



bp fitness program e-newsletter



Creating a culture of fitness!

October 2026

October has crept up on us—but do not be spooked. Your friends in the bp fitness center can help ward off evil spirits with lots of fun Fall fitness activities. There is strength and protection in numbers—just in case the zombies come. Have a look at what we have planned:

- Cardio Mania*
- October Group Fitness*
- 10 Days of Mindfulness*
- Hyathlon
- October Fitness Plan*
- Zombie 5K*
- Boot Walk
- Biketober
- Thrive – Sleep Smarter
- Smart Path
- Don't forget to update your badge!
- [Join us on Viva Engage](#)

More information and details below!

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

Cardio Mania 2026 – Join us

Move More. Try More. Finish Strong.

There is still time to join and participate in [CardioMania 2026](#) before it wraps up on October 16th. If you are part of the group finish these last few weeks strong with logging in every activity.

Join our [bpfc Strava Cardio Club](#)

Finishing out this six-week fitness experience rewards movement, consistency, variety, community participation, and preparation for future fitness goals.

The rest of weeks will still focus on different aspects of cardiovascular fitness, helping participants build healthy habits while exploring new ways to stay active with time, distance, activities and consistency. A bonus event is also included that is aligned with the featured focus area. Stay active and continue to climb the leaderboard! There is still time to get into the top 10 with the participants on Strava being recognized on our website, on the whiteboards in the fitness centers, and on our weekly Viva Engage posts. Participants who placed in the top 25 on Strava at any point during the six-week challenge will be eligible to choose a prize from the **Prize Vault** at the end of the 6-week. The overall winner in each category will receive a Grand Prize.

Why Cardio is important:

Cardio exercise strengthens the heart and lungs, improves circulation, and helps the body use oxygen more efficiently. Regular cardio activities such as walking, jogging, cycling, swimming, or dancing can increase endurance, boost energy levels, and support overall physical fitness.

Beyond the physical benefits, cardio exercise can have a positive impact on mental health. It helps reduce stress, improve mood, and increase feelings of well-being by releasing endorphins, often referred to as the body's "feel-good" hormones. Incorporating regular cardio into a fitness routine can lead to better health, greater longevity, and an improved quality of life.

Whether you're a beginner, stuck in a fitness rut or a seasoned exerciser, **Cardio Mania** offers a fun opportunity to improve cardiovascular fitness, stay accountable, and develop lasting healthy habits even after Cardio Mania ends. 🏃 🚴 ❤️

Our main tracking system is the Strava app (free version to use), participants will track their workouts, engage in weekly challenges, and connect with other members of the bp fitness community. If you are not part of the Strava bpfc Cardio Club, then click on the link and request to join.

[bpfc Strava Cardio Club](#)

Questions email bpfitness1@bp.com



Hyathlon is coming

Our next big challenge is coming up **Thursday, October 15th** in Energy Park!

The Hyathlon Circuit is designed to test endurance, strength, and determination through a series of functional fitness stations and cardio-based activities. Participants will complete the challenge individually and at their own pace, making it accessible to a wide range of fitness levels. If you are familiar with **Hyrox**, this is the inspiration for our event!

If you're interested in signing up and giving this challenge a try, you can [sign up here!](#)

The stations include (in order):

1. SkiErg (1000 meters)
2. Sled Push (50 meters)
3. Burpee Broad Jumps (50 meters)
4. Row (750 meters)



5. Lunges (50 meters)
6. Farmer Carry (100 meters)
7. Wall Balls

Participants run between every station following a designated path, completing 2 laps after every station (The distance of those laps is ~.5 miles)

Volunteers are needed. If you'd like to help us with this event contact [Quinn Sandoval](#) or [Stephen Salazar](#).

Group Fitness in October

October News: Wellbeing, Belonging, and Moving Together

October is all about wellbeing. With World Mental Health Day observed this month, we are focusing on the everyday practices and shared experiences that help us care for our minds, bodies, and one another. In Group Fitness, **Belonging Builds Health** is more than a theme—it reflects what happens when we move together, make space for connection, and create a community where people feel welcome to participate.

Our new Group Fitness schedule continues throughout October, the last full month of classes this year. Whether you join us in person, virtually, or through a special event, each session is an opportunity to move with purpose, reset during the workday, and connect with others.

October at a Glance

This month brings multiple ways to support your wellbeing through mindful pauses, cultural movement, outdoor practice, and social connection. Mark your calendar and invite a colleague to join you.

Featured dates:

- **October 5–16:** 10 Days of Mindfulness Challenge
- **October 8 at 4:30 PM:** Perreo y Tradición Reggaeton Choreography Class at Helios
- **Wednesday, October 14, 11:30 AM–1:00 PM:** Yoga in the Park, including yoga, meditation, and a 30-minute social
- **All month:** Our current Group Fitness schedule continues

When we move as a group, we gain more than a workout. Shared movement can create encouragement, accountability, conversation, and a sense that we are part of something. That connection supports our wellbeing and brings **Belonging Builds Health** to life.

Wellbeing Is Better Together

Group Fitness is intentionally programmed as a shared experience. The class itself matters, but so do the welcome before it begins, the encouragement exchanged during it, and the conversation that continues afterward. October's events create room for all three.

Come for the movement and stay for the connection. Bring a colleague, meet someone new, and experience how a group fitness setting can support both individual wellbeing and a stronger sense of community.

Explore the featured October opportunities below:

Sweatwork Padel Social: Watch the Recap

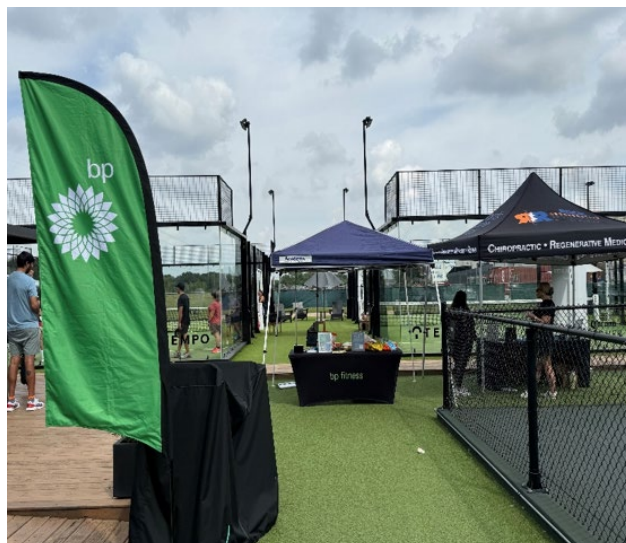


Our first outdoor Sweatwork Padel Social brought colleagues together for movement, learning, and time to connect beyond the workday. We will be sharing a video recap so you can revisit the highlights—or see what you missed.

[Padel ball video recap](#)

Group Fitness experiences can also support team connection. If your team is looking for an active team-builder, shared reset, or wellbeing experience, connect with us to explore options designed around movement, inclusion, and meaningful time together.

The experience was a reminder that movement can open the door to conversation, connection, and community—the same sense of belonging we work to cultivate in every Group Fitness experience.



10 Days of Mindfulness Challenge

Oct 5th – 16th

Pause. Breathe. Move. Connect.
Inspired by bp's 2026 Brain Wave wellbeing theme, this challenge explores how small daily habits can strengthen mental wellbeing, improve focus, build resilience, and support a healthier, more adaptable brain.



10 Days of Mindfulness: October 5–16

Our 10 Days of Mindfulness Challenge offers simple, approachable ways to pause, notice, breathe, and reset during real workdays. Each prompt is an invitation to practice awareness with curiosity rather than pressure.

As we recognize World Mental Health Day this month, the challenge reminds us that wellbeing can be supported through small intentional practices—and that taking care of ourselves can help us show up with greater presence for the communities around us.

Personal practice and shared support work together:
Belonging Builds Health.

Register here: [10 Days of Mindfulness Challenge: October 5–16 – Fill out form](#)

Closing Hispanic Heritage Month: Perreo y Tradición

Close out Hispanic Heritage Month with a Reggaeton choreography class that brings rhythm, culture, and community together through movement.

Perreo y Tradición: Reggaeton Choreography Class

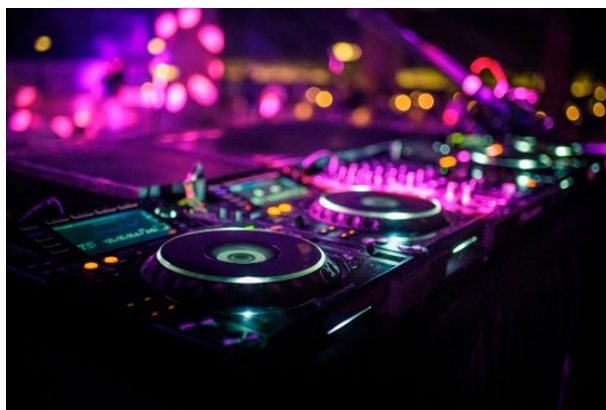
Thursday, October 8

4:30 PM

Helios Fitness Studio

Come ready to learn, move, and celebrate the cultural influence and evolution of Reggaeton in a welcoming group setting.

Register here: [Bailamos! Hispanic Heritage Month Dance Pop-Up Series – Fill out form](#)



Yoga in the Park: Move, Meditate, and Connect

Energy Park Pavilion
Wednesday, October 14
11:30 AM–1:00 PM

Join us for a special outdoor experience featuring yoga, meditation, and a 30-minute social. The extended format creates time not only to move and reset, but also to talk, connect, and enjoy community in a Group Fitness setting. Come for the full experience or the portion that fits your day. Register Here: [10 Days of Mindfulness: Yoga in the Park – Fill out form](#)

Yoga in the Park

This World Mental Health Day, Energia, Inclusia and bp Fitness invite you outdoors for mindful movement and gentle meditation, followed by light bites and good company. WebMD will be onsite to provide mental health resources and support. Surrounded by nature, it's a chance to pause, recharge and reconnect with yourself and your colleagues. Yoga mats and chairs are provided—just bring an open mind and a willingness to slow down and breathe.



Wednesday October 14
11:30 – 1:00 pm
Energy Park Pavilion
bp Inclusia
bp Energia



Stay Connected

Prefer a calendar invite? Join our [Group Fitness Distribution List](#).

Ask questions and engage with us on [Viva Engage](#).

For US and Canada employees, [become a Virtual bp Fitness Center Member](#) today.

Zombie Run 5K – October 29th

Kick Off Our Annual Fall Fun Run Series with the Zombie Walk/Run!

Get ready for a spooky, fun-filled event as we kick off the Fall Fun Run series with the Zombie Walk/Run on Thursday, October 29th at Energy Park! [Sign up here and join the fun](#)—let's get moving and show off those costumes this fall!

Two start times available: 7 AM & 11:30 AM.

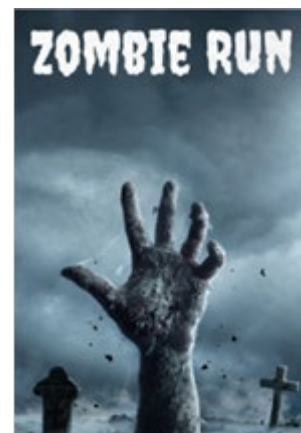
And don't forget—we encourage everyone to dress up in your favorite Halloween costume for some added fun!

Snacks and fun prizes at the event.

[Earn 75 Wellbeing Points.](#)

Extra treat! Bring your Halloween candy to donate to **Treats for Troops!** Drop off your donations at either of our fitness centers (Oct 29th – Nov 9th) or at Energy Park on the day of the event.

Can't make it in person? No problem! Join our Virtual Run from October 29th to November 1st and run anytime, anywhere! Simply track your progress on the **Strava App** and join our **bp Fitness Fall Runs group**.



For questions, reach out to [Stephen Salazar](#).

October Fitness Plan

This October, don't let your goals haunt you. Break through the barrier, find your balance, and escape!

While we didn't have a Balance Challenge this year, balance is still an important part of staying healthy and active. Good balance improves stability, coordination, and body control while helping reduce the risk of falling and injuries. It also helps you move with more confidence during everyday activities and exercise.

This month's **October Fitness Plan** puts a spooky twist on balance! Hold each Halloween-inspired pose (Ghost, Black Cat, Witch, Pumpkin, and Bat) on a single leg or stance for as long as you can. Then, flip the sheet over and complete the workout that corresponds with each character! **Download here:** [October Fitness Plan.pdf](#)
Come Get Your Balance Score!

Starting **October 5th**, stop by the gym and test your balance on the **Zibrio Balance Board!** It only takes about a minute, so come see how you score and whether you've improved since last year.

While you're here, pick up some soup recipes to warm up with this fall!

Don't forget to **turn in your September Fitness Plan!** And if you have any other monthly fitness plans you forgot to submit, bring those in too for credit.

Virtual members: Email your completed plans to lauren.dufrene@bp.com or Teams me a photo.
The only thing you should be escaping this October is what's holding you back from reaching your goals by the end of the year!



MD Anderson Boot Walk – join Team bp

[Join Team bp Saturday, Nov. 14, in the Texas Medical Center](#)

The Boot Walk to End Cancer® — a 1.2-mile walk at the Texas Medical Center. There's no registration fee, and 100% of funds raised directly advance UT MD Anderson's mission to end cancer by supporting patient programs, research, prevention and education.

Cancer is something that touches all of our lives. **We all know friends, loved ones –or even ourselves struggling with it. This is your chance to help us fight.**

As part of Team bp:

- You get a team bp shirt to wear the day of the event
- We will have a Team bp table at the event and team photo
- Family are welcome to sign-up

Boots are encouraged but not required. Entertainment and activities for all ages. Water and snacks will be provided as well.

[More event info can be found here.](#)

**BOOT
WALK**
to #EndCancer®

Blood Drive – October 13th and 14th

Donating blood saves lives.
Help us help others this Holiday Season!

Sign-up to donate!

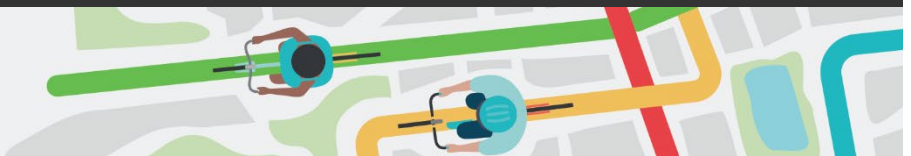
[Helios Plaza in room 1.430](#)
[Tuesday - October 13th 2026](#)
9am – 3pm

[WL1 in room 1.130 and 1.140](#)
[Wednesday - October 14th 2026](#)
9am – 3pm



Biketober

BIKETOBER



Biketober is Houston's unofficial bike month! The cooler weather (yes, **it is** going to cool off...) is a great time to dust off your saddle, pump up your tires and find a better way to get to your destinations and take advantage of [Biketober events](#) across Houston. Two events will start just down the street at the Container Art on Terry Hershey:

On Sunday, October 4th [BikeHouston](#)'s casual "First Sunday" social ride comes to the Energy Corridor. This slow-paced 16-mile ride will showcase some of the local destinations along Terry Hershey Park as well as a future connection to Spring Branch. Free and open to the public.

- No rider is left behind and it's finished no later than 11:00 am.
- On Friday, October 16th, ice cream will be the destination for the Energy Corridor Cycling Club's monthly Twilight Treats Ride. Meeting at 6:45 pm and rolling out at 7:00 pm, this fun social ride is appropriate for children of all ages. For this and other ECCC events, sign up on the [Facebook page](#).



Finally, you can help bp Houston climb the "Workplaces" leaderboard in the Biketober competition sponsored by the Houston-Galveston Area Council (HGAC). Just go to the [Love to Ride app](#) to sign up for free. Participation throughout October qualifies you for a number of prize drawings for November 5th.

Sleep Smarter



Sleep Smarter - Earn 125 Wellbeing Points 🌙

Struggling to get a good night's rest? Join our Q4 **Sleep Smarter** wellbeing class and discover simple habits to fall asleep faster, rest deeper, and wake up restored.

In this live webinar series running **October 13 – 30**, you will learn proven sleep hygiene routines, key nutrition choices for better sleep, and effective relaxation techniques to quiet your mind.

[!\[\]\(fa6f3af6bfa46c5d4a2d362681095beb_img.jpg\) Register Today](#)

Scan 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.

Invest In Yourself. Start with a Smart Path

Whether your goal is to lose weight, gain strength, build endurance, improve your health, or simply establish a healthier routine, having a plan makes all the difference.

The best place to start is with a **Smart Path** and a **Functional Movement Screen (FMS)**. Work with our Exercise Specialists to outline realistic and actionable goals. Get valuable insight on how well your body moves and identify opportunities to improve mobility, stability, and performance.

Your Smart Path and FMS results will provide the foundation for setting goals, tracking progress, and achieving lasting results.

Best of all—it is free to all members.

[!\[\]\(2b17f17ebbacc911bb0ff784ab641779_img.jpg\) Sign up today and start building your plan for a healthier, stronger you.](#)



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:

- [Your Brain on GLP-1s: What We're Learning About the Mental Side | Psychology Today](#)
- [Checking Your Phone Before the Gym Actually Makes You Weaker, New Research Shows](#)
- [Rise and Sweat! Morning Exercise Linked with Lower Cardiometabolic Risk - American College of Cardiology](#)
- [Why Grip Strength is So Important | Best Exercises and Stretches](#)
- [Activities to sharpen your eye-hand coordination - Harvard Health](#)
- [Neck workouts, cardio sessions and mental exercises – How to train like an F1 driver](#)
- [How Much Protein Do Endurance Athletes Need?](#)
- [As Hyrox's popularity soars, fitness-racing hybrid chases Olympic dream | Reuters](#)
- [Why Outdoor Cardio in Late Summer and Fall Is the Perfect Fitness Boost - IDEA Health & Fitness Association](#)
- [What causes bloating & gas | UT Physicians](#)
- [Group Exercise Membership Is Associated with Forms of Social Support, Exercise Identity, and Amount of Physical Activity](#)
- [Better Together: The Many Benefits of Walking with Friends — Harvard Health Publishing](#)
- [Social Wellness Toolkit: Get Active Together — National Institutes of 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 ...

"Fall is proof that change is beautiful"

— unknown

bpfitnesscenter.net

Creating a culture of fitness.

*Join us at the WL1 – Sheila Sharemet Fitness Center, Helios Fitness Center
or Energy Park – outdoor recreation facility*