



bp fitness program e-newsletter



Creating a culture of fitness!

November 2025

The Holiday Season is well underway. Health, happiness, and connection with others is the best recipe for all. Bp fitness is focused on bringing all three of those to you, plus, opportunities to help others and nurture the environment. You can join us from anywhere!

Here are some of the things we have planned for November:

- Holiday Fit Fest*
- Gobble Wobble 5K – partnering with Child Advocates
- Treats for Troops
- Holiday Group Fitness Classes and pop-ups*
- Be on the lookout for adjusted fitness operating hours as the holidays approach.
- [Join us on Viva Engage](#)

More information and details below!

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

Holiday Fit Fest – Tis the Season to Slay

Join us for our Holiday Fit Fest for the perfect accountability partner throughout the holiday season. Visit the Fitness Center to weigh-in or participate in our fitness Bingo!

This program has options and opportunities for everyone to exercise, eat right, socially connect and help others. Participate at your own level and pace.

Join for a chance to get a t-shirt or enter our prize raffle!

Weigh-In Challenge: ❄️

Maintain or lose weight during the holidays to earn your HFF T-shirt. Weigh-In between Nov. 10th- 21st and Weigh-Out from Jan 1st-16th to see your progress. We understand it is the holidays, and we will allow the +2 lbs gain to still be able to receive the T-shirt. Weigh-Ins will also be with shoes off both onsite and virtually!

Click on the link to submit weight virtually (beginning Nov 10)-- [Virtual Weigh-In Forms Link](#).

Holiday Bingo: ❄️

The elves have been working hard putting together a fun game of Bingo. Earn a Bingo or try to Black Out the whole card by checking off the boxes when participating in various fitness and wellbeing activities. The bingo cards are different for virtual members compared to the onsite bingo card.

The Bingo cards and everything you need are available online, [Virtual Participants Can Do Everything!](#)

Go to [Holiday Fit Fest - bpfitnesscenter.net](http://bpfitnesscenter.net) to download workouts and check out all the instructions. Let's Slay this Holiday Season and earn the T-shirt, get in the raffle for the prizes, and have a fitter, festive season!

Treats for Troops

This is an annual candy drive we participate in to send some treats and good vibes to our men and women serving in the armed forces. We appreciate them.

Treats for Troops is also a wonderful way to get leftover Halloween Candy out of the house and away from your mouth.

Stop down to the bp fitness centers or the WL1 and Helios lobbies this week with your leftover candy. Boxes are set up there for collection.

Let the troops know we are thinking of them and the tough the job they do for all of us.



Gobble Wobble 5K

Join us for our annual Thanksgiving 5K walk/run.

The Gobble Wobble 5K
Thursday November 20th
7am and 11:30am
Energy Park

[Sign-up here](#)

This 5K supports Child Advocates holiday wish list program. Here is your chance to help by bringing a gift for a child.



Child Advocates mobilizes court appointed volunteers to break the vicious cycle of child abuse. They speak up for abused children who are lost in the system and guide them into safe environments where they can thrive.

Fun Holiday treats and prizes for participants will be available at the 5K's. See you there!

Group Fitness in November

November Group Fitness Newsletter

As the year winds down and the holidays approach, we invite you to pause, reflect, and move with intention. November is a time to celebrate the power of gratitude—not just in words, but through action, connection, and care for our bodies and minds.

Whether you're joining us for a bellydance session, torching calories before the turkey, or simply taking a mindful stretch break, we're grateful for your presence in our community.

Let's move through this season together—with joy, resilience, and a little rhythm.



Schedule Reminders

Last regular class: Friday, November 21

Break Week: No classes from Monday, November 24 to Friday, November 28

Classes resume Monday December 1st

Stay tuned for 15 Days of Fitness & Joy in December!

Pop-Up Classes This Month

Bellydance Choreography Session

Monday, November 10 | 4:30–6:00 PM | WL1 Studio A

Shimmy into the season with a special belly dance choreography session. No experience needed—just bring your joy and curiosity! [Register Here](#)

Turkey Torcher Workout

Tuesday, November 18 | 11:15 AM | Energy Park

Torch calories before the feast! Join us outdoors for a fun, high-energy group workout to kick off Thanksgiving week. [Register Here](#)

🧠 10 Days of Mindfulness Challenge Wrap-Up

We wrapped up our 10 Days of Mindfulness Challenge with 84 participants and 19 prize winners!

This initiative was created to encourage mental wellbeing and self-care during a time of transition and reflection, aligning with World Mental Health Day.

Participants explored breathwork, journaling, movement, and gratitude practices to build resilience and calm.

🧑‍🤝‍🧑 *“Friday Yoga with Cindy was the perfect blend of movement and mindfulness—it helped me relax from the week.”*

🧘‍♀️ *“Breathing exercises made me more relaxed and aware of my surroundings.”*

👨‍👩‍👧 *“Spending quality time with family reminded me how great it feels to be present.”*

🧠 *“The webinar helped me understand how meditation physically changes the brain—it made it stick for me.”*

🌸 *“I want to use Headspace on a more regular basis. I plan on tracking my sessions, however small, so I don't lose sight of it. I also want to track my other mindfulness practices to help me with awareness of what I am doing for myself.”*

💡 *“It doesn't take much time to be mindful—you can even combine it with a walk or a call to someone you love.”*

Thank you for showing up for yourselves and each other.

💻 Stay Connected

[GroupX Class Schedule](#)

[Yammer: bp Group Fitness](#)

[Virtual Membership Info](#)

[Private Class Inquiry](#)

🤝 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.

📖 Articles to Inspire Your Season

1. [Being Physically Active Can Help You Manage Holiday Stress – MSU Extension](#)

Learn how movement helps reduce cortisol, boost endorphins, and improve sleep—making it a powerful tool for navigating seasonal stress.

2. [5 Ways to Develop Gratitude Through Volunteering Actions – NewsBytes](#)

Discover how volunteering—like community clean-ups or helping at shelters—can deepen your gratitude and improve mental wellbeing.

3. [Dancing and the Brain | Harvard Medical School](#)

Dance activates memory, boosts neuroplasticity, and sharpens focus—making it a joyful way to support brain health.

WL1 Main Entrance Renovation

Exciting Updates for WL1: The Main Entrance Renovation has begun!

The Top South Bridge and ground level walkway (near the Fitness Center) reopened on Monday, November 3, just in time for the Main Entrance Renovation project:

The OurWorkplace team is working to enhance our Westlake One Main Lobby Front Entrance and Garage Entrance Doors starting Monday, November 3 through the end of the year for an even better visitor and employee experience.

What this means for you:

- Access to the main entrance and first floor garage will be temporarily closed.
- To enter the building from the ground floor, please use the café entrances located at: Back patio entrance and the pond view patio entrance.
- Directional signage will be posted to assist visitors and guide everyone to the alternate entrances (see map below).
- Construction crews will occasionally produce temporary loud noises during select low volume days and times during this project.

Thank you for your patience during this improvement project. We apologize for any inconvenience this may cause.

Spike it Pink Wrap-up

What an incredible month of Pinktober! The **Step It Pink 5K & Spike It Pink Volleyball Fundraiser** was a beautiful reminder of what we can accomplish when we come together with purpose, heart, and team spirit.

Together, we rallied and raised over **\$9200** for a cause that touches so many lives through the **National Breast Cancer Foundation**. Your generosity, sense of community, and compassion made this more than just a fundraiser — it was a celebration of community, hope, and strength.

To our **incredible volunteers** — your time, energy, and enthusiasm made everything run smoothly. From setting up and taking down, helping with crossing guard, coordinating participants at check-in, refereeing matches, to line judging and keeping score, your efforts allowed everyone to enjoy the day to the fullest. We couldn't have done it without you.

To our **generous vendors** — thank you for sharing your time, resources, and expertise. Your presence added so much value to the day, and we're grateful for the support from **501 Urban Market, Premise Health, WebMD, Methodist Hospital, and Bloom Energy.**

And to all our **supporters and participants** — thank you for showing up, donating, walking/running, playing, cheering, and embracing the spirit of community. Your presence brought energy, joy, and purpose to each event. You reminded us that when we come together, we can make a real difference — not just by raising funds, but by building a culture of care and connection.



bp fitness Retiree Membership

Are you retiring from bp? Good news! As a bp retiree you have access to the bp fitness center at both Helios and WL1 -- your spouse does too.

Scan the QR code and complete the forms sheet to start the retiree membership process. The information is sent to a secure third party to verify retiree eligibility. We will then be in contact with you to complete the process.

If you know of a former bp co-worker that is already retired, please feel free to send them the QR code. For any questions email bpfitness1@bp.com



Veteran's Day Celebration

The graphic for the Veteran's Day Celebration features a vertical American flag on the left side. Overlaid on the bottom of the flag is a metal dog tag with the words "THANK YOU VETERANS" inscribed on it. The background of the graphic is a solid dark blue. On the right side, the text "Join us in honoring bp Veterans this Veterans Day" is written in a small, white, sans-serif font. Below this, the words "VETERANS DAY CELEBRATION" are written in large, bold, white, sans-serif capital letters. To the right of "VETERANS DAY", the date and time "Thursday, November 6th 1:30pm to 2:30pm" and the location "WL1 Lobby" are listed in a white, sans-serif font. At the bottom right, the logos for "bp Veterans", "bp Energía", and "bp Working Families" are displayed in white, with the "bp" logo in its signature multi-colored font.

Century Club Check In – Are you more than 4/5 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

🌟 **BONUS: Wellbeats – Reset with Wellness Program**

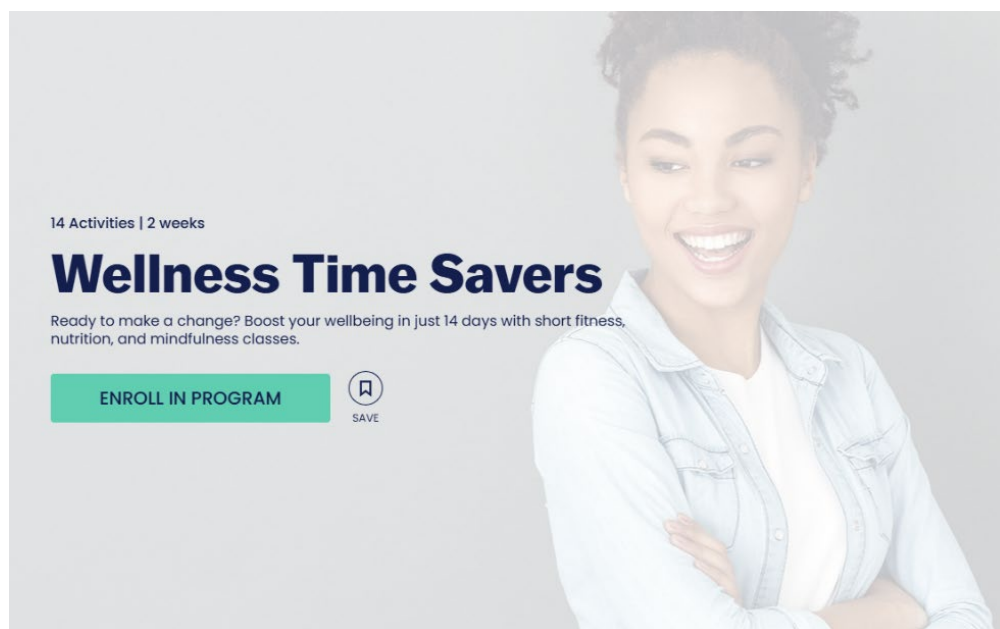
Earn 25 Points!

This month is all about *you*! Join the **14-day “Reset with Wellness” program**—perfect for when you need to hit the reset button and start fresh, even with limited time. Each day includes a quick workout, mindful activity, or nutrition tip—all in under 10 minutes—to help you build resilience in both mind and body.

👉 [Click here to access Wellbeats](#)

Discover how to personalize your Wellbeats journey and create lasting healthy habits that go beyond these two weeks.

Complete the “Reset with Wellness” program during November to earn 25 bonus points in the Thrive with US program!



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:

- [2 Signs Short-Videos Are Changing Your Brain | Psychology Today](#)
- [This is 'a neglected predictor of success and happiness' – it's chores](#)
- [The best kind of workout? One that trains both your body and brain](#)

- [10 Must-Know Fitness Tips of 2025—All Backed by Science](#)
- [How to Gain Muscle: Tips, Diet, and Workout Design](#)
- [13 Quick Ways to Banish Morning Fatigue](#)
- [Is 'Zone 2' Cardio the Best for Your Health?](#)
- [November Is for Saying “No” - Fitness & Wellness News](#)
- [The “Fresh Start” Fallacy](#)
- [Back Exercises in 15 Minutes](#)
- [Lifting Weights Can Help You Live Longer](#)
- [5 Things Dermatologists Want You to Know About Sun Exposure](#)
- [10-Minute Morning Yoga for a Full-Body Stretch \(No Standing Required!\)](#)
- [The Profound Power of a Simple Hello | Psychology Today](#)
- [Why We Sleep: Unlocking the Power of... book by Matthew Walker](#)
- [Read Your Own Mind: Success Habits You... book by Oz Pearlman](#)

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

Until Next Month ...

"Wear gratitude like a cloak and it will feed every corner of your life."

- Remi

bpfitnesscenter.net

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