



## bp fitness program e-newsletter



*Fitness is for everyone, everywhere!*

**March 2023**

### March Madness bp fitness style!

The bp fitness program is running in high gear this Spring with plenty of fitness fun and special events! Lots of opportunities to earn points and prizes! Doesn't matter if you are on-campus or participating virtually! You'll be getting in shape from wherever you are! Check out what is happening!

- Josh Thompson is the new bp fitness Account Manager
- Stephen Salazar is the new bp fitness Site Leader
- Volt 30 Day Challenge running through March.
- Group Fitness Pop-up Class with Taylor
- March Madness B-Ball Event
- Pride 5K
- Spring Soccer Tournament

More information and details below!

**Volt 30 Day Challenge beginning in March**

## Time to get started on strength training! Participate from anywhere!

Volt is our AI powered training app that generates a customized strength program for you. It is free to bp fitness members and is a great way to work out and get in shape. You can sign-up through your [FLEX](#) membership portal!

Download to your Smartphone and Volt takes you through each workout you do—like a personal trainer in your pocket. It will show you how to do your exercises, track your reps, weight, and make adjustments for the next workout—and keep the tempo of your exercise moving—so you get a great workout every time!



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**For the Challenge:** Beginning March 1st, you will follow your Volt workouts for days. Complete all workouts and you will:

- Earn a cool Volt t-shirt from the fitness center.
- Earn 75 Wellbeing Points
- Get in great shape!

[Sign up for the challenge by clicking here.](#)

Check out this [short video](#) on how to download Volt and get started—it is quick and easy.

If you have any questions—contact [stephen.salazar@bp.com](mailto:stephen.salazar@bp.com) or [eduardo.lopez@bp.com](mailto:eduardo.lopez@bp.com)

## Group Fitness

**Group Fitness Break Week is coming up March 13<sup>th</sup> – 17!**

This **Thursday March 2<sup>nd</sup> at Helios and Virtually** we will have a **Power Pump Pop Up class at 11:30am** with our **new Group Fitness Instructor, Taylor Samale!**

Taylor Samale specializes in Power Pump, Cycle, Pilates, Yoga, and Combined Conditioning classes.

Fun facts about Taylor are that she is originally from Cleveland, Ohio and is obsessed with The Office :)

**Check out our schedule @ [GroupX Classes - bpfitnesscenter.net](#) and follow us @ [Yammer - bp Group Fitness](#)**



*For US and Canada employees- [become a Virtual bp Fitness Center Member TODAY!](#)  
All bp fitness members are welcome to take part in classes in-person and online!*

## March Madness B-ball event

Hello basketball fans!

Are you ready for the biggest basketball event of the year? That is right, March Madness is almost here!

We have some exciting news for you.

bp fitness is hosting a March Madness event with not just one, but **three different contests** in which you can participate.

### **Bracket Contest**

We have a March Madness **bracket contest**. Come by **March 13<sup>th</sup>-17<sup>th</sup>** to fill out a copy in the gym. See if you can correctly predict the winners of each game in the tournament. As the games progress, you will get points for every winner you picked correctly. If your bracket ends up being the most accurate, you will win a grand prize!

### **Free Throw/3 Point Contest**

**Wednesday, March 29<sup>th</sup> at Energy Park, 11am – 1pm**

First up, we have a free throw shooting contest. Think you have what it takes to sink all 5 free throws in a row? Come and show us your skills!

Next, we have a 3-point contest. Do you have the precision and accuracy to hit all 5 spots at the 3-point line? Come and take your shot at being the best shooter on campus.



Email [lauren.dufrene@bp.com](mailto:lauren.dufrene@bp.com) for more information.

Bring your A-game for a chance to win some awesome prizes. We hope to see you there!

### **Pride 5K March 21st**

Join us for a Pride 5K fun run/walk on Tuesday, March 21<sup>st</sup> (rain date to be Thursday, March 23<sup>rd</sup>). This is in conjunction with National LGBT Health Awareness Week, which runs the week of March 20<sup>th</sup> through the 24<sup>th</sup> and is sponsored by the [National Coalition for LGBT Health](#).

This will be FUN. We will have music, giveaways, a raffle for all finishers, and FOOD. Additionally, all participants will receive [75 wellbeing points too!](#)

This run is open to anyone in bp and bpX, regardless of whether they are members of the Pride BRG. If anyone would **like to volunteer** for the event, please reach out to [Hannah Im](#).

Please [sign up here](#) by **March 9<sup>th</sup>** (to help us plan food).

### **Spring Soccer Tournament**

Calling all Soccer Players, for the annual **Petroleum Games Soccer tournament**. **Register now through March 17<sup>th</sup>**.

Players will be drafted into teams by volunteer captains. **Games will be played around lunchtime on Mondays and Wednesdays at Energy Park starting Monday, April 3<sup>rd</sup>**. After a round robin style group stage-- teams will advance to the knock-out rounds to determine the new Petroleum Games Champions.



**Must be a fitness center member to play.** Registration is open to bp employees, bp contractors, bp retirees, and BP spouses.

Contact [stephen.salazar@bp.com](mailto:stephen.salazar@bp.com) to become a member / register.

## Cardio Trek coming in April

Cardio Trek is back in April!

**Cardio Trek will start on Monday April 3<sup>rd</sup>.** It is a fantastic virtual and in-person challenge that allows you to participate anywhere!

Participants can have fun either walking, running or biking for activity. We will be using the free [Strava](#) app to track everyone's activity! Download to your smartphone and join the bpfc Cardio Club group once you are on Strava.

For any questions email [bpfitness1@bp.com](mailto:bpfitness1@bp.com)

We will be tracking activity frequency, distance, time and will **have a leader board on the Strava app as well as our website.**

We will be recognizing the top males and females in all categories—like Million Meters in May!

Best of all—you can do cardio activities anywhere and be part of the group with your friends and fellow members. Strava is easy to use, maps your routes for you to see and allows you to support and encourage fellow members! It's FUN!

This challenge will also help you **earn activity points**--and we will have a 75-point 5K at the end of the challenge!

There will be prizes as well.

We'll also provide regular updates and tips through Yammer, email and our website!

Get ready to sweat and have fun in April!



## Isometric-Challenge wrap-up

Congratulations and thank you to the 120 fitness members that took part in our February Isometric-Challenge! These individuals rocked it!

### Congrats to our Winners:

#### Males:

Flex Arm Hang: **Duc Duong 1:16.30**

Wall Sit: **Andrius Miksenas 8:12.50**

Plank: **Bernard McAfee 11:04.10**

Iron T Hold: **Bernard McAfee 2:21.10**

#### Females:

Flex Arm Hang: **Jing Giardina 1:42.00**

Wall Sit: **Jen-Jou Ko 6:12.30**

Plank: **Jen-Jou Ko 7:26.90**

Iron T Hold: **Jing Giardina 3:32.60**

**Also, Congrats to our Raffle Ticket Winner:  
Natalie Gutierrez**

Thank you all for being a part of the isometric challenge. You guys are the best, and I can't wait to see what you all achieve next!

**Rodeo Run Wrap-up**

We had a great turn out last weekend at the **Houston Rodeo Run!** There were 150 participants sign up for team bp fitness (largest social team)! Thank you to everyone for participating and showing your support.



Contact [stephen.salazar@bp.com](mailto:stephen.salazar@bp.com) for any questions regarding Wellbeing Points.

**Wellbeats is back**

If you have accessed your Wellbeats account through bp benefits—you can now log in on our Wellbeats kiosks in the group fitness rooms and participate in Wellbeats classes **on the big screen**. Cycling classes are especially great in our WL1 Cycling studio. Be sure to check it out. Wellbeats has great virtual fitness classes for everyone at every level of fitness!

**"Wellbeing @ bp" E-learning: 125 wellbeing points**

New! on-demand "Wellbeing @ bp" e-learning provides an overview of Thrive with US, the US bp wellbeing program for 2023. Learn about new and classic point earning opportunities, navigating the WebMD One portal and app, and bp benefits' resources. Following participation in the e-learning, self-report on your WebMD One portal via My Points > Health > Attend the Wellbeing @ bp class for 125 points.

<https://attendee.gotowebinar.com/register/4845682313077345111>

**bp fitness Virtual Membership**

Tell a bp friend or co-worker about becoming a [bp virtual fitness member!](#)  
Free to all US bp employees and contractors. Members have access to most of what you see in this newsletter:

- Live streaming classes
- Fitness incentive programs
- Running Clubs
- Volt Personal Training App
- Wellbeing point earning opportunities.

Contact [bpfitness1@bp.com](mailto:bpfitness1@bp.com) for questions about how to become a virtual bp fitness member or on-site member. Feel free to share this newsletter!

## 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!

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

- [4 Hip Flexor Stretches to Relieve Tightness](#)
- [35 Ways to Sneak More Protein into Your Diet to Build Muscle and Strength](#)
- [20 Healthy Benefits of Drinking Water \(simplyhealth.today\)](#)
- [How Can Exercise Affect Sleep? | Sleep Foundation](#)
- [Warren Buffett Says 1 Choice in Life Separates Those Who Thrive from Those Who Flop | Inc.com](#)
- [How Ditching Carbs Can Hurt You — Human Performance Blog · Volt Athletics](#)
- [Bulletproof Your Squat by Eliminating These 5 Errors — Human Performance Blog · Volt Athletics](#)
- [The Top Fitness Trends for 2023, As Predicted by Experts \(shape.com\)](#)
- [Food Trends for 2023 Include Wellness Drinks, Gut Health, Confusion Around New Labels and Terminology – Food Insight](#)
- [The Seven Most Common Ways Runners Get Injured and How to Avoid Them - Outside Online](#)
- [This Bodyweight Leg Exercise Will Destroy You - Bigger Stronger Leaner - Forums - T Nation \(t-nation.com\)](#)
- [Sleep Expert Reveals the Time of Day for The Perfect Nap | HuffPost UK Life \(huffingtonpost.co.uk\)](#)

## Until Next Month ...

**Until next month....**

*“You’ll never plough a field by turning it over in your mind.”*

*-Irish proverb*

[bpfitnesscenter.net](http://bpfitnesscenter.net)  
Creating a culture of fitness.