



## bp fitness program e-newsletter



*Fitness is for everyone, everywhere!*

**November 2024**

### Healthy Holidays are here!

The Holidays are here. We've got fitness, fun and flexible programs. We are your one-stop-shop for exercise, nature, helping others, eating better and spending time with friends! Have a look at what is coming!

- Cardio Trek Challenge\* – all activities welcome
- Holiday Fit Fest\* – health through to the new year
- Turkey Trot 5K\*
- Take 10 Guided Meditation Sessions
- Nutrition Seminar\*: Nutrition for Longevity
- 100 Club Countdown
- Thrive with US\*
- Member Satisfaction Survey coming out soon.
- [Join us on Viva Engage](#)

More information and details below!

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

### Cardio Trek – let's get moving!

#### Cardio Trek Starts this week!

Join [Cardio Trek](#) from October 28th to December 8th for six weeks of fitness challenges and fun!

#### What's New?

We're incorporating Fall Fun Runs and Holiday Fit Fest workouts, starting with the [Zombie Run](#) on Thursday—a perfect cardio boost!

#### How It Works

- Record any activity in **Strava** to count towards your total. Walk, bike, or strength train—each count as a unique activity.
- Aim for the most activities by December 8th for a chance to win bp fitness socks!
- Use **Strava** to track automatically, or log activities weekly through [Microsoft Forms](#) if Strava isn't for you.
- Participate virtually from anywhere.

#### Getting Started on Strava

1. Download the *Strava* app on your phone (free version).
2. Create an account.
3. Search "bpfc Cardio Club" and join.



4. [How to Start Using Strava](#)

**Check Your Progress**

- Follow the *Cardio Trek 24 Leaderboard* on Strava to see your weekly rank.
- Weekly updates on time, distance, and activity count will appear on Strava, our fitness website, and Yammer.

**Boost Your Runs**

Try these workouts from Darebee:

- [Run Longer Circuit Workout](#)
- [Get the Most Out of Your Runs](#)

**Questions?** Email us at [bpfitness1@bp.com](mailto:bpfitness1@bp.com).

Let's get moving!

## Turkey Trot Run/Walk 5K

**Join Us for the Annual Turkey Trot 5K!** - Nov 14, 7am/11:30am, Energy Park

Get ready to kick off your Thanksgiving with a great workout! Join us for our annual Turkey Trot 5K, part of our Fall Fun Run Series, and choose your preferred start time—7:00 AM or 11:30 AM. Sign up for your spot [here!](#)

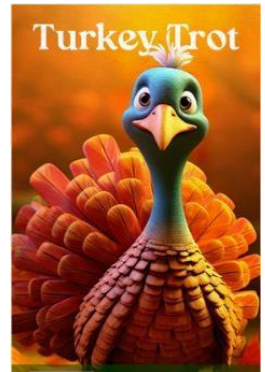
In the spirit of giving, we're also hosting a food drive to support the Houston Food Bank. Please bring nonperishable food items to donate and help make a difference this holiday season.

Snacks and fun prizes at the event. Earn 75 Wellbeing Points for participating. You can participate virtually as well as part of Cardio Trek.

We're also looking for volunteers to help us make this event a success! If you're interested in volunteering, sign up [here](#).

**Let's make this Turkey Trot a day to remember! See you there!**

For questions, reach out to [@Walker, Taylor \(Workplace\)](#) or [@Salazar, Stephen \(Workplace\)](#).



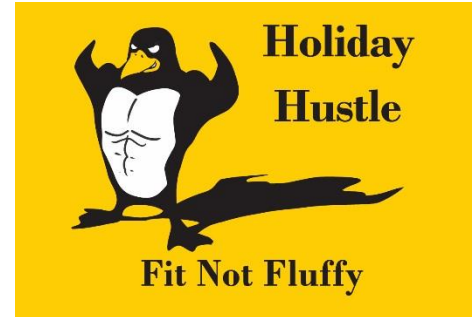
## Holiday Fit Fest 2024

Stay fit throughout the holidays.

Welcome to the **Holiday Fit Fest**: the fitness challenge to help your penguin waddle its way to wellness this holiday season! You have two ways to earn that exclusive **Holiday Fit Fest t-shirt (pic below)** and keep on track through all the festivities.

### **Option 1: Weigh-In Challenge**

Maintain or lose weight during the holidays to earn your t-shirt. **Weigh In** between **Nov. 11th-22nd** and **Weigh Out** from **Jan. 1st-10th** to see your progress! *Virtual email your weight to:* [bpfitness1@bp.com](mailto:bpfitness1@bp.com).



### **Option 2: Penguin Challenge**

Help your penguin travel through the seasons , earning points by participating in various fitness activities. Collect **75 points** to reach Winter Wonderland and get your t-shirt. Along the way, there will be prizes. Also, a special prize for the **first penguin** to reach Winter Wonderland and for the **highest total points** at the end!

### **How to Earn Points:**

#### **5 Points Each:**

**Fitness Assessment:** Complete an Inbody, FMS, or Zibrio test.

**Group Fitness Class/Popups**

**Darbee Workout:** Pick up at the fitness center or download from the website.

**Staff Workout:** Pick up at the fitness center or download from the website.

#### **10 Points Each:**

**Thanksgiving Guess Who?** Guess the staff's favorite dish (Nov. 11th-29th)

*Virtual Use Link:* [Thanksgiving Guess Who? \(office.com\)](#)

**Christmas Guess Who?** Guess the staff's favorite song (Dec. 2nd-20th) *Virtual*

*Use Link:* [Christmas Guess Who? \(office.com\)](#)

**Cardio Challenge:** Test your skills in one of these cardio events: *Virtual Use*

*Link:* [Holiday Fit Fest Cardio Challenge \(office.com\)](#)

1. **Cycling** (5-min distance, Nov. 18th-22nd)
2. **Running/Walking** (1-mile time, Dec. 2nd-6th)
3. **Rowing** (1-min meter count, Dec. 9th-13th) 4. **Stairmaster** (2-min step count, Dec. 16th-20th) **Special Events:**
1. Join us for the **Turkey Trot** (Nov. 14th) or **Reindeer Run** (Dec. 12th)
2. **Monopoly Challenge:** Complete all exercises on the board (Dec. 17th WL & 18<sup>th</sup> Helios between 11-1)
3. **Prettiest Christmas Tree Contest:** Submit your photo by Dec. 18<sup>th</sup>.

Everything you need is available online, **Virtual Members Can Do Everything!** Go to [Holiday Fit Fest - bpfitnesscenter.net](#) to download workouts and check out all the instructions.

Can your penguin survive the holiday hustle and make it to Winter Wonderland? Let's go for the tshirt, the prizes, and a fitter, festive season!

**Blood Drive - November 12<sup>th</sup> and 13<sup>th</sup>**

Give blood. Save lives. Feels good to help.

**Tuesday, November 12<sup>th</sup>** – [Helios Room 1.430](#)

**Wednesday, November 13<sup>th</sup>** – [WL1 Cafe Garage Room](#)

Benefitting MD Anderson Leukemia Patients

Appreciation gift, snacks, and **75 Wellbeing Points** for one time donation.

## 100 Club – we are counting down

It's time to celebrate your commitment to fitness! Have you checked into the fitness center at least 100 times this year? Are you close?

### Make it Count!

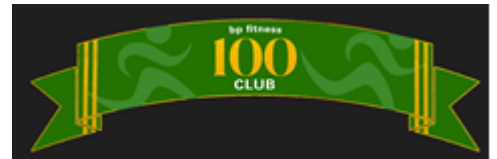
As we head into the holiday season, keep up those visits to reach 100 check-ins before the year ends. Just scan your badge at each visit—make sure your profile appears on the screen to ensure it's counted!

### Perks for 100 Club Members

Those who hit 100 check-ins will have their names displayed on the *Century Club* poster and receive a special giveaway as recognition for their dedication.

### Not There Yet? Set it as a Goal!

If you haven't reached 100 yet, aim for it next year to see your name on the fitness wall. Just remember to scan in each time!



For questions or to check your visit count, email [bpfitness1@bp.com](mailto:bpfitness1@bp.com).

## Group Fitness in November

A poster for Group Fitness Thanksgiving Break Week. The background is light beige with autumn leaves in the corners. The text is in orange and black. It says "Group Fitness Thanksgiving Break Week Nov. 25th - 29th", "No regularly scheduled classes.", "Join us instead for a special Holiday PopUp w/ Kirie:", "Yoga Pilates Fusion", and "Tue Nov 26th 11:15am - WL1 (hybrid)".

**Group Fitness  
Thanksgiving  
Break Week Nov. 25th - 29th**

No regularly scheduled classes.  
Join us instead for a special Holiday PopUp w/ Kirie:  
Yoga Pilates Fusion  
Tue Nov 26th 11:15am - WL1 (hybrid)

### A Heartfelt Thanks and Reflections from Our October Celebrations

This November, as we embrace the spirit of gratitude, we want to personally thank all who participated in our October activities. Reflecting on the enriching experiences during the Hispanic Heritage celebrations, our [10 Days of Mindfulness Challenge](#), and the Women's Self-Defense Seminar in celebration of Women's Health Month, we are grateful for your enthusiasm and commitment. Your engagement in these activities not only enhances our community but also empowers you with valuable tools for personal well-being and safety. These practices and skills are particularly useful as we approach the bustling holiday season. As we transition into Gratitude Month with a special series of guided meditation sessions and a belly dance lesson, let's continue to build upon these shared



experiences. With the holiday season approaching, we encourage you to incorporate the mindfulness techniques learned into your daily self-care routine. Please join us in expressing gratitude through movement and remember our break during Thanksgiving week as we take time to recharge.



### Find Your Center: Guided Meditation Sessions for Gratitude Month

Join us for a series of guided meditation sessions designed to cultivate mindfulness and gratitude. Each 10-minute break is perfect to refocus your mindset and enhance your wellbeing. 3 Weeks

Starts November 4<sup>th</sup> – November 20<sup>th</sup>

Mondays & Wednesday at 2pm

[Teams Link](#)

### Hispanic Heritage Month Dance Lessons & Zumba Performance

Group Fitness wrapped up Hispanic Heritage Month activities in October. In these images you'll see colleagues come together to experience the beauty of cultural expression through dance. It was a powerful way to learn about the Hispanic Heritage of Spain, Honduras, Cuba, and Chile while also honoring the diversity within bp. Through dance, we tell stories, pass down traditions, and connect with one another in a unique and meaningful way. We even gave tribute to the sensational AfroCuban Queen of Salsa, Celia Cruz with a Zumba Performance.





### Meet our Line Dancing Instructor, Marlene Wolfe!

"It brings me great pleasure to introduce you to the vibrant world of line dancing. I began line dancing six years ago and fell in love with the fun and benefits so much that I began teaching for the past 4 years. In my class we will learn basic line dance steps that are designed to match the rhythm of the music and are easy to follow. No partner is needed. Come join me where you will find camaraderie and friendship among fellow dancers. It's an opportunity to laugh, learn, and lift each other up while improving your overall physical and mental health." Join Marlene every Wednesday 4pm at Helios for line dancing fun. Great for beginners.

Are you a BRG group interested in having bp fitness kickstart a private event for you? Would you prefer a private class held exclusively for your team? Partner with bp Group Fitness for your next event or meeting. We'll help energize and engage your group by incorporating physical activity that's fun for all. Simply email: [Edie GarciaGutierrez, Director of Group Fitness](mailto:Edie.GarciaGutierrez@bp.com) and we'll help you plan



A promotional graphic for bp fitness Stretch &amp; Move Breaks. It features a collage of images showing people performing stretches at their desks. The text reads: "bp fitness Stretch &amp; Move Breaks Tuesdays &amp; Thursday | 2pm | Virtual 10-minute sessions packed with easy, feel-good stretches and light movement designed to undo the stresses of your workday right from your desk. Visit bpfitnesscenter.net Group Fitness page to join via Teams".

Just a few minutes can reset your posture recharge your energy, keeping you productive and pain-free. Bp Group Fitness offers guided stretch & move sessions via Teams every Tuesday & Thursday at 2pm so bring your team! Check out our [website](#) for links. Can't make it to the live sessions? Check our pre-recorded stretch breaks on the [Ergonomics in the Americas](#) page to view the pre-recorded sessions led by the bp Group Fitness team.

Prefer a calendar invite? Join our [Group Fitness Distribution List](#)! Ask questions and engage with us on [Viva Engage - bp Group Fitness](#) For US and Canada employees- [become a Virtual bp Fitness Center Member](#) TODAY!

### Show of Strength – wrap-up

Great job to all our 93 [Show of Strength: Power Quest](#) participants! We had some serious competition our first year back with this program. We hope you enjoyed all the exercise challenges, and hopefully are inspired to incorporate more strength training throughout the year. [Watch the Car Push video!](#)





## Final Points and [Leaderboards](#)

Overall Strongest Woman:

**1st Place: Jing Giardina - 52 Points**

2nd Place: Yuhua Sun - 36 Points

3rd Place: Jenjou Ko - 32 Points

4th Place: Hannah Im - 27 Points

5th Place: Debbie Kercho - 24 Points

Overall Strongest Men:

**1st Place: Jacob Galicia - 49 Points**

2nd Place: Chris Walton - 27 Points

3rd Place: Trent Fleece - 26 Points

4th Place: Shoji Kai - 24 Points

5th Place: Adam Tuppen - 23 Points

Congratulations to all winners!

## Spike It Pink – wrap-up

Last Thursday's *Spike It Pink* was a huge success! With 7 teams, over 65 donations, and 100+ attendees, the energy was amazing!

### Thank You!

Thanks to everyone's generosity and enthusiasm, we raised over \$3,000 for the *National Breast Cancer Foundation*. Every dollar goes towards education on breast cancer risks, early detection services, and support for those navigating breast cancer treatment. Donations are still open through October—[click here to contribute!](#)

### Congrats to Our Champs!

*Bump Set Boom* are the 2024 Spike it Pink Champions!

### Special Thanks

Big shout-out to *bp WIN* and all our fantastic volunteers for setup, check-in, judging, and scoring. DJ Nigel B kept the vibe lively with great music. We hope everyone had a blast—see you next year! [Watch the video!](#)

[See more on Viva Engage.](#)



## Nutrition Seminar – Nutrition for Longevity

**Tuesday, December 10th @ 11:00am Helios room 1.250 and [on Teams](#)**

### Unlock the Power of Nutrition for Longevity!

Join us for an engaging presentation hosted by Dietitian Karleigh Jurek, as she dives into the science of eating for a longer, healthier life. Discover how nutrition can help reduce age-related health risks,

promote energy and vitality, and support cognitive and physical wellness as we age. Whether you're looking to prevent disease, enhance daily energy, or simply feel your best for years to come, this session will provide actionable tips and a fresh perspective on eating to support a vibrant, long-lasting life.

[Sign-up here](#)

- Snacks for those who attend in person.
- All attendees will have a chance to win exciting giveaways designed to support your healthy lifestyle.
- Ask Karleigh your nutrition questions.

If you didn't get a chance to attend last month's seminar, watch it here: [Protein Unpacked](#).




[501 Urban Market](#) on Viva Engage has information on healthy campus meals (Fit) and take-home meals (Curbside Menu).

Have a look at [more nutrition seminars from Karleigh](#).

## Thrive with US

Listen to our [WebMD Wellbeing Class](#) at your convenience! These **125-point** classes cover essential topics such as the Thrive with Us portal features, preventive health, digital detox, and debunking common myths about nutrition, fitness, burnout, and sleep.

Join our Wellbeats Sleep & Movement November Bonus Activity! Sleep is crucial for overall health and wellbeing. Complete the program by November 30th to earn 25 bonus points!

 **Bonus Activities** Earn up to 100 Points ^


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Earn bonus points by participating in pop-up activities added throughout the year!  
Check back regularly to view bonus opportunities.

**BONUS: Sleep & Movement**

Complete the Sleep & Movement program with Wellbeats.

Expires 11/30/2024

  
**25** Points



## Team Builder Menu

Set up a **fun Team Building activity or break with the fitness center.** Our staff can help you inject some health and fitness into your next meeting. We can create a fun team activity in the fitness center, your office area or at Energy Park. Some activities can happen virtually as well. [Have a look at the possibilities.](#)



## 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!

- [Easy exercises to improve your posture — and look younger](#) • [10 Strength Training Exercises for Runners to Avoid Injury](#)
- [What's the Healthiest Fish to Eat?](#)
- [Jake Gyllenhaal, Matt Damon, Pedro Pascal train with him. So I did too](#)
- [9 simple, science-backed changes that can reverse your biological age](#)
- [Study: Coffee, Tea May Reduce Heart Attack, Diabetes Risk](#)
- [The Neuroscience of Gratitude and Effects on the Brain](#)
- [Five Ways to Take Care of Your Mental Health This Holiday Season](#)
- [The Benefits of Dance on Mental Wellbeing](#)
- [9 Types of Meditation: Which One Is Right for You?](#)
- [Why Sleep Tracking Data Isn't Useful—Yet](#)
- [18 Nutrition Facts That Should Be Common Sense \(But Aren't\)](#)
- [How Many Hours of Sleep Do You Really Need?](#)
- [What Does It Really Take to Build a New Habit?](#)
- [Controlling Sport Performance - Player Development Project](#)
- [What are the real signs of a healthy gut?](#)
- [Tips to improve your posture](#)

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

## Until Next Month ...

**Until next month....**

*"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united."*  
- Wilhelm Von Humboldt

[bpfitnesscenter.net](http://bpfitnesscenter.net)  
Creating a culture of fitness.