



bp fitness program e-newsletter



Creating a culture of fitness!

October 2025

Fall is here. So is World Mental Health Day on October 10th. Be on the lookout for programs around bp this month highlighting Mental Health.

Friendship and social connection are vital for mental health, reducing the risk of depression and anxiety while improving self-esteem and resilience.

The bp fitness program is loaded this month with opportunities to strengthen friendships and social connection. We offer our Soccer, Pickleball, Bocce Ball and Volleyball Tournaments as well as our Group Fitness classes and 5Ks. We also give back by supporting the National Breast Cancer Foundation with Step it Pink and Spike it Pink. Join in and connect for your own health—or someone else's.

Check out what we have going on:

- Spike it Pink
- Garage Bridge Construction
- Member Spotlight
- 10 Days of Mindfulness*
- Corporate 5K – supporting Memorial Park
- Ride for ALS
- [Join us on Viva Engage](#)

More information and details below!

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

2025 Member Satisfaction Survey

We really want your feedback to help us make the bp fitness program better in 2026!

Please take a few minutes to fill out or [bp fitness 2025 Member Satisfaction Survey](#).

As always, we will share survey results with you in our next newsletter. Survey feedback is also shared with bp leadership.

Our goal is to get 500 responses!

[Let us know you filled out the survey](#) and we will put you into a **prize drawing**.

Volleyball Tournament for National Breast Cancer Foundation

This October, we're turning up the energy and the pink! bp Fitness Center is once again teaming up with National Breast Cancer Foundation to raise money for Breast Cancer Awareness Month.

Join us at Energy Park for Spike It Pink Volleyball October 30th 10:00AM – 2:00PM.

Open to all bp employees & contractors – 100% of the donations go towards the NBCF. Their mission is to provide help for women and inspire hope to those affected by breast cancer through early detection, education, and support services.

[Click Here to Register](#) – Make your \$25 donation. All active participants will receive a t-shirt for making a \$25 donation to the NBCF.



Event Details:

- Receive t-shirt with \$25 donation
- Health Information booths
- Prizes for top fundraising & best dressed teams
- Refreshments and giveaways available at the event
- And More!!!

Volunteers are needed! Contact Stephen.Salazar@bp.com for details and more information.

Group Fitness in October

OCTOBER GROUP FITNESS MENTAL WELLBEING THROUGH MOVEMENT



October is a powerful time to reflect on the connection between mental health and physical activity, especially as we recognize World Mental Health Day on October 10. This month, our Group Fitness programming focuses on how movement supports emotional balance, stress relief, and mental clarity.

Whether it's a calming breathwork session, a mindful yoga flow, or an energizing cycle or HIIT class, every moment of movement is a step toward better mental wellbeing.

10 Days of Mindfulness Challenge

October 10–20

Join bp Fitness in celebrating World Mental Health Day with a 10-day self-care challenge. Each day features a theme such as stretch breaks, breathwork, and nature walks to rejuvenate your mind and body.

Choose from:

- Self-paced activities
- In-person classes
- Virtual options
- On-demand sessions via Wellbeats

Complete 10 activities to earn a chance to win a self-care package!

📌 [Click this link register](#)

📅 Group Fitness Schedule

View our current quarterly schedule here:

👉 [Download Q4 Schedule PDF](#)

🤝 Collaborate with Group Fitness

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.

📖 Good Reads: Mental Wellbeing & Movement

Explore how physical activity supports mental health in these curated articles:

[Breathwork Meditation: Benefits, Exercises, and Tips](#)

[HIIT for Mental Health: Boosting Mood and Emotional Health](#)

[How simply moving benefits your mental health - Harvard Health](#)

Garage Bridge Project

Project Notice: South Bridge Maintenance

When: Starting October 6th

Where: WL1 ****South Parking Garage - South Bridge/Walkway, All Levels

The OurWorkplace team is performing regularly scheduled maintenance on the WL1 South Parking Garage bridges starting with the South Bridges and Walkway starting October 6th through December. During this time, **the south bridges and walkways will be barricaded and inaccessible.** Please utilize the center or north bridges/walkways to gain access to the building from the garage. Thank you for your understanding as we work to maintain and improve our workplace environment.

Member Spotlight

Let's get to know our BP Fitness community! This quarter we're featuring two incredible members, one current employee and one retiree.

First up, meet **Carlos ChinFong**, a dedicated early-morning athlete, marathon runner, and part of the BP Subsea Supply Chain Team. His story is full of energy, humor, and inspiration.

Read Carlos's story here: [Carlos ChinFong.pdf](#)

Next, meet retiree **Mary Gaw**, who has made fitness an important part of her life and continues to inspire others with her dedication and positivity.

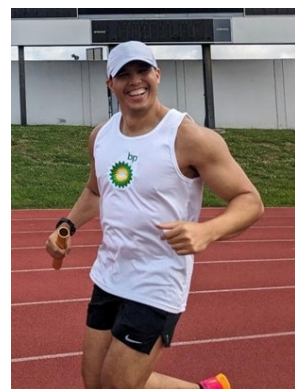
Read Mary's story here: [Mary Gaw.pdf](#)

Together, Carlos and Mary remind us that no matter where we are on our journey, whether working full-time or enjoying retirement, fitness can be a lifelong source of motivation and connection.

If you're interested in being featured next year, whether you're a current employee or retiree, we'd love to hear from you.

Fill out the spotlight forms below and share your story with us!

- [Member Spotlight - Current Employee](#)
- [Member Spotlight - Retiree](#)



Your story could be the motivation someone else needs to start or continue their fitness journey!

Pumpkin Hummus Demo and Fuel Good Initiative

Join us for a quick and delicious **pumpkin hummus demo** this upcoming Wellness Wednesday! Learn how to make this seasonal twist on a classic dip and enjoy **free samples** while they last, while discovering a simple, nutrient-packed snack you can recreate at home.

When:

Wednesday, October 8th
Starting at 2:00 PM

RSVP Here: <https://forms.office.com/e/NQiXZqvhdK>

Fuel Good

We're bringing our **Fuel Good initiative** to life with a series of pop-ups featuring complimentary samples of our better-for-you meals. Each dish is designed with balanced nutrition, bold flavors, and wellness in mind — giving you a delicious way to fuel your day.

Upcoming Dates:

Westlake 1

- Tuesday, October 7 | 11:00 AM – 12:30 PM
- Wednesday, October 15 | 11:00 AM – 12:30 PM
- Tuesday, October 21 | 11:00 AM – 12:30 PM

Helios

- Thursday, October 9 | 11:00 AM – 12:30 PM



- Tuesday, October 14 | 11:00 AM – 12:30 PM
- Wednesday, October 22 | 11:00 AM – 12:30 PM
- Tuesday, October 28 | 11:00 AM- 12:30 PM

Stop by, taste the Fuel Good difference, and learn how these meals support your health and energy throughout the day!

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

ALS Ride

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

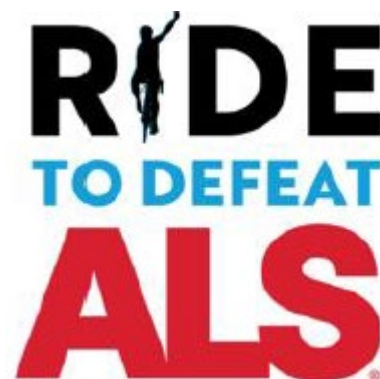
Attention cyclists, join the **Ride to Defeat ALS**, a cycling event to support research, patient services, and advocacy in the fight against ALS.

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 3/4 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.

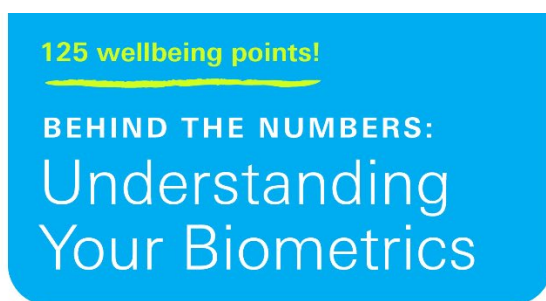
Thrive with US

Q4 Wellbeing Class: Behind the Numbers – Understanding Your Biometrics

October 14 – 29 | Live Class Series | 125 points

Your biometric numbers—blood pressure, cholesterol, glucose, and BMI—are key indicators of your health. Join us to learn what these numbers mean, why they matter, and practical steps you can take to improve or maintain them on your MVP journey.

 [Register now!](#)



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:

- [Desk Yoga: 5 Poses to Relieve Back Pain](#)
- [Doomscrolling Is Quietly Rewiring Your Brain – Here's How to Break the Habit for Good](#)
- [How to Reduce Brain Inflammation: 4 Actions You Can Take Today - Dr. Michael Ruscio, DC](#)
- [What High Emotional Intelligence Looks Like - TalentSmartEQ - Emotional Intelligence Company](#)
- [The science of friendship](#)
- [The Quiet Power of Empathic Listening « Mental Health First Aid](#)
- [Breathwork Meditation: Benefits, Exercises, and Tips](#)
- [HIIT for Mental Health: Boosting Mood and Emotional](#)
- [How simply moving benefits your mental health - Harvard Health](#)
- [Tylenol is Safe to Take During Pregnancy](#)
- [Confidently Buy the Best Supplements for Your Health](#)

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

Until Next Month ...

"Exercise not only changes your body, it changes your mind, your attitude and your mood."
- unknown

bpfitnesscenter.net

Creating a culture of fitness.