



bp fitness program e-newsletter



Creating a culture of fitness!

April 2026

Spring is here! April is a great time to do healthy things for yourself and the planet. We have a month full of fitness activities that integrate nature and people into the mix!

- Wednesday Wellness Walks return
- Group Fitness Programming*
- Corporate Track Team sign-up
- April Fitness Plan*
- Healthy Back Seminar*
- Sneaker Donation Week
- Blood Drives
- Balance Testing
- Guess Who?
- Thrive with US
- National Nutrition Month
- [Join us on Viva Engage](#)

More information and details below!

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

Easter Weekend Closure

In observance of the Easter Holiday, the bp fitness centers will be closed Saturday, April 4th. We will resume normal operation, Monday, April 6th.

Wednesday Wellness Walks

Westlake Campus

Wellness Walks

Meet bp fitness at the plant wall for a fun, energizing 30-minute stroll at 12:30pm every **Wednesday!**



Group Fitness in April

Stress Awareness Month | Train. Restore. Inspire. | Group Fitness Highlights

April invites us to refocus on well-being through the lens of **Stress Awareness Month**, aligning with bp's Q2 global theme **REFUEL** — a reminder that recovery is not a luxury but a necessity. This month, our programming emphasizes intentional movement, restorative practices, and energizing formats that help you train smarter, breathe deeper, and move through stress with resilience.

Train. Restore. Inspire.

Throughout April, we're highlighting classes that support your physical and mental recharge:

TRAIN

Strength, conditioning, cycle, Pilates, TRX®, and total-body formats that build capacity while helping you release tension.

RESTORE

Yoga, stretch, mobility, breath-centered sessions, and techniques that down-regulate the stress response.

INSPIRE

Dance classes, community-based movement, and formats that elevate mood and energy through music and connection.

Movement helps complete the stress cycle — meaning it gives your body a pathway to release tension and reset. Our Q2 Group Fitness Schedule, runs from March 16–May 22 at WL1, Helios and via Teams. Check it out: [1020714-Q2 Full Schedule with Calendar Invites-e4da3.pdf](#)

Break Week Mobility Series

Break Week was still active with mobility! Participants explored foundational movement patterns, common deviations, and practical ways to create more mobility using props and guided techniques. These sessions were a hands-on opportunity to improve movement quality and build awareness for daily function.



Go Texan Day — Wednesday, Feb 25 (WL1 + Helios)

A huge thank-you to everyone who donned their boots and joined us for this fun cultural celebration! Special shoutout to our brave volunteers who brought their energy, hospitality, and spirit:

This activity brought great energy into both centers and reflected the heart of our bp community.

Irish Dance Lessons | St. Patty's Celebration – Wednesday March 11th

Thank you to all who stepped into rhythm with us during our Irish Dance pop-up on March 11th! The lively movement, footwork, and cultural appreciation brought so much joy.

 [Click Here to View the Recap](#)



March Matness — Pilates Challenge Wrap-Up

All month long, members strengthened their core, improved posture, and explored classical Pilates exercises — both in studio and virtually. Congratulations to everyone who participated, checked in on Viva Engage, and shared their progress. You still have time! Last day of submissions will be Friday April 3rd. Register [HERE](#)



Current Early Winners: Bonnie Szeto, Tram Mai, Jacqueline Neill, Glen McMaster, Peichi Huang, Radhika Mundada, Rita Pop, Maggie Du, Cecelia Corona, Jennifer Johnson, Judy Tavawalla, Kelsey McKlennan, and Chelsey Forsyth.

A First Look at May

As we move into Mental Health Awareness Month, we're preparing something meaningful — a day designed around movement, education, and community connection.

Movement for Mind Conference & Expo

Save the Date: *Thursday, May 14*

Location: *WL1 Lobby & Conference Area*

An immersive wellness experience featuring:

- Movement practitioners
- In-network mental-health-focused partners
- Local vendors
- bp business resource groups (BRGs)
- Interactive experiences, sessions, and learning opportunities

More details coming soon, but please mark your calendar.

Get Involved

Volunteer Support

Help us bring the day to life.

[Volunteer Opportunity - Movement for Mind Conference – Fill out form](#)

Vendor & Partner Opportunities

Have a wellness-forward product, service, or activation that you'd like to see at this event? We'd love to connect.

[Exhibit Space Reservation Application - Movement For Mind Expo – Fill out form](#)

Collaborations & BRG Partnerships

We invite BRGs who would like to support the event, host an activation, or co-create an experience.

 **Email:** Edie.Garcia-Gutierrez@bp.com

Stay Connected

Group Fitness Webpage: <http://bpfitnesscenter.net/groupfitness.shtml>

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

Viva Engage: [bp Group Fitness](#)

Private Classes / Team Builders: edie.garcia-gutierrez@bp.com

Million Meters in March 2026: We Crushed It!

Hold onto your oars, folks—**Million Meters in March** was a splash hit again this year! We had an amazing 313 row-happy participants who absolutely obliterated our 5-million-meter goal. Our final tally? A jaw-dropping **6,753,438 meters**! That's like 2 full crossings of Texas from east to west....

MMM continues to bring out the competitive beast (and strong quads) in our members, making March a month of fitness, focus, and fun!

Facility Face-Off: WL1 Wins the Rowdown!

This year, the friendly rivalry between **WL1**, **Helios**, and our **Virtual Crew** came down to the wire. But WL1 rowed away with the win, logging a mighty **2,932,155 meters**. 🏆

Here's how it shook out:

- **WL1:** 152 rowers
- **Helios:** 107 rowers and **1,990,578 meters**
- **Virtual Team:** 34 mighty meter-makers – **1,830,705 total meters**

[The full leaderboard is available here.](#)

🌟 Rowing Rockstars – The Hall of Fame Highlights

Most Meters Rowed – the Legends

- **WL1:**
 - **Robyn Whiteford:** The Queen of Rowing. Robyn crushed an all-time record with **351,734 meters**. That's farther than the ISS orbiting above Earth.
 - **Mo Kudchadker:** Veteran vibes and 154,842 meters of rowing power.
- **Helios:**
 - **Shawn Wharton:** The Rowing Champion. 511,179 meters.
 - **Jackie Wang:** New Champ - forever legend. 119,875 meters.
- **Virtual Team:**
 - **Justin Hulse:** Leveled up with 250,689 meters.
 - **Jasmine Medina:** Virtual Queen with 177,545 meters of pure determination.

Biggest Single-Day Row – Marathon Madness

- **WL1:**
 - **Robyn Whiteford:** 50,518 meters in a single day.
 - **Bernard McAfee:** 40,029 meters. Then dropped the mic (and the oars).
- **Helios:**
 - **Shawn Wharton:** 66,716 meters like it was nothing.
 - **Wanda Fontenot:** Powered through 11,511 meters—still got it!
- **Virtual:**
 - **Jasmin Medina:** 30,000 meters—no big deal to her.
 - **Chris Cha:** 27,939



Most Days on the Rower – Calluses of Honor

- **WL1:**
 - **Mo Kudchadker & Zhou Yu** : 22 days rowing—more dedication than a Netflix binge.
 - **Yuhua Sun**: 18 days of row-glory.
- **Helios:**
 - **Ben & Jean Winkelman**: 24 days rowing. Teamwork = Accountability
- **Virtual:**
 - **Arun Singhania**: *Every. Single. Day.* 31 rowing sessions. ✨
 - **Marcia Hohman**: 19 days of rowing – still a dedicated member even from Colorado!

Rowing Regatta – 1-Minute Sprints to Glory

- **WL1:**
 - **Carson Kress**: Blasted out 362 meters in 60 seconds!
 - **Quinn Sandoval**: 286 meters without breaking a sweat.
- **Helios:**
 - **Joey Waller**: 317 meters – right before a bootcamp class
 - **Tram Mai**: 263 meters of pure dash.

🎉 Special Shoutouts & Thanks!

- **T-shirt goals unlocked!** 81 rowers who logged **40,000+ meters** earned a limited-edition Million Meters in March tee. Fashion meets fitness. **100**
- **Massive thanks to Captain Peter Foster**, the godfather of MMM! Over 25 years ago, he launched this rowing revolution—and we're still feeling the ripple effect. 🌊

To all who rowed, sprinted, grunted, or simply gave it their best—thank you! Your energy, enthusiasm, and oar-some spirit made this another unforgettable year.

Until next time... keep rowing, keep moving, and keep making waves!

[Please take a moment to fill out our MMM survey.](#) It will help us make the program even better—and you could win a prize!

Corporate Track Meet – Saturday, May 2nd Join the bp Track & Field Team!

Calling all runners, throwers, and jumpers—let's compete for GOLD!

Did you know bp has a track and field team comprised of sprinters, mid-distance and distance runners, weight throwers, and jumpers?! We compete annually against major companies like Exxon, Shell, Chevron, SLB, GE, and more.

Meet Day:

Saturday, May 2nd
Barnett Stadium

Family-friendly, including a kids' race!

Events run approx. 8:00 a.m. – 1:30 p.m.

Weekly Team Practices:

Start: Wednesday, February 18th

Where: Spring Forest Middle School (near the office)



Everyone Can Join!

All ages & skill levels
bp employees, retirees, and alumni
No full-day commitment required

Contact [Woodham, Natalie](#) and [Salazar, Stephen \(Workplace\)](#) for more information!

Sneaker Recycling Drive: April 20th – 24th

Step into **sustainability** this Earth Day! 🌍👟

Your fitness journey can make a positive impact beyond the gym. Instead of letting old athletic shoes end up in a landfill, join our **Athletic Shoe Recycling Drive** and give them a new purpose.

It's a simple way to practice sustainability:

- **Reduce Waste:** You keep shoes out of landfills.
- **Reuse & Support:** A pair of gently used shoes goes to someone in need through our partner, GotSneakers.com.
- **Get Rewarded:** You get a raffle ticket for a chance to win a prize!

Join our sustainability effort:

- **Bring:** A pair of gently used athletic shoes to the bp fitness center.
- **Donate:** Drop them in our collection bin from April 20th – 24th.
- **Win:** Get a raffle ticket for every pair you donate!

Let's make our commitment to wellness a commitment to the planet.

April Fitness Plan: Superhero Month

The Door May Be Closed But Your Potential Is Unstoppable. Be The Hero Who Opens It.

Don't stop now with those goals, this is your time to rise. Be the superhero I know you can be by completing our Superhero Fitness Plan!

This month's calendar is packed with your favorite heroes like Captain America, Aquaman, Flash, Batman, Superman, and more. Ever wanted to train like a superhero? Now's your chance. Each day features a superhero-inspired workout. Just match the hero on the calendar to the workout and get moving. It's fun, different, and a great way to stay consistent while pushing yourself.

Download the files: [April Fitness Plan.docx](#), [April Superhero Workouts.pdf](#) or pick up your copy in the fitness center and start training like a hero.

Don't forget:

Turn in your March Fitness Plan to get credit. We hope you enjoyed working through the fitness bracket! You can still turn in January and February plans too if you forgot.

Email to lauren.dufrene@bp.com or drop them off in the fitness center. Remember, it doesn't matter how much you complete, even one day counts. You still get credit.

Let's make April SUPER!!



Protect Your Back at Work!

Sitting for long hours can lead to low back pain, stiffness, and weak core muscles. Join our upcoming PT-led session with Mansi Shah to learn simple strategies for preventing back pain, including posture tips, McKenzie-based lumbar extension exercises, and practical stretches you can incorporate into your daily routine.



Participate in demonstrations, Q&A, and hands-on tips to keep your back healthy and pain-free!

Tuesday, April 21st

WL1 3.482 and on [Teams](#).

1:30PM– 2:30PM

Seminar will be recorded and shared.

Balance Testing - April 21st and 22nd

Balance is an important part of health, fitness and safety.

Join us April 21st in the WL1 Lobby from 11AM – 1PM and April 22nd in the Helios Lobby 11AM – 1PM for balance testing on our Zibrio Balance scale.

We will also share important information about your different balance systems and some information on how to improve yours.

Blood Drives – April 7th & 8th

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center

April 7 & 8

Blood Drive

Benefiting MD Anderson Leukemia patients



Tuesday, April 7
WL1 1.130 & 1.140
9:00am – 3:00pm



Wednesday, April 8
Helios 1.430
9:00am – 3:00pm

Questions? Please contact cxhost@bp.com or stop by MD Anderson's Pop Up on March 31 in WL1 and April 1 in Helios.

OurWorkplace



Guess Who?

Guess Who? is BACK ... but this time it's the "Meet Our New Staff" edition!

We're excited to introduce Quinn and Darius in a fun, interactive way by putting your guessing skills to the test! Each of them has 3 unique facts but can you figure out which fact belongs to who?

Starting April 6th, stop by the fitness center and grab a Guess Who? card from the counter. Take a few minutes to read through the facts and make your best guesses. While you're here, don't just guess. Intermingle, start a conversation, and get to know Quinn and Darius personally. You might even pick up on some clues to help you out!

Can't make it into the fitness center? No problem at all. We've got you covered with a virtual option. **Just use this link to submit your guesses from wherever you are:** [Guess Who? Meet Our New Staff – Fill out form](#)

This is a great way to welcome our new staff, build connections, and have a little fun along the way. And of course, there's a little extra motivation. **You could win a prize just for guessing!** Don't miss out! **Come join the fun, meet the team, and see if you can Guess Who!**

Always log in

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.

Wet Bag Removal from Locker Room

Starting next month, we're saying goodbye to our plastic wet bags in our locker rooms.

Why?

- 2,500 bags a month is a big burden for the planet
- Plastic can take 500 years to break down
- This supports bp's sustainability goals and helps keep our gym eco-friendly

Bring a reusable bag instead!

Pick washable, fun, and easy-to-carry bags—keep one in your gym bag or locker to put your soiled gym clothes in.

Small change. Big impact. Strong bodies, stronger planet!

[Refuel: The Power of Whole Foods](#) 🍎

Small choices can make a big difference. Check out this WebMD class to learn the basics of whole foods, build balanced meals, and get simple, practical meal prep tips you can use right away.

🌟 Earn 125 wellbeing points

📅 Live Webinar Series: **April 7–24**

Focus on what matters most—and take the first step today!



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:

- [7 fun brain games to help keep your grey matter fit](#)
- [5 Benefits of Walking Outdoors | University of Vermont Health](#)
- [Stress Awareness Month 2026 - Wellbeing Info](#)
- [Strength Training: New Guidelines Say Keep It Simple for Best Results](#)
- [Use This Olympian's Rule of Thirds to Chase Any Big Dream](#)
- [Stress Awareness Month: Tips for keeping tensions in check - The American Institute of Stress](#)
- [The Role of Strength Training in Preventing Osteoporosis: Functional Exercises and Evidence-Based Benefits - APTA Orthopedics](#)
- [How We Learned to Buy Our Feelings | Psychology Today](#)
- [How to Improve Performance: The Science of Coachability](#)
- [How exercise can improve your mental health](#)
- [Three Types of Exercise Can Improve Your Health and Physical Ability](#)

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

Until Next Month ...

"The secret of getting ahead is getting started."

— Mark Twain

bpfitnesscenter.net

Creating a culture of fitness.