



bp fitness program e-newsletter



Fitness is for everyone, everywhere!

January 2025

Hello 2025

New Year and all the hopes and dreams that go along with it. We are excited for all the fitness, fun, learning and friendship on tap this coming year. See our updates and upcoming activities below!

- We had 475 fill out our Member Satisfaction Survey!
- Goal Fit going on now.
- Holiday Fit Fest Weigh outs
- Rodeo Run 2025
- New Group Fitness Schedule
- Set up a Personal Training Session
- 2024 100 Club will be posted soon in the fitness centers.
- [Join us on Viva Engage](#)

More information and details below!

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

Goal Fit

Kick Off 2025 with a Clear Vision!

Starting **January 2nd**, if you participated in **Holiday Fit Fest**, swing by the fitness center to weigh out and celebrate your progress!

Then, it's time to set your sights on the new year. Write down your **2025 fitness goal** and choose someone to help keep you accountable. We'd love for you to pick **us** to help you stay on track and crush those goals!

Can't stop by? No problem! Use this link to submit your goal virtually: [2025 Fitness Goal](#)

Let's make it SMART:

- ✓ **Specific:** Be clear and detailed. Instead of "I want to get fit," try "I want to run a 5K."
- ✓ **Measurable:** How will you track your progress? For example, "I want to lose 10 pounds" or "I'll add 20 push-ups to my workout."
- ✓ **Achievable:** Set a goal you can realistically reach.
- ✓ **Relevant:** Make sure your goal aligns with your priorities and lifestyle.
- ✓ **Time-bound:** Give yourself a deadline. For example, "I'll complete this by June."

We can't wait to help you make 2025 your healthiest year yet. Let's do this together! 🤝



Rodeo Run 2025 – sign-up now!

Howdy runners!

Register with Team “bp fitness” for the 2025 Rodeo Run/Walk!

Date: Saturday, March 1st at 9:35am (5K start) and 9:10am (10K start).

Sleep-in options available as well.

Register now under “[bp fitness](#)” !

All who register by Sun, Feb 23rd will be able to pick up their race packet(s) at WL1 the week of the race.

Early bird registration ends Jan. 20 at 11:59PM

Deadline to register for team bp fitness: February 23rd.



Don't wait too long. Last year the event sold out 3 weeks early.

Participants can still register online at rodeohouston.com/rodeorun until 7pm on Friday, Feb 28th or until race is sold out. You will be responsible for picking up your packet after the team assigned deadline (Feb 23rd).

All proceeds go to a worthy cause and support the Houston Livestock Show and Rodeo, supporting the youth of Texas through scholarships and educational support.

- You will receive the official Rodeo Run dry wick shirt in your race packet.
- **We will be giving “Team bp” dry wick shirts for all participants to wear at the event.**
- Join our **Strava group** “bp fitness Rodeo Run” to participate in our virtual training program.
- Fitness members can also get our VOLT training app--5K strength program to help get you race day ready!
- The opportunity to earn [wellbeing points](#): 75 points for 5K, and 125 points for 10K. (Note: This applies only to benefits enrolled bp employees, spouses, domestic partners and/or retirees.)
- We will have a bp fitness booth downtown on race day for the team to meet before the start!

Contact [Martina Ramirez Silva](#) or visit the [Rodeo Run](#) website for FAQ.



Start Fresh with Group Fitness!

The new year is the perfect time to refocus and prioritize your well-being. Our Q1 Group Fitness Schedule is designed to fit seamlessly into your workday, with convenient options for every part of your day:

Here's what's new and convenient for you:

- **Hybrid sessions:** Join live-streamed classes in real-time, no matter where you are.
- **Early morning classes:** Energize your day before work.
- **Midday sessions:** Take a productive break to recharge.
- **After-work options:** Undo the stress of the workday with fun, inspiring music-driven sessions.
- **30-minute sessions:** Short but impactful, perfect for quick workouts.
- **45-minute classes:** For a more immersive full body workout experience.
- **10-minute virtual sessions:** Stay active wherever you are

Take the first step today! Connect with Edie to set up an appointment and create a personalized plan to crush your 2025 fitness goals. Click below to see what's in store for 2025:

2025 Q1 Schedule Jan 6th – March 7th

[WL1 Schedule](#)

[Helios Schedule](#)

[Get to know the bp Group Fitness Instructors](#)

[Learn more about the Director of Group Fitness, Edie Garcia-Gutierrez](#)

Need calendar reminder? Join our [Group Fitness Distribution List!](#)

Ask questions and engage with us on [Yammer - bp Group Fitness](#)

Would you like to tailor a private class for your team? Connect with [Edie Garcia-Gutierrez, Director of Group Fitness](#) .

Weigh Out – Between January 2nd and January 17th, stop by to weigh out and see how you did with maintaining or even losing weight over the holiday season.

Turn In Workouts – Be sure to submit any Darbee or staff workouts you completed over the holiday break to earn your final points!

Thank you again for making this program a success. We loved seeing your dedication and energy throughout the season, and we can't wait to see you crush your goals in the new year!

Terry Hershey parkrun

[What is Terry Hershey parkrun?](#)

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer, or spectate – it's up to you!

When is it?

Every Saturday at 8:00am.

Where is it?

The event takes place at Terry Hershey Park, west of Eldridge Pkwy, Houston, TX, nearest zip code 77079-8419. See [Course page](#) for more details.

What does it cost to join in?

Nothing - it's free! but please [register](#) before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode ([request a reminder](#)). If you forget it, [you won't get a time](#).

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!

- [4 Awesome January Challenges to Get You Back to the Gym](#)
- [January Health Challenge: 31 Inspiring Wellness Goals for a Healthy Year | The Healthy @Reader's Digest](#)
- [Burnout in Athletes | NATA](#)
- [Natural Weight Loss or "Ozempic Face": Demystifying A Social Media Phenomenon - JDDonline - Journal of Drugs in Dermatology](#)
- [How to Start Exercising: A beginner Guide to Workout](#)
- [9 Tips to Track Your Protein Intake](#)
- [Walking vs. Running: Which is Better for Your Health?](#)
- [How to Figure Out What You Want in Life | Psychology Today](#)
- [Jet-lag: how to adjust your sleep schedule for travel](#)
- [Flexibility Is a Key to Longevity. Here's How to Improve Yours, According to Experts | GQ](#)
- [Tips for Your First-Time Group Fitness Class | Wilfred R. Cameron Wellness Center](#)
- [Benefits of Dancing: Why You Should Try Dance Workouts | livestrong](#)

- [How to Train Hard and Stay Injury-Free - 24Life](#)
- [New Research Determines that Movement Is the Key to Longevity](#)

*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....

"365 new days. 365 new opportunities."

bpfitnesscenter.net
Creating a culture of fitness.