



bp fitness program e-newsletter



Creating a culture of fitness!

March 2025

The seasons will be changing soon, and Spring will be here! The bp fitness center is rolling right along with programs to support fitness, fun and resilience! Have a look below!

- Wednesday Westlake Wellness Walks begin
- March Matness*
- Cardio Mania continues*
- Group fitness in March*
- Basketball Bracket Challenge*
- Corporate Track Meet sign-up
- Soccer Tournament Sign-up
- Waste Warrior 5K is coming*
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

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

Wednesday Westlake Wellness Walks

Beginning March 5th.

Step into your midweek refresh! Join us at the **WL1 Plant Wall** for Wednesday Westlake Wellness Walks.

For a fun, energizing 30-minute stroll, we meet at **12 PM sharp**—perfect for boosting your fitness, soaking up nature, and sharing good vibes with great company. Lace up your sneakers and treat yourself to a re-charging break that leaves you smiling and ready to conquer the rest of your day!

Walk at your own pace.

[Want to boost your mental health? Take a walk](#)

Group Fitness in March

2025 March MATness Challenge & More

March is here, and with it comes a fresh opportunity to challenge ourselves, embrace movement, and build resilience - both physically and mentally. Just as bp continues to evolve, this month's March MATness Challenge is all about staying grounded, flexible, and strong through mindful movement.

Special Programming – Save the Dates!

We have an exciting lineup of special event this month and there's something for everyone.

- **March 3rd - 28th (self-paced) - [March MATness Challenge](#)** - A fun Pilates challenge that can be completed anywhere! Complete the full challenge and earn your prize!

- **Tuesday March 4th 12:00pm - Brazilian Carnaval - Samba Dance Lessons at WL1 Lobby.** Learn the beautiful rhythms from Brazil. No registration required.
- **Wednesdays 12:05pm at WL1 in March: Zumba returns!** Have fun, feel the music and join the **45-min Zumba** party at **WL1 Studio A**. No registration required.
- **May 22nd 11:30am - 2:30pm - Yogapalooza in the WL1 Lobby** - In celebration of Mental Health Awareness Month and World Meditation Day. Shop well-being vendors, take part in mindful activities and soothe yourself in sound.



Energia and Early Careers at bp Present

bp in Brazil

TUESDAY, MARCH 4TH

10 AM - 11 AM CST (1 PM - 2 PM Brasilia) | Virtual & In Person WL 1.130 & 1.140



Andres Guevara
President of bp Brazil and bp bioenergy

Learn about Andres's career and the future of bp in Brazil, with a spotlight on bp bioenergy!

Join us afterwards for a

Brazilian Carnival Celebration

12 -1 PM Westlake Lobby
with Samba Dancing and Brazilian Snacks





Raising leadership capabilities within bp's Latin community





Spotlight on Well-being

This month, we're focusing on how movement supports adaptability, stress management, and overall well-being. Keep an eye out for tips, challenges, and opportunities to keep your wellness journey going strong. Stay engaged, stay strong, and let's make March a month of movement and resilience! Stay connected with our news through our [viva engage group](#). Are you a spouse or retiree? You can also check out the full schedule of offerings on our webpage: [Group Fitness - bpfitnesscenter.net](http://bpfitnesscenter.net)

Yogapalooza returns in 2025!

Mark your calendars for Yogapalooza our annual mind-body event scheduled for May 22nd, 2025. Yogapalooza is meant to bring awareness to mental health and learn ways to seek help, find support for others, and practice self-care. This event promises to be a full day with wellbeing vendors, activities and informational sessions that will provide information and tools for self-care in the workplace. Stay tuned for more details on how you can join us.



Are you a BRG group **interested in sparking engagement in your meeting or event?** Partner with bp Group Fitness for your next on campus event or meeting. We'll help energize your group by incorporating physical activity that's fun for all levels. Connect through your in-person meeting on the Houston campus or virtually through Teams - the opportunities are endless!

- Yoga/Breathwork/Meditation
- Stretch/Mobility
- Core/Pilates
- Dance Breaks & Lessons
- Boot Camps/Agility/Strength Training
- Spin Classes

...and many more specialties!



Cardio Mania continues

Cardio Mania - a combination of our Cardio Trek and Cycle Mania programs!

This 6-week journey runs till March 30th. There is still time to sign-up and participate.

Why Cardio is important:

Engaging in regular cardiovascular exercise not only strengthens your heart and lungs but also releases endorphins, boosting your mood and energy levels. Additionally, it can improve your sleep quality, leaving you feeling more refreshed and ready to tackle the day. Moreover, cardio workouts can enhance your immune system, making you less susceptible to illnesses.

Whether you're a beginner or just looking for an extra challenge, this program is designed for you! Challenge yourself each week by trying different activities or improving your time, distance, or the number of activities.

We are using the Strava app to track all cardio activities by using the weekly leaderboards to determine the number of activities, distance, and time but also the variety of activities-- cardio, strength, HIIT, and Yoga classes!



Each week will have a different theme:

Weeks 1 & 4 – Tracking Time (Recognize for most overall time in a week)

Weeks 2 & 5 – Tracking Distance (Recognize for overall longest distance in miles in a week)

Weeks 3 & 6 – Tracking Activities (Most Activities Recorded i.e., yoga, strength training, HIIT in a week)

Week 3 has started with tracking the number of activities and then we will repeat with Time, Distance, and Activities again during weeks 3, 4 and 6.

Special Events:

- Training tools such as the [Volt App](#) to supplement your cardio workouts.
- Articles and Darbee Workouts!
- If you missed the FAQ Session which helped with an introduction and how to navigate using the Strava app then check out the video on the [Cardio Mania webpage](#).

How to Join:

Join the Strava group [bpfcc Cardio Club](#). Post and track your activities. Make sure to sign up and record each workout for them to count each week. Email bpfitness1@bp.com with questions.

Prizes:

Top prizes for overall time, longest distance, and most activities recorded at the end of challenge!
Weekly giveaways for the Top 20 on the leaderboard during weeks 1, 2 and 3!

Spring Soccer Tournament Sign-up

Get ready for some exciting action!

The annual spring Petroleum Games soccer tournament is kicking off this April. This thrilling event will feature a group stage, followed by intense knockout rounds, all leading up to the grand championship match for the coveted Petroleum Games Cup.

Matches will take place during lunchtime, making it the perfect way to break up your workday with some fun and competition. Volunteer team captains will draft teams from the pool of registered players, ensuring a mix of skills and camaraderie.

Whether you're a seasoned player or just looking to have some fun, everyone is welcome to join. Don't miss out on the chance to be part of this exciting tournament!
Register now using the [link provided](#). Hurry, registration closes on March 14th.



Corporate Cup Track Team

bp Fitness annually participates in the HCAA Corporate Cup Relays in Houston. We need runners, jumpers, and throwers of all fitness levels who are interested in being part of the team! This one-day event takes place on **Saturday, May 3rd at HISD's Barnett Sports Complex.**

Events include:

- Sprints- 100m, 200m and or 400m
- Mid distance- 400m, 800m, 1200m
- Long distance- 1mile +
- Weight events: Javelin, shotput & discus
- Field events: Long jump, high jump

Track practices are held every Wednesday at 4:45pm at Spring Forrest Middle School, 14240 Memorial Dr, Houston, TX 77079



Email Natalie.Woodham@bp.com if you're interested in competing this year and your preferred events/distances so we can strategize!

March Madness Bracket

🏀 March Madness Bracket Challenge - Are You In? 🏀

It's that time of year again - March Madness is here! While we won't be doing the full competition out at energy park this time, we're keeping the best part: the Bracket Challenge! Whether you're a basketball expert or just love the thrill of guessing, this is your chance to test your luck and see if you can predict the champion.

- ✓ **Selection Sunday:** March 16th- teams will be announced!
- ✓ **Brackets Available:** Monday, March 17th at both fitness centers and on social media
- ✓ **Submission Deadline:** You only have 3 days to fill out and hand in your bracket!

No experience? No problem! March Madness is all about the unexpected - so grab a bracket, make your picks, and join the fun. Will you have the perfect bracket, or will your underdog pick go all the way? Let's find out!

Waste Warrior 5K – April 22nd

Participate in the Global Sustainability Network's Waste Warrior 5K event hosted by the bp Fitness Center!

Run or walk the 5k route and collect waste along the way to help the environment, your local community and yourself.

Tuesday, April 22nd 11:30am at Energy Park.

[Sign-up here.](#)

Participants will receive:

- Giveaways!
- Healthy snacks
- 75 wellbeing points



The month of April signifies: Wildlife Week, Arbor Day, Earth Day, and World Health Day. See you there!

100 Club for 2025

Remember, **if you get a new badge—you need to stop by one of the fitness center desks** to have it updated in our system --so you can keep logging in.

Be sure to always scan in with your badge when visiting the fitness centers—so **you** can be part of the 100 Club in 2025. When you scan—your name, picture and a green check mark should display on the screen.

Thrive with US

March is National Nutrition Month 🍎

Come join us onsite at the WL1 Lobby for our nutrition booth, in collaboration with the Cafe! 🥗

Wednesday, March 26th | 11 AM – 1 PM 🕒

BONUS POINTS: Complete Your FIRST WebMD Health Coaching Session by **March 31st!** 🎉

Having a coach in your corner can make all the difference. Our coaches can help you make progress on your health journey. Whether you want to lose weight, sleep better, or get some help managing stress, your coach can give you support and guidance.

Need a coach right away? 📞 Call 1-888-343-9862

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:

- [Resilience Test / Quiz | Psychology Today](#)
- [Resilience 101: How to Be a More Resilient Person | Psychology Today](#)
- [3 Explosive Exercises to Make You a Better Basketball Player](#)
- [4 Benefits of Intra-Workout Supplements on Performance | Muscle & Strength](#)
- [18 Ways Your Daytime Activities May Be Messing Up Your Sleep](#)
- [Is Running Bad for Your Knees?](#)
- [Pilates Mat Exercises: The Traditional Order](#)
- [Mat Pilates Sequence for Men](#)
- [Brain Health Breakthroughs | This Group Activity Strengthens Memory](#)
- [What Do You Like About the Way You Look? | Psychology Today](#)
- [How to overcome lack of motivation and create an exercise routine | AP News](#)
- [Can You Balance Your Hormones with Food?](#)
- [Navigating Change at bp](#)
- [How to look after your mental health using exercise | Mental Health Foundation](#)
- [How exercise leads to sharper thinking and a healthier brain - Anchorage Daily News](#)
- [Declining senses can impact mental health and loneliness in aging adults - UChicago Medicine](#)

*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....

"Where there is no struggle, there is no strength."

-Oprah Winfrey

bpfitnesscenter.net
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