

Member Spotlight-Current Employee



Investing in Health, One Step at a Time

Meet David Bugg, a dedicated BP Fitness Center member for nearly 26 years! As an Operations Technical Authority within Safety & Operational Risk Assurance (S&ORA), David has spent more than three decades supporting safe and reliable operations across the energy industry. Whether he's helping teams manage operational risk, spending time with his family, walking his Labradoodle Beignet, or traveling, David believes that staying mentally, physically, and spiritually active helps him bring his best self to every part of life.

A Lifelong Journey of Fitness

David's fitness journey began in high school through cross country and track before evolving into cycling, where he completed seven BP MS 150 rides. Like many people, family life became his priority for a season, but as his children grew older, he returned to a consistent workout routine. Today, he views fitness as an investment in his future. Helping him stay healthy, energized, and ready to enjoy life with his family for years to come.

Building Healthy Habits

These days, David focuses on cardio, flexibility, and strength exercises that improve mobility and overall wellness. His favorite piece of equipment is the Open Stride Elliptical because it provides an effective full-body workout while being easy on the joints. For David, the BP Fitness Center has made it easier to turn good intentions into lasting habits. Regular exercise helps him reduce stress, improve focus, and maintain the strength and endurance needed both at work and at home.

The Power of Community

One of David's favorite parts of the fitness center is the people. When he joined BP in 2000, two of the very first people he met were Sheila Sharemet and Josh Thompson. More than two decades later, those friendships remain meaningful. David was honored to attend the dedication of the fitness center in Sheila's memory and still enjoys catching up with Josh whenever their paths cross. Over the years, he has also enjoyed getting to know the many fitness center staff members who have supported, encouraged, and motivated him along the way. The fitness center has become more than just a place to work out. It's a community built on encouragement, friendships, and people who genuinely care about one another.

Progress Over Perfection

David's favorite BP Fitness challenge is Million Meters, because it allows everyone to participate regardless of fitness level or location. He appreciates that every meter counts and that the challenge brings people together around a common goal while encouraging consistency and healthy habits. When asked about his greatest fitness accomplishment, David didn't point to a single race or event. Instead, he shared that his biggest accomplishment has been continuing to adapt through every season of life while consistently making fitness a priority.

His advice for coworkers is simple but powerful:

"Get started. Direction matters more than speed, and the best race is run in your own lane."

He encourages others to focus on progress instead of perfection, knowing that small, consistent steps lead to lasting results. His current goal is to improve flexibility and mobility because, as he says, staying active is one of the best investments you can make in your future. His biggest supporters are his children, Nick and Olivia, who are now pursuing their college journeys. They continue to inspire him to invest in his health so he can be there to enjoy every stage of life alongside them.

Thank you, David, for sharing your inspiring story with the BP Fitness community. Your commitment to consistency, lifelong wellness, and encouraging others reminds us that every step forward matters. We appreciate you being part of our fitness family.