long-term vitality.

2. Resistance Training for Longevity: The Essential Step-by-Step Guide - vitalexplora

A science-backed deep dive into how resistance training reduces all-cause mortality, supports bone health, preserves independence, and improves cardiovascular and cognitive function.

3. <https://sustainhealth.fit/lifestyle/fitness-strength-longevity-community/>

This trend report covers the cultural shift toward strength with purpose, mobility, and healthy aging—perfect for January's monthly focus on Lifting for Longevity.

bp Fitness Survey Results 2025

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A huge thank you to everyone (489) who participated in our 2025 Membership Satisfaction Survey! **Your feedback helps us keep bp Fitness strong, fresh, and focused on YOU.** Here's what we learned:

On-Site Fitness Is King

- 75% of you primarily use our on-site fitness centers for your workouts.
- 13.5% mix it up with both on-site and virtual options.
- Virtual-only? Just 6.5%—but we're working to make virtual even better for those who need flexibility.

Satisfaction Scores Are Sky High

- Overall rating: 9.49/10
- Hygiene & cleanliness: 9.54/10
- Comfort & welcoming vibe: 9.58/10

Translation? You love our program and facilities—and we're committed to keeping them spotless, safe, and inviting.

💖 Health Impact = Huge

- 98% of respondents say bp Fitness helps maintain a healthy lifestyle. From stress-busting lunchtime workouts to virtual yoga, we're proud to be part of your fitness journey.

🤝 Personal Training = A Fan Favorite

- 55% of you worked with an Exercise Specialist this year.
 - Likelihood to recommend? 9.59/10, with 84% giving a perfect 10!
- Our staff is here to motivate, guide, and help you crush your goals—at no cost.

👥 Group Fitness: Energy + Community

Our Group Fitness Survey shows that members LOVE the variety and instructors (rated Exceptional across the board).

- Top motivators: Convenience, social connection, and fun!
- Barriers: Time crunch and lunchtime meetings—so we're exploring more class scheduling options.
- Special programs: Yogapalooza, Summer Sweat Fest, and 10 Days of Mindfulness were big hits!

What You Want Next

- More Yoga, Pilates, TRX, Zumba, and Kickboxing
- Sauna & cold plunge for recovery vibes
- More virtual challenges and recorded classes for flexibility

Equipment Wish List

- Heavier kettlebells (55–70 lbs)
- Extra squat racks
- Fans in locker rooms

Your feedback confirms what we've always believed: bp Fitness isn't just a perk—it's a powerful tool for health, happiness, and connection. We're committed to making it even better, with more options, more flexibility, and more ways to keep you moving.

Stay tuned for exciting updates and new programs coming soon!

Rodeo Run 2026

Howdy runners!

Don't wait—the event is selling out fast!

Register with Team “[bp fitness](#)” for the 2026 Rodeo Run/Walk to have packet fees sponsored by bp for employees, contractors and family members!

Date: Saturday, February 28th at 9:35am (5K start) and 9:10am (10K start).

Register now and use passcode “bpRR2026” to join our team!

Deadline to register for team bp fitness: February 13th.

Be sure to register by deadline to pick up race packet(s) at WL1 the week of the race.

All proceeds go to a worthy cause and support the Houston Livestock Show and Rodeo, supporting the youth of Texas through scholarships and educational support.



- Official Rodeo Run dry wick shirt is included in your race packet, as well as **“Team bp” t-shirts for all participants to wear at the event.**
- Find a running program on our [website](#).
- The opportunity to earn [wellbeing points](#): 75 points for 5K, and 125 points for 10K. (Note: This applies only to benefits enrolled bp employees, spouses, domestic partners and/or retirees.)
- We will have a bp fitness booth downtown on race day for the team to meet before the start!

Contact [Martina Ramirez Silva](#) or visit the [Rodeo Run](#) website for FAQ.

Fitness Goals 2026 – what is your goal?

2026 Goals: Open the Door to Your Strongest Year

This year will be all about doors. The doors you choose to open, the habits you commit to, and the strength you build along the way.

“This year’s goal isn’t just to open the right door, but to build a body that can kick it down.”

It’s time to set your 2026 fitness goal! Stop by the gym to fill out a goal card or use the virtual link [2026 Fitness Goal – Fill out form](#) if you’re not on-site.

When filling out your goal card, you’ll:

- Pick your 2026 fitness goal.
- Choose someone to help keep you accountable (hopefully one of us!)
- Select your favorite exercise (squats, bicep curls, leg press, bench press, or another favorite)

What’s new in 2026?

We’re introducing Monthly Fitness Plans to help you stay consistent all year long, especially if you can’t always make it to the gym. These plans can be done anywhere and will follow a different theme each month.

Download the January Fitness Plan on a desktop (not in a browser) so you can digitally check off your workouts or print it and track your progress on paper. ([Jan. Fitness Plan.docx](#)).

PDF version is [here](#).



How it works:

- Complete the workouts throughout the month.
- Track your progress by checking off the calendar.
- Turn it in at the end of the month for credit.
- Pick up the next month's plan and keep moving forward.

This is for everyone. It doesn't matter how much of the workout you complete. If you fill it out and turn it in, you'll receive credit. And there may even be a prize waiting at the end of the year, for all that participate all 12 months.

Let's walk into BP Fitness strong and walk out stronger. Choose your door. Set your goal. Let's make 2026 your year.

The Power of Visualization – presentation

The power of visualization: what blind athletes can teach us about top performance.

[Thursday Jan 22nd 11:30am in WL1 room 1.102 & 1.104.](#) (also on Teams)

Join coach (and longtime bp fitness member) Peter Foster as he shares what he learned from coaching blind swimmers --that visualization is a powerful tool for reducing stress and anxiety and enables top performance in a challenging environment.

The same goes for a difficult business event, an important sales presentation, board meeting, or interview.

You will learn 10+1 easy steps on how to put this into practice in any situation.

Speaker profile:

Pete Foster is a qualified swimming, triathlon and rowing coach and executive consultant. Aside from coaching athletes and executives, he is a competitive masters swimmer and adventure traveler.

Start 2026 with a new personal fitness program!

Sign up for a 1 on 1 training session! Start your fitness journey with a customized program designed for your goals. Complete this form to schedule your initial consultation and ongoing support.

[2026 Personal Training Inquiry](#)

All *new client's* initial session includes a Functional Movement Screen to identify limitations and reduce injury risk. Our Exercise Specialists will check in every 2–3 weeks to keep you on track.

[Earn Wellbeing points](#) for training sessions.



100 Club for 2025 will be posted soon

Congratulations to our 227 100 Club members for 2025. These members all made it into the fitness centers at least 100 times last year.

The new poster will be posted in both facilities shortly. We also have a special, one-of-a-kind gift --only for 100 club members.

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 scan-in.

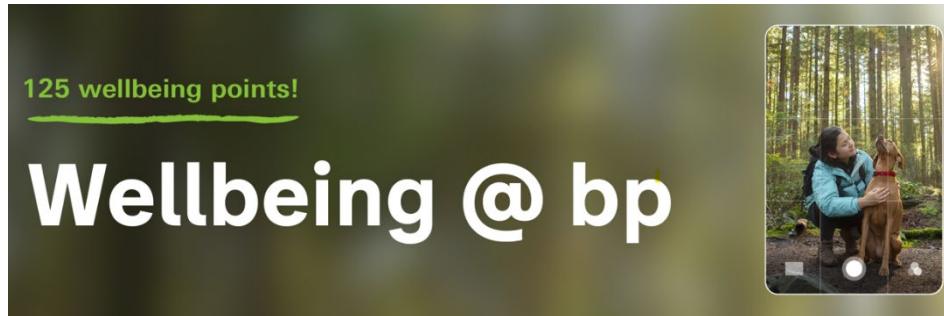
Thrive with US

Wellbeing @ bp

Wellbeing starts with the basics—and **Thrive with US** makes it easy to stay on track. Join us for an upcoming wellbeing class where we'll cover:

- **2026 program updates**
- **Ways to earn points.**
- **How to navigate the Thrive with US portal and the WebMD Wellness at Your Side app**

👉 Keep an eye on your **Thrive with US portal** and **Viva Engage** for the registration link—coming soon!



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:

- [Does Fat Turn into Muscle?](#)
- [How to Follow an Eco-Friendly, Sustainable Diet](#)
- [10 Fitness Trends in 2026 and beyond](#)
- [20 Wellness Trends Shaping How We Move & Feel in 2026 | Active Wellness](#)
- [2026-Trends.pdf](#)
- [Chew on This: Chewing Gum May Benefit Your Brain – BrainTree Nutrition](#)
- [New Research Determines that Movement Is the Key to Longevity](#)
- [Discussing Alcohol & Nutrition: Making Mindful Choices - NASM](#)
- [Transform Your Sleep with Gentle Evening Yoga Rituals](#)
- [Women Who Do Strength Training Live Longer](#)
- [Why Strength Training Is the Best Anti-Ager](#)
- [5 Realistic Health Resolutions for 2026](#)
- [How to Eat Before, During, and After a Run](#)

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

Until Next Month ...

"Do something today that your future self will thank you for."

- unknown

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