

# Member Spotlight-Retiree



Meet **Cynthia Crooks**, a longtime champion of fitness and wellness in the BP community!

## A Career Rooted in Problem Solving and Precision

Cynthia Crooks dedicated **22 years** to BP as a system administrator on the High-Performance Computing (HPC) team. Her role involved managing complex systems and delivering reliable support to ensure top performance. Behind the scenes, she was also quietly working on another system. Her own body by staying active and strong through the BP Fitness Center.

## Fitness for a Black Belt

Cynthia's fitness journey with BP began while she was training for her **karate black belt**. She needed to increase her physical stamina and strength, and the fitness center became her go-to resource. "**I was working toward a black belt and needed help to prepare physically,**" she recalls. That was just the beginning of a lifelong commitment to movement and health.

## Staying Strong in Retirement

After retirement, Cynthia knew she didn't want to slow down. "I've watched people my age wither away due to inactivity," she says. "I didn't want that to happen to me." By staying active, she's maintained her independence and energy. "So far, I can still physically do whatever I want to."

## **Fitness That Fits Her Life**

Cynthia enjoys simple, consistent movement - especially walking. “Walking is my favorite workout. I love exploring new routes.” She also lifts weights three times a week with custom at-home workouts designed by BP trainer Lauren Dufrene, and she regularly uses the elliptical trainer at the gym.

## **Fun, Community, and Pumpkins**

When it comes to fitness highlights, Cynthia’s favorites include participating in BP’s Holiday Fit Fest and a particularly memorable Fun Run with a friend. But perhaps her most unique achievement? Still being able to help unload an 18-wheeler full of pumpkins for her church’s annual pumpkin patch. Her strength is not just preserved: it’s purposeful.

## **Wisdom From the Journey**

Cynthia’s biggest advice? **“Don’t wait. Start now.”** She encourages current BP employees to use the trainers and resources available to build a safe, sustainable fitness routine.

**“Take small steps and build up.”** She also credits exercise for her mental and emotional well-being, helping her feel calm and balanced.

## **Life Still in Motion**

These days, Cynthia enjoys volunteering at her church, reading, and even taking guitar lessons to keep her mind active. Her dedication to wellness is inspiring, and people often tell her they can’t quite figure out her age. “They see the wrinkles but are surprised by my strength and energy.”

## **Still Growing, Still Glowing**

Cynthia’s story is a testament to the **power of consistency, mindset, and community.**

With her biggest supporter, her husband Ron by her side, she continues to prove that **age is just a number**, and strength is a lifelong pursuit.

**Thank you, Cynthia, for being a shining example of strength and consistency. Your dedication to staying active, from your karate training days to your current walking routines and strength workouts, exemplifies the spirit of lifelong fitness. We’re honored to have been a part of your fitness journey and look forward to supporting you in the years to come.**