

Member Spotlight-Retiree



Staying Active for a Healthy and Independent Retirement

Meet Purnima Bansal, a longtime BP retiree whose commitment to health and wellness continues long after her career. Purnima joined IBM/BP in 2005 as a Physical Gas Settlement Analyst and was insourced by BP in 2006. During her 16-year career, she held several roles in natural gas and LNG settlements, contributed to major system implementations, and helped train colleagues during the transition of work to Budapest. She describes her time with the NAGP/GPTA organization as the highlight of her career and credits BP's values of Safety, Courage, One Team, Respect, and Excellence for shaping both her professional and personal life.

Fitness That Lasts Beyond Retirement

Purnima first began using the BP Fitness Center while working at Westlake, but it wasn't until moving to Helios that she was able to work out more consistently. After retiring in 2021, she and her husband, Vinay, returned to the fitness center together and quickly made it part of their weekly routine. She says the cleanliness of the facility, the outstanding equipment, and most importantly the caring of fitness staff keeps them coming back. The trainers' encouragement, creative programs, and genuine investment in members' well-being have made a lasting impact on their fitness journey.

Investing in Your Future

Today, Purnima enjoys strength training, staying active with regular walks, and using the fitness center's newest equipment, especially the ski machine, which lets her experience the feeling of skiing in a fun and safe way. Her biggest fitness accomplishment isn't a race or competition. It's maintaining an active lifestyle and preserving her independence. She believes staying healthy allows her to travel, volunteer, spend time with friends, and fully enjoy retirement without depending on others.

Advice for Every Stage of Life

Purnima encourages current employees to see fitness as an investment rather than an obligation.

"Those one to two hours are well worth it. It's a good investment."

Looking back, she wishes she had been more consistent earlier in her fitness journey and reminds others to take advantage of the incredible resources available right downstairs.

Her message is simple but powerful:

"Stay active or suffer."

She believes consistent movement today creates the freedom to enjoy tomorrow.

Thank you, Purnima, for sharing your inspiring story with the BP Fitness community. Your positive attitude, dedication to lifelong wellness, and appreciation for staying active remind us that fitness is one of the greatest investments we can make in ourselves. We're grateful to have you as part of our fitness family!