



bp fitness program e-newsletter



Creating a culture of fitness!

September 2025

Fall is almost here. Bp fitness has lined up great programs for your fitness, mental and social wellbeing. Many are opportunities to make a difference in our community as well. Some are geared so you can take part virtually. All will help you be your best self for the holiday season.

- Balance Challenge*
- New Group Fitness Session begins*
- Digital Wellness Quiz – everyone should take this
- Soccer Tournament
- Bocce Ball Tournament
- Pickleball Tournament
- Corporate 5K
- Ride for ALS
- [Join us on Viva Engage](#)

More information and details below!

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

Balance Challenge

2025 Balance Challenge

It's time to put your balance to the test! From **September 15th-28th**, join us for the BOSU Balance Challenge.

In the Fitness Center, you'll try two stability exercises:

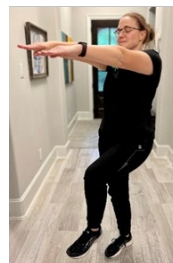
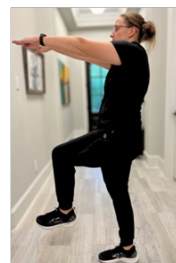
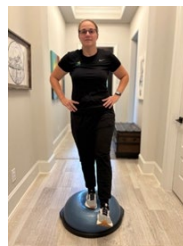
1. **BOSU Single-Leg Hold:** Stand on one leg in the center of the BOSU ball with hands on hips. Hold steady, keeping a slight bend in the standing knee with other in front.
2. **BOSU Bird Dog:** Start on hands and knees on the BOSU ball. Extend one arm forward and the opposite leg back, keeping your core tight and hips steady.

Who can hold the longest? Come find out!

We'll also be testing your balance on our **Zibrio Board** at the beginning of the challenge to see how you score.

Prefer virtual? Try the challenge at home:

(Click link to put metrics in: [Virtual Balance Challenge](#))



1. **Single-Leg 90° Hold (arms straight out, eyes open)**: Stand upright with feet hip distance apart. Focus your eyes on a focal point on the wall or floor in front of you. Lift one of the legs at 90 degrees in front of you and keep your foot flexed. Extend the arms and place them at shoulder height.
2. **Single-Leg 90° Hold (arms straight out, eyes closed)**: Same stance as level one, but with eyes closed. Remember to be close to a wall or chair to prevent fall.

Want more chances to win? Complete both in-person and virtual challenges!

Also Remember- turn in your **practice sheets** at the start of the challenge to get your name entered into the **raffle prize drawing**. You can still pick up your practice sheets in the Fitness Center or download them below.

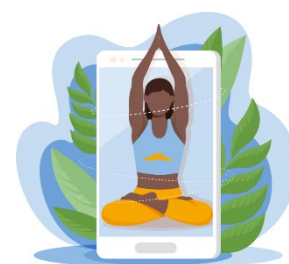
- ✓ [Bosu Practice Flyer.pdf](#)
- ✓ [Virtual Practice Flyer.pdf](#)

Digital Wellness Survey and Report

Digital Wellness: Thriving in a Tech-Driven World

Digital Wellness is all about feeling your best while using technology—not drained by it.

Ask yourself: *Does my tech use reflect my values and goals?* When used with intention, technology can boost your health and happiness. But endless scrolling and unfocused screen time can fuel anxiety and even raise the risk of depression. Balance isn't optional—it's essential.



The first step? Awareness. [Take the quick Digital Wellness Institute quiz and get your personalized report.](#)

Discover how technology impacts 8 key areas of your life—and learn how to put more **intention** into **your attention**.

Group Fitness in September



September Group Fitness: Celebrating Movement & Culture

September brings a fresh start and a powerful opportunity to celebrate **movement, wellness, and cultural connection**. This month, we're spotlighting national health observances and launching a special collaboration with **bp Energia** in honor of **Hispanic Heritage Month**.

September Health & Movement Observances

September is packed with wellness themes that align beautifully with our mission in Group Fitness:

- **Healthy Aging Month** – promoting active lifestyles for all ages
- **Self-Care Awareness Month** – reminding us that movement is a form of self-care.
- **National Recovery Month** – supporting mental health and healing through physical activity.
- **National Cholesterol Education Month** – highlighting heart-healthy movement choices.

Let's use these themes to inspire our classes, conversations, and community engagement.



IMPORTANT
Reminders

LAST WEEK OF CLASSES &
SUMMER SWEAT FEST CHALLENGE:
AUG 25TH - AUG 29TH
PRIZE DISTRIBUTION:
AUG 25TH - SEPT 5TH
LABOR DAY BREAK WEEK:
SEPT 1ST - SEPT 5TH
NEW QUARTER SCHEDULE:
SEPT 8TH - NOV 21ST
SURVEY SUBMISSION DEADLINE
WED AUG 27TH
DON'T FORGET! REPORT YOUR
CLASSES FOR WELLBEING POINTS

From **September 15 to October 15**, we're teaming up with **bp Energia** to celebrate Hispanic Heritage Month through movement and culture. Join us for special themed classes and events that honor Latinx traditions and rhythm.

Featured Events:

- **Latin Dance Classes in the Lobby and in our studios:**

Celebrate the joy of movement with a high-energy dance sessions inspired by Hispanic culture music, and traditions.

These events are open to all employees, retirees, and spouses. Stay tuned for registration links and class times!

Help Shape Our Group Fitness Experience – Win a Prize

bp Group Fitness is inviting you to share feedback on our group fitness programs (think group fitness classes and special programs like Yogapalooza). Complete the survey today and help us plan better experiences for everyone.

This will enter you in a raffle to win one of ten small prizes!

As a reminder, we break during this Labor Day week to create a new quarter of fun classes. Our final quarter schedule is in progress. Thank you for joining the group fitness team!

[!\[\]\(aa53ad6fea213b8b2226d3077e30533a_img.jpg\) Click here to take the survey](#)

Want to Collaborate?

If your BRG or team is planning an event and would like to include a movement break or themed class, we'd love to partner with you. Group Fitness offers:

- Sweatworking Socials
- Mindful Activities and Stretch breaks.
- Strength, Cycle & Agility Classes
...and more!



 Email Edie.Garcia-Gutierrez@bp.com to schedule your team builder.

Thrive Points Reminder

Earn **75 points** for every **10 group exercise classes** (onsite or virtual) you attend—up to **150 points** total.

Once completed, self-report via the **Thrive with US portal**:

- Go to **Points & Rewards**
- Click **Continue** under “Your Active Incentives for 2025/2026 Plan Year”
- Select **Social > Complete 10 Group Exercise Classes**
- Click **REPORT COMPLETION** and enter the date and type of classes you participated in.

Points available between July 1 – December 31

Bike to Work Seminar – September 17th

Skip the Traffic: Bike to Work!

Tired of staring at brake lights? Trade gridlock for **fresh air, exercise, and a smoother start to your day!** The Westlake Campus is surrounded by **bike-friendly routes**, and with **bp fitness lockers and showers**, biking to work has never been easier (especially with the fall weather rolling in 🍁).


Fall Bike to Work Lunch & Learn

Come get the inside scoop on:

- The best bike routes to campus
- Facility perks that make commuting easier
- Tips from experienced bike-to-work pros

No bike? No problem! Stop by anyway — you’ll see just how easy (and fun) it can be to start.

Snacks and cycling giveaways for attendees.

 **In-Person:** Bring your lunch to WL 1 1.102

 **Wednesday, Sept 17 | 11:30 AM – 12:30 PM**

 [**On Teams**](#)

Fall Soccer Tournament

Get ready to lace up your boots—our **Fall Soccer Tournament** is back and better than ever!

 **Tournament Starts Monday, September 29** and runs through **October**

Game Days: Mondays, Wednesdays, and Fridays at lunchtime
Location: BP Energy Park (Fitness Center Field)

Who Can Play:

BP fitness center members. Teams will be drafted from the pool of registered players.

Format & Rules:

- 7 v 7 format (6 field + 1 goalkeeper)
- 2x15-minute halves (20 minutes for semis/finals)
- Shin guards required—no exceptions
- Turf or flat shoes only (no cleats)

Why Join?

- Great competition
- Team camaraderie
- A chance to win the championship title
- And most importantly fun and fitness!

Ready to Play?

Click below to register and secure your spot: [Registration](#)

Registration closes September 12th. Let's make this fall unforgettable. See you on the pitch!



Houston Corporate 5K - October 21 – 25

It's that time of year again and we are getting geared up for the 9th running of the Houston Corporate 5K, AND the 9th year of bp's participation, supporting the Memorial Park Conservancy Program. This is a walk/run event that encourages participating at your own pace 😊

Signups have started and can be found at: [CHORD ENERGY HOUSTON CORPORATE 5K Online Registration](#)

I hope you're able to join us again this year and we'll be able to meet up with some of you on one of the days.

Here are a couple particulars:

1. The deadline to register is **October 10th, at 11:59pm**
2. The event will take place **October 21-25** from 4:00-7:30p (start times between 4-6:30p) and includes complimentary refreshments, food from local vendors, games, live entertainment, and of course, a **free St. Arnold's beer** 😊
3. Every participant will get a shirt or tank top and a bag with some local coupons and giveaways.
4. The current signup rate is **\$50/person**.

For more information contact stephen.salazar@bp.com

Fall Bocce Tournament returns this October!

[Register your team today!](#)

Registration ends September 21st

Join our [Bocce Ball Polling Page](#) - Meet at the bocce ball court during lunch to brush up on your bocce skills!! Bocce Balls can be checked out inside Helios Fitness Center.

[Contact stephen.salazar@bp.com](mailto:stephen.salazar@bp.com) for more details.



Pickleball Tournament

🎉 Fall Pickleball Tournament Coming Soon! 🍷

Get ready to serve, smash, and rally your way through an epic showdown this fall! Whether you're a pickleball pro or just in it for the thrills, this tournament is your chance to shine.

[Join our pickleball chat group!](#)

Come out and play Monday and Wednesday evenings 4-6pm at Energy Park.

Energy Park schedule

Contact Stephen.Salazar@bp.com for details.



Volleyball Tournament and 5K for National Breast Cancer Foundation

🏐 Step it Pink 5K + 🏐 Spike it Pink! – coming this October! 🍁

bp Fitness Center is once again teaming up with the **National Breast Cancer Foundation** to raise money for breast cancer awareness month. Show your support by participating in our upcoming **5K Walk/Run** and **Volleyball event**.

📅 Mark your calendar:

🏐 Step it Pink 5K: October 2nd @ Energy Park, 7:00AM & 11:30AM start times

🏐 Spike it Pink: October 30th @ Energy Park, 10:00AM – 2:00PM.

More info coming this month – stay tuned...

ALS Ride

Ride to Defeat ALS – March 21, 2026 | Wimberley, TX

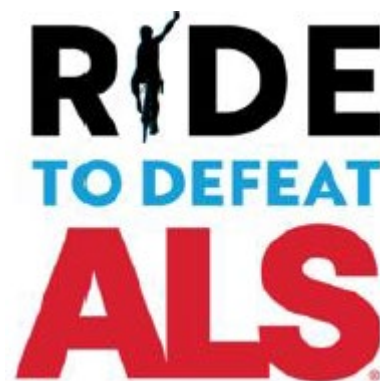
Attention cyclists, join the **Ride to Defeat ALS**, a cycling event to support research, patient services, and advocacy in the fight against ALS.

With **routes from 10 to 60 miles**, the ride welcomes cyclists of all levels. Whether you ride, volunteer, or donate, your participation helps make ALS a livable disease until we cure it.

👉 ALS.org/RideToDefeatALS

Early registration discounts available. Fundraising minimum: \$180.

Contact: trisha.ward@als.org



Century Club Check In – Are you more than 2/3 to 100 Visits?

Always remember to scan in when you use the fitness centers so you can make it to the 2025 Century Club (those with 100 or more visits).

To check your own fitness center visits:

- login into Flex: <https://flex.plusone.com>

- Select the facility you use.
- Scroll to the bottom of the page to select your date range --and run your report.

If you forgot your Flex password—just let a staff member know—we'll reset for you.

Don't forget—if you get a new badge—we need to update it in Flex so you can scan-in.

Thrive with US

September is Better Breakfast Month – the perfect time to revamp your morning routine! 😊 Start your day with a balanced mix of **protein, fiber, healthy fats, and hydration** to fuel your energy and focus.

👉 **Your guide to Better Breakfast Month** – from recipes to classes, [Wellbeats](#) helps you eat well and feel great, every day! 📱

📅 **Join WebMD and the Café in the WL1 Lobby on September 10 from 11:30 AM – 12:30 PM** to learn more and grab some breakfast inspiration!

🌟 **Earn 125 wellbeing points** – complete the [Staying Healthy on the Go](#) E-Learning course and discover practical tips for staying active and eating well, even with a busy schedule.

Gym Rules & Etiquette Reminder:

- All members must scan in at front desk computers when using the facility.
- Pick up after yourselves. **Use the towel drop bins and trash cans.**
- Put your weights and equipment back where they belong.
- **Avoid dropping/dumping heavy weights** and excessive grunting.
- Check with a Fitness Staff member about locating your missing item in the lost and found.
- The **Fitness Center is not responsible for any lost or missing items.**

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:

- [Nutritional psychiatry: Your brain on food - Harvard Health](#)
- [The 15 Best Exercises to Manage ADHD Symptoms](#)
- [If You Think You're "Not Flexible," Try These 7 Moves to Loosen Up](#)
- [Introduction to CARs: 6 Daily Exercises to Improve Total-Body Mobility](#)
- [5 Common Myths About Core Strength Debunked by a Physical Therapist](#)
- [6 Steps to Improve Youth Mental Health | Psychology Today](#)
- [5 Powers of Vulnerability - Leadership Freak](#)
- [14 Tips To Maximize Muscle Recovery](#)
- [12 Tips for Better Sleep Hygiene](#)
- [Exercise: 7 benefits of regular physical activity](#)
- [The Mental Health Benefits of Exercise](#)
- [Self Care September | Action for Happiness](#)
- [Hispanic Heritage Month | National Museum of the American Latino](#)
- [Exercise and mental health | Better Health Channel](#)

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

Until Next Month ...

"A champion is simply someone who did not give up when they wanted to."

- Tom Landry

bpfitnesscenter.net

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