

# Member Spotlight-Current Employee



## From Taiwan to Houston

**Yin-Kai Wang** grew up in Taiwan and moved to Houston in 2019. He joined bp in June 2024 and currently works as a geophysicist on the Imaging Technology team under Oil and Gas Technology. Since interning in summer 2023, Yin-Kai has made fitness part of his bp journey, becoming a consistent member of the BP Fitness Center for the past two and a half years.

## Fitness with a Powerful Purpose

Yin-Kai's biggest motivation to prioritize fitness came with becoming a father. **His goal is simple and meaningful: to stay strong, present, and able to keep up with his "little monster" without missing any important moments.** That purpose continues to drive his consistency and commitment.

## Learning, Lifting, and Growing Stronger

Personal training sessions have been a game changer for Yin-Kai. He values the real-time feedback on technique and form, which helps prevent injury while building confidence in the gym. These sessions also introduce new exercises, keeping workouts fresh and engaging. His favorite exercises are compound movements like bench press and squats, which build full-body strength and efficiency.

## **A Reset for Body and Mind**

Working out at the BP Fitness Center has helped Yin-Kai manage stress both mentally and physically. He often trains during lunch, treating his workout as a halftime break for his brain. Even a 30-minute session of stretching or cardio on the rowing machine helps clear his head, restore balance, and boost focus for the rest of the workday.

## **Challenges, Community, and Progress**

Yin-Kai has participated in many BP fitness challenges, including Show of Strength, Show of Fitness, Murph Challenge, 5Ks, Million Meters in May, and Holiday Fit Fest. His favorite is Show of Strength, which allows him to track progress and challenge himself while drawing motivation from seeing others push their limits. **One of his proudest accomplishments so far is simply building a consistent workout routine and getting back into the gym after the holidays.**

## **Balance, Advice, and Looking Ahead**

Balancing fitness, work, and family is still a work in progress, but Yin-Kai has learned to adjust when needed, especially to protect time with his family. **His advice to coworkers who feel hesitant about starting is honest and encouraging to “Start Small”. A short walk, light cardio, or stretching session is a win. He also encourages everyone to reach out to the fitness staff for guidance and support.**

His current fitness goals include hitting a 315-lb one-rep max on bench press and an 800-lb leg press for five reps. Along the way, he relies on tools like Strava and Fitbit to track progress and **remembers his favorite advice: “Listen to your body. Focus on details, not just the numbers.”**

## **Thank You, Yin-Kai**

Thank you, Yin-Kai, for sharing your story and reminding us that fitness doesn't have to be perfect to be powerful. Your consistency and focus on family are an inspiration to our entire BP Fitness community.