



bp fitness program e-newsletter

Creating a culture of fitness!



August 2026

Sweat, smile, and make new friends! At **bp fitness**, you're not just joining a fitness center, you're joining a community. Every workout, class, and event is a chance to meet people who share your commitment to health, wellness, and having fun along the way.

Ready to make some healthy connections? See what's happening in August:

- Summer Sweat Fest*
- Member Spotlights
- August Fitness Plan*
- Shoulder and neck pain presentation*
- Thrive – Annual Health Check-up Booths
- Smart Path
- Don't forget to update your badge!
- [Join us on Viva Engage](#)

More information and details below!

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

Group Fitness in August

**SUMMER
SWEAT FEST**
Jun 1st - Sept 4th



August is National Wellness Month: Move More. Regulate Better. Stay Connected.

August is National Wellness Month, and this month we're leaning into a simple but powerful message: wellness is not one-size-fits-all. Movement can be strong, restorative, social, focused, playful, brief, challenging, or calming—and every version counts.

As we move into the final month of **Summer Sweat Fest**, this is our call to action: keep showing up, keep trying new formats, and keep building consistency in a way that fits your body, your schedule, and your season of life. From 10-minute stretch breaks and yoga to strength training, cycle, and on-demand options, movement gives us multiple entry points into wellbeing.

This matters for more than physical fitness. Regular movement supports the brain systems involved in attention, memory, executive function, mood regulation, and stress resilience. A well-conditioned body supports a well-regulated brain, and a well-regulated brain is better equipped to make safe, thoughtful, and effective decisions. For organizations that prioritize safety, this matters: clear thinking, situational awareness, effective communication, and sound decision-making all rely on a brain that has opportunities to move, recover, and regulate.

Let's make August a month of movement with purpose: inclusive, varied, accessible, and connected.

Summer Sweat Fest: Final Month Push

We have completed two full months of Summer Sweat Fest—nine weeks total—and there is still one more month to go. We are proud of every class attended, every calendar invite accepted, every stretch break joined, every new format explored, and every participant who decided to begin again.

This challenge was designed to help us stay active during the summer, but it has become more than a checklist. It has been a reminder that small, consistent actions build momentum. Maybe your biggest accomplishment was simply registering. Maybe you attended one class, joined a Stretch Break, explored a new instructor, tried Wellbeats On Demand, or found a rhythm that helped you stay connected during a busy season. All of it counts.

Your challenge: complete 20 classes by September 4 to earn a prize.

Participation options include:

- In-person classes at WL1 and Helios
- Virtual classes through Teams
- 10-minute Stretch Breaks
- Wellbeats On Demand
- Lunchtime and afternoon class options
- Group Fitness formats that include strength, cycle, yoga, mobility, dance, bootcamp, Pilates-inspired training, and more

How to stay on track:

- In-person: sign in to each class in the group fitness binder in each studio.
- Virtual: attendance is automatically tracked through Teams.
- Wellbeats On Demand: report completed classes to Edie.Garcia-Gutierrez@bp.com.
- Weekly progress updates continue every Friday.
- Personalized participant reports continue every Monday.
- Engage with us on Viva Engage to share progress and help motivate others.

Register here: [2026 Summer Sweat Fest Jun 1st - Sep 4th – Fill out form](#)

Important Schedule Reminder

September 4 is the LAST day to enjoy this quarter's Group Fitness schedule.

If there is a class you have been meaning to try, an instructor you have been curious about, or a format you keep putting off, August is the time to say yes. Use this final month to explore the schedule, revisit your favorites, and finish Summer Sweat Fest with pride.

[Group Fitness Schedule \(June 1st - September 4th\)](#)

Dog Days of Summer Pop-Up Series

We're adding extra energy to August with our Dog Days of Summer Pop-Up Series.

These pop-ups are designed to bring fresh motivation, music, movement, and community into the final stretch of Summer Sweat Fest.

August Pop-Ups:

- Monday Evening Cycle Party
- Virtual Zumba

- Mobility-focused lunchtime session

Registration link: <https://forms.cloud.microsoft/e/jpJwkX1ifu>

Whether you want something music-driven, energizing, restorative, or low-barrier, this series gives you another way to stay engaged and keep momentum going.

Rewards Program Reminder

Employees can earn 75 wellbeing points for every 10 group exercise classes attended.

Once you complete 10 group exercise classes, self-report in the Thrive with US portal: Points & Rewards > Continue under “Your Active Incentives for 2025/2026 Plan Year” > Social > Complete 10 Group Exercise Classes > REPORT COMPLETION. Please indicate the date and the type of classes you predominantly participated in.

Deadline: December 31

Private Group Fitness Offerings: Movement That Builds Teams

Shared movement builds trust, boosts morale, strengthens collaboration, and supports sustainable performance by creating healthier, more energized teams.

If your department, BRG, or team is interested in a private wellness experience, Group Fitness can help create something meaningful and accessible.

Interested in creating a private offering for your group? Email:

Edie.Garcia-Gutierrez@bp.com

Save the Date: Sweatwork Social – Padel 101

Mark your calendar for a high-energy morning of movement, connection, and community in partnership with our local business friends, Padel Prime Shop.

Sweatwork Social
Saturday September 29th
9:00 AM – 1:00 PM

Expected activities include:

- Padel Clinic
- Pilates
- Mobility
- Yoga
- Food trucks
- Social time and community connection



What is padel?

Padel is a fun, social racquet sport that blends elements of tennis and squash. It is usually played in doubles on an enclosed court, making it fast-paced, approachable, and highly interactive. If you are new to racquet sports, this is a great opportunity to learn the basics in a welcoming clinic-style format. More details will be shared soon, but for now—save the date and plan to *sweatwork* with us.

Keep Taking 10-Minute Stretch Breaks

Stretch Breaks continue to be one of the simplest ways to build movement into the workday. Just a few minutes can reset posture, increase circulation, reduce stiffness, improve focus, and give your nervous system a chance to shift out of prolonged stress mode.

bp Group Fitness offers guided Stretch & Move sessions via Teams every Tuesday and Thursday at 2:00 PM, so bring your team.

Check out our [webpage](#) for links or add them to your calendar from [here](#).

Can't make it to the live sessions? Check our pre-recorded stretch breaks on the [Ergonomics in the Americas](#) page to view sessions led by the bp Group Fitness team.

These short sessions count towards Summer Sweat Fest, and they are a practical reminder that movement does not have to be long to be meaningful.

Stay Connected

Prefer a calendar invite? Join our [Group Fitness Distribution List](#).

Ask questions and engage with us on [Viva Engage](#).

For US and Canada employees, [become a Virtual bp Fitness Center Member](#) today.



August Fitness Plan

Goal Fit Challenge: Your Favorite Exercises, Your Results!

Your August Challenge starts here! Step through the door and turn your favorite exercises into results!

This month's **August Fitness Plan** is a special **Goal Fit Challenge** built by you! Back in January, you told us your favorite exercise when you set your fitness goals. Now it's time to put those favorites to work with the **Top 20 exercises chosen by our members**.
How It Works:

- Complete the **two total-body workout cards** throughout August on whichever days' work best for you. **Download here:** [2026 Goal Fit Challenge Cards.pdf](#)

(The more days you complete the workout cards, the more entries you'll earn in the raffle for a chance to win a prize!)

- Choose **your own sets, reps, and weight** for every exercise to match your fitness level.
- Exercise descriptions are included on the back, along with **at-home alternatives** for machine exercises.

The goal is simple: move and have fun! Whether you complete every workout or just one, every workout counts. **Turn in your August Fitness Plan at the beginning of September** to receive credit. Virtual participants email to lauren.dufrene@bp.com. We can't wait to see you turn your favorite exercises into results!



Meet Our August Member Spotlights!

We're excited to introduce two more inspiring members of our BP Fitness community!

First, **meet David Bugg**, who shares how consistency, healthy habits, and nearly 26 years at the BP Fitness Center has helped him stay energized and focused both at work and in life.

- Read David's story here: [David Bugg Spotlight.pdf](#)

Next, **meet retiree Purnima Bansal**, whose commitment to staying active has helped her enjoy a healthy, independent retirement alongside her husband while continuing to make fitness a priority.

- Read Purnima's story here: [Purnima Bansal Spotlight.pdf](#)

Interested in being featured in a future Member Spotlight? We'd love to share your story! Complete the appropriate questionnaire using the links below.

- [Member Spotlight - Current Employee](#)
- [Member Spotlight - Retiree](#)

Your story could be the motivation someone else needs to start or continue their fitness journey!



Say Goodbye to Neck & Shoulder Pain!

Join **Physical Therapist Mansi Shah** for an informative and interactive session packed with practical tips to help you prevent neck and shoulder pain before it starts. You'll learn simple stretches, effective exercises, and everyday habits that can keep your neck and shoulders feeling strong, healthy, and pain-free. Mansi will also discuss the warning signs that indicate it may be time to see a healthcare professional.

Don't Miss This Valuable Presentation!

Tuesday, August 25th

1:30 PM - 2:30 PM

Helios room: 1.250

[Teams Link](#)



Can't attend live? No worries. This presentation will be recorded for later viewing.

FIFA World Cup Bracket Challenge

Congratulations to Lauren Fritz on winning the Westlake FIFA World Cup bracket pick challenge! She correctly picked 25 of the 32 teams to advance from the group stage to the knock-out rounds then got the winners of the 8 final matches of the tournament correct.

 **BP Westlake 2026 World Cup Bracket Pick Pool Leaderboard**

Bragging rights for picking the World Cup bracket.

Invite link:

<https://definate.com/bracket/?pool=T09wtcxj>

Copy

#	BRACKET	SCORE	CORRECT
	Lauren Fritz winners	295	48
	Winson	276	44
	Mark's WC	255	46

Join bp soccer group at [Energy Park](#) Mon, Tue, Wed, Fri at 11:30 for pick up games!

Invest In Yourself. Start with a Smart Path

Whether your goal is to lose weight, gain strength, build endurance, improve your health, or simply establish a healthier routine, having a plan makes all the difference.

The best place to start is with a **Smart Path** and a **Functional Movement Screen (FMS)**. Work with our Exercise Specialists to outline realistic and actionable goals. Get valuable insight on how well your body moves and identify opportunities to improve mobility, stability, and performance.

Your Smart Path and FMS results will provide the foundation for setting goals, tracking progress, and achieving lasting results.

Best of all—it is free to all members.

 [Sign up today and start building your plan for a healthier, stronger you.](#)



Safety Reminder – Cell Phones on Treadmills

Treadmill Safety Reminder

Stay focused while using the treadmill and avoid texting or scrolling on your cell phone. Distractions can lead to slips, trips, falls, and serious injuries. If you need to use your phone, safely step off the treadmill first.

Your workout can wait a moment. Your safety cannot.  

Thrive with US

Annual Physical — Earn 25 Bonus Points by August 31

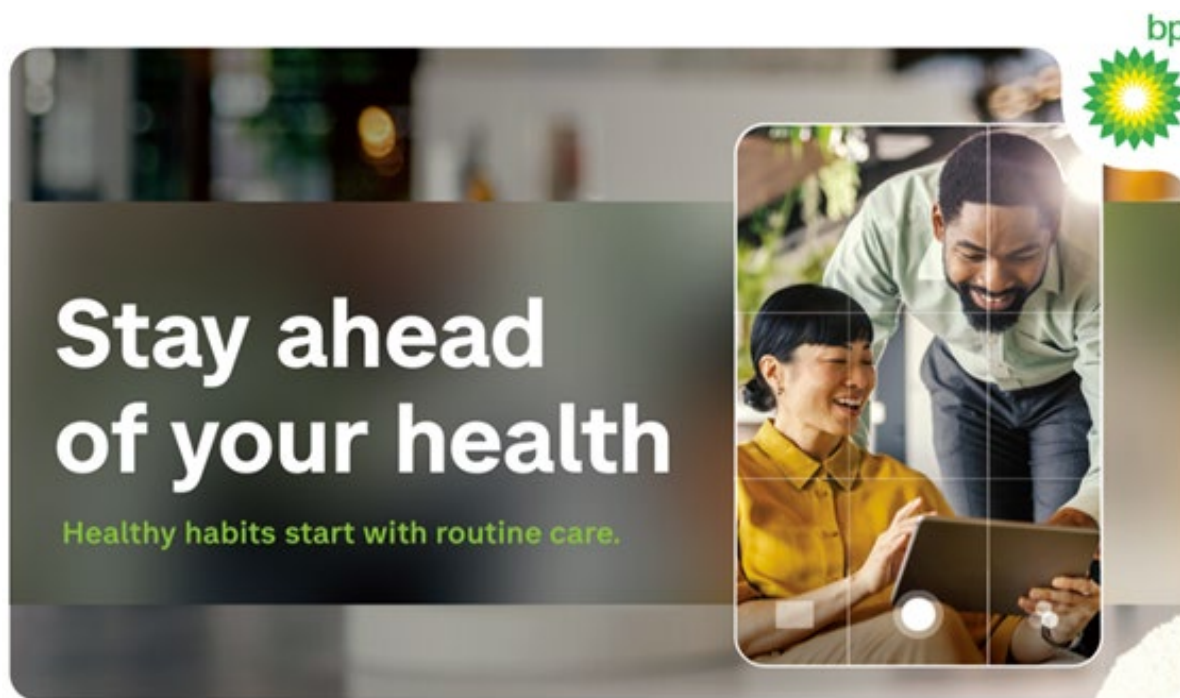
Complete your Annual Physical by August 31 to earn an extra 25 bonus points, totaling 525 wellbeing points.

Upcoming Event

Stay Ahead: Annual Health Check-Up Booths

Partnering with BCBS TX, Capital Rx, and Premise.

 August 25 & 26  Helios & WL1 Lobby  11:00 AM - 1:00 PM



Retiree and spouse bp fitness memberships

bp retirees and bp *employee* spouses have access to the bp fitness centers at both Helios and WL1. Along with parking garage access. Even if you move away from Houston you can participate in our programs virtually.

Scan the QR code and complete the linked 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



Always log in and update your badge

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.

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:

- [9 Summer Superfoods to Add to Your Diet | Hartford Hospital | Hartford, CT](#)
- [Summer Fitness Tips: The Best Low-Impact Exercises for Stronger Bones and Joints - Mobility Bone & Joint Institute](#)
- [We Shouldn't Call It "Golfers Elbow"](#)
- [How to Test for Tight Hip Flexors](#)
- [Optimal Daily Protein Intake and Strength Training Tips for GLP-1 Medication Users to Preserve Muscle Mass](#)
- [The Benefits of Exercise for Mental Health](#)
- [No, AI Is Not Better Than a Good Doctor | Psychology Today](#)
- [How to retrain your brain to crave exercise more than screen time : NPR](#)
- [Bike commuting tips to stay safe and look presentable at work | AP News](#)
- [Longevity Doctor On Bryan Johnson's Diagnosis & Living Longer](#)
- [BBC Radio 4 - All in the Mind - Nine ways to feel less lonely](#)
- [Working Out Boosts Brain Health – American Psychological Association](#) - A helpful read on how regular physical activity can support stress resilience, mental health, mood, memory, and cognition.
- [Supersets for Legs and Back: Exercises to Burn Calories – NASM](#) - A practical article explaining how resistance training and supersets can support strength, joint stabilization, work capacity, and long-term fitness goals.
- [Mobility – Harvard Health](#) - A relevant overview of why mobility matters for independence, balance, range of motion, injury prevention, and everyday function.

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

Until Next Month ...

"Friends are the people who know you really well, and like you anyway"

— Greg Tamblyn

bpfitnesscenter.net

Creating a culture of fitness.

*Join us at the WL1 – Sheila Sharemet Fitness Center, Helios Fitness Center
or Energy Park – outdoor recreation facility*