



bp fitness program e-newsletter



Creating a culture of fitness!

February 2026

Hello Heart Health Month!

Valentine's Day and fitness combine with exercise you and your heart are going to LOVE! Fitness is essential for sustainable performance! This month we have programming and services focused on your health, happiness, focus and purpose!

Check it out:

- Welcome back Quinn!
- Group Fitness Classes! *
- Million Meters in March – Island Adventure! *
- Member spotlight – Ben and Yin-Kai
- February Fitness Plan*
- Walking the Camino – presentation*
- Thrive with US
- [Join us on Viva Engage](#)

More information and details below!

*Are virtual programs you can participate in from anywhere!

Welcome back Quinn!

After a few years of training independently and taking time with her little one, Quinn is excited to be returning to the bp fitness program as an Exercise Specialist. She comes back to us with 12 years of experience in the fitness industry in a variety of roles, including: sports performance coaching, group exercise, personal training, and gym ownership. She loves to teach gym newcomers about weight training and help women gain confidence while strength training.

When she's not training, she loves to spend quality time with her family or reading the next new romantasy book.



Email her at quinn.sandoval@bp.com to inquire about training together!

Group Fitness in February

Group Fitness – February 2026 | Lift for Longevity + Sustainable Performance

This month we connect **Lift for Longevity** with our workplace theme of **Sustainable Performance**—because the way we train is the way we sustain. In strength training, controlled resistance creates micro-adaptations that make us stronger; the same cycle—**challenge → recovery → rebuild**—helps us protect energy, focus, and build resilience at work. Show up consistently, pace your effort, and let the trend—not a single day—tell the story of progress. Join us in the **Group Fitness Studio** to put this rhythm into practice: **push, pull, lift, and recover**—building durable capacity for both now and the future.



2026 Schedule: January 5th – March 6th

Download our full schedule in pdf [HERE](#) with links to the calendar series for each session and visit our website for live class links: <http://bpfitnesscenter.net/groupfitness.shtml>

💃 Volunteer Line Dancing Team for GO Texan - Day February 25! 🌵

We're bringing the *party* to GO Texan Day—and we'd love you to join us as a volunteer in our Line Dancing Performance Team! No experience needed—just enthusiasm, a willingness to learn, and your best Texas spirit.

- 🕺 Practice Schedule
- 📅 Wednesdays
- ⌚ 4:30 PM
- 📍 Helios

Come learn the choreography, connect with colleagues, and help us create an unforgettable performance. Don't forget to pick out your favorite western-themed outfit for the big day! [Register to be a volunteer performer!](#)

Check out last year's fun: [HERE](#)

Take a Snack Break....for your Body!

We often think of snack breaks as something we eat for a quick energy boost—but what if we gave our bodies a *movement* snack instead?

Short bursts of "exercise snacks" are proven to boost circulation, improve focus, and help manage stress throughout the day. That's exactly what our [10-Minute Stretch Breaks](#) are for. Join us from home or from your desk for a 10-minute stretch & move break every Tuesday and Thursday via Teams - your body and brain will thank you.



Resistance Training for Life Presentation

Click below to view a short, practical video that breaks down simple strength-building movements anyone can incorporate. It emphasizes safe technique and the long-term benefits of maintaining muscular strength--supporting overall healthy aging. It's an easy way to start learning how to build a stronger foundation for everyday to live a long healthy lifestyle.

Resistance Training for Life



Team Builder Opportunities

Shared movement builds trust, boosts morale, strengthens collaboration, and supports sustainable performance by creating healthier, more energized teams.

If your department is interested in scheduling a wellness team builder, reach out—we'd love to create something meaningful for your group. Email: Edie.Garcia-Gutierrez@bp.com

Stay Connected

Group Fitness Webpage: <http://bpfitnesscenter.net/groupfitness.shtml>

Viva Engage: [bp Group Fitness](#)

Virtual Membership Info: <http://bpfitnesscenter.net/bp-virtual-membership.shtml>

Private Class Inquiry: edie.garcia-gutierrez@bp.com

Million Meters in March – Island Adventure

Get ready to row a little earlier this year!

[Million Meters in March](#) is almost here! Our goal is to get to 5 million+ meters and over 300 total participants during the month of March! The **Helios and WL1 Fitness Center will have everyone rowing to determine who can put up the most meters!** [Virtual Strava option](#) available for US employees not on campus.

Rowing is a fantastic form of cardiovascular exercise which can also improve strength and muscle tone.

We are going on an Island Adventure this year! Participants will row their outrigger canoes from island to island by accumulating meters on the rowing machine! Islands will be posted on the walls of the fitness centers. Members have the option to choose their own personalized outrigger game piece—and move it from island to island as they accumulate meters. It will take 40,000 meters to make it to the final island and earn a tropical MMM shirt!

Also included:

- **Cool t-shirt** for those first 75 to reach 40,000 meters!
- Collect **souvenirs** at each Island you reach.
- **Competition!** Recognition for: weekly distance winners (person with the most meters that week), most meters in a single session, most days rowed, most cumulative meters (highest total) during the competition, winner of the sprint regatta (fastest rower)!
- **Updates!** We will have a leader board posted in the Fitness Center for you to post your numbers and track the action. We will also have a [webpage](#) with regular updates!
- **Recognition for outstanding performance!**

Sign-up and tracking will be easy. Great exercise, fun, competition, and prizes—this year's MMM should not be missed. **It all starts March 1st!**

Million Meters in March



Island Adventure

Top 7 Great Rowing Machine Benefits

February Fitness Plan

❤ Heart Health Month at bp Fitness ❤

Enter the doors of bp Fitness where strong hearts are made.

A huge thank you to everyone who took the time to fill out their 2026 fitness goals. We're excited to keep you accountable and support you every step of the way as you work toward achieving them this year.

We hope the Monthly Fitness Plan has kickstarted your fitness journey! And if you haven't started yet. No worries, it's not too late. **Stop by the fitness center to pick up the February Fitness Plan, and don't forget to turn in your January Fitness Plan to receive credit.** Remember: it doesn't matter how much you complete, just do what you can. Every effort counts.

You can email your Jan. fitness plan to lauren.dufrene@bp.com. Download the February Fitness Plan here: [Feb. Fitness Plan .docx](#)

Looking for heart-healthy fuel? Be sure to check out the two heart-healthy recipes available on the counter in the fitness centers.

And don't miss our Super Bowl Prediction Challenge! Cast your vote in the fitness center for who you think will win: Seattle Seahawks or New England Patriots. If you pick the winning team, you'll be entered into a raffle for a chance to win!

So once again walk through the doors of BP Fitness, where motivation lives, accountability thrives, and strong hearts are made.

Member Spotlights: Meet Yin-Kai and Ben

Let's start off our 2026 Member Spotlights by getting to know two incredible members of our bp Fitness community.

First up, meet Yin-Kai Wang: a geophysicist, who shares how fitness helps him manage stress, stay strong for his family, and stay consistent through challenges.

Read Yin-Kai's story here: [Member Spotlight - Yin-Kai Wang.pdf](#)



Next, meet **Ben Winkelman**, a BP retiree, highlights how lifelong fitness has helped him stay active, travel, and fully enjoy retirement.



Read Ben's story here: [Member Spotlight - Ben Winkelman.pdf](#)

Interested in being featured in an upcoming quarterly spotlight? We'd love to get to know you. Please fill out the appropriate form using the links below.

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

Your story could be the motivation someone else needs to start or continue their fitness journey in 2026!

Rodeo Run 2026

Success! Team bp fitness has almost 600 members and is by far the biggest team at the 2026 Rodeo Run!

Team registration closed a long time ago—but you can still come downtown and support our bp team!

Run Date: Saturday, February 28th at 9:35am (5K start) and 9:10am (10K start).



Race packet pick-up will be on Thursday, February 26th in the WL1 lobby.

Walking the Camino: a guide to this iconic trail— presentation

Walking the Camino: a guide to this iconic trail. Thursday 26th February 11:30am. Join us in WL1 room 1.130 or [on Teams](#).

Thinking of walking the Camino de Santiago? From which route to select, where to stay and how much actual hiking to do: this talk is for you.

After completing the Camino in October from the Portugal direction, Peter Foster will share his enjoyment of this experience and offer guidance for those thinking of this or other long distance hiking challenges. Presented with lots of delightful scenes caught on camera.

Speaker profile:

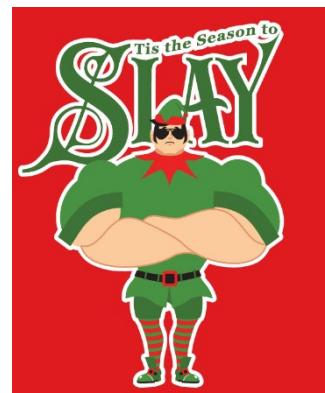
Pete Foster is a qualified swimming, triathlon and rowing coach and executive consultant. Aside from coaching athletes and executives, he is a competitive masters swimmer and adventure traveler.

HFF Wrap

Thank you to everyone who participated in our 2025 Holiday Fit Fest! We had an incredible turnout of over 425 members! 254 people weighed out and maintained or lost weight during the holidays. **Collectively there was a 98-pound loss.** Fantastic job everyone on maintaining and even losing weight over the holidays.

If you participated, please take a moment to complete our survey: [Holiday Fit Fest 2025 Survey – Fill out form](#)

Congratulations to our biggest losers Laura Mireles, Erik Suchak, Nitin Pathak, and Keri Petzold!



Always log in

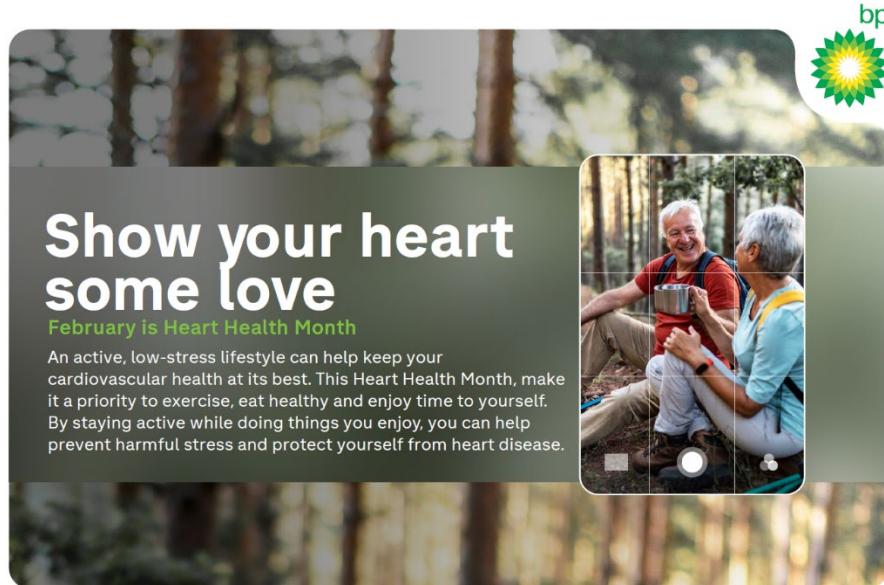
Always remember to **scan in** when you use the fitness centers so you can make it to the 2026 Century Club (those with 100 or more visits).

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

Thrive with US

💖 February is Heart Health Month! 💖

Show your heart some love this month! Take a moment to check your blood pressure and self-report it on your **Thrive with US portal** to earn **25 bonus points**.



bp fitness Etiquette

A few reminders and rules to help share our Fitness Center and locker rooms:

- Please only use one towel after your shower. It helps us save water and detergent.
- Please **bring a water bottle** with you. You can fill it in the Fitness Centers and help the environment by saving on paper cups.
- Please do not use shower stalls as dressing areas.
- Please do not spit in the showers.
- Please **do not use aerosol sprays** of any kind. They are prohibited on the bp Westlake Campus and can irritate or cause reactions in your fellow members.
- **Lockers are for gym session use only.** We simply do not have enough lockers for everyone to leave their bags during the day or overnight. Left bags and other items will be removed daily.
- Be secure. **Always lock your locker** and protect your belongings. The Fitness Center is not responsible for any lost or stolen items. Lock up especially during peak hours.
- Be sure you **remember your locker number and code.**
- Pick up after yourselves. **Use the towel drops and trash cans.**
- **Be safe** by watching out for open locker doors and trip and slip hazards.
- Minimize clutter - Sneakers, gym bags and laptops don't all deserve a spot on the bench.
- **Share equipment;** let others work in between your sets.
- **Use safety clamps/collars** on free weight bars.
- **Clean up after yourself.** Wipe down benches, machines, and mats after use. The Fitness Center has cleaning wipes located throughout the facilities—please use.
- Put your weights and equipment back where they belong.
- **Limit cell phone use** in the facility and please keep your voice down.
- Avoid dropping/dumping heavy weights and excessive grunting.
- Report broken equipment.
- Lost and found - if you are missing any shoes, pants, workout shirts, toiletries, bike helmets, gloves, etc., please 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.**

A little courtesy and cleanliness go a long way!

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:

- [Strength training might lengthen life - Harvard Health](#)
- [NW Corporate Wellness | Workplace Longevity: Building Corporate Wellness Programs for Vitality](#)
- [Escape Gym Groundhog Day: Why Your Training Needs Seasons | The Art of Manliness](#)
- [Can Coffee Boost Longevity? Here's What Science Says.](#)
- [Pause on Superfoods. Here are the Real Foods for Longevity.](#)
- [Exercise won't help you lose much fat. Changing this will | BBC Science Focus Magazine](#)
- [Three Anti-Inflammatory Supplements Can Really Fight Disease, according to the Strongest Science | Scientific American](#)
- [Why are scientists so intrigued by the food matrix? - BBC Food](#)
- [Creatine: How Does It Work, Is It Safe & When Should You Take It?](#)
- [Sprint Your Way to a Leaner Body: How Sprinting Can Transform Your Weight Loss Journey](#)

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

Until Next Month ...

"I followed my heart, and it led me to the bp fitness center."

- unknown

bpfitnesscenter.net
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