

Reyna Cabrera - BP Fitness Center February 2015 Member of the Month

Congratulations to our February Member of the Month Reyna Cabrera. Reyna is a longtime member who has inspired and encouraged many with her fitness, energy, competitiveness and love of having fun!

Reyna first joined the BP Fitness Centers because she loved the benefit of a fitness facility and training staff right here at work. It wasn't long before she was coming in five days a week! Currently, if she is not in the fitness center, she uses the WL1 locker room and runs at Terry Hershey Park. If she is on the road, she uses a hotel facility. Reyna is hooked on fitness!

Working out makes Reyna feel better about her health and therefore herself. "I have learned that a regular routine, whether intense or not, really does pay off. You do begin to see results if you are consistent. As a runner, I have decreased the mileage over the years and have slowed down my training pace. However, I have noticed that through the routines given to me by my trainer, I have gained strength in my legs and core that have allowed me to still race at a decent pace." Reyna's overall health goal is to use a healthy lifestyle to keep cholesterol levels down and strength training to keep her bones strong and not have to resort to medication.



Reyna appreciates the support she has received over the years from Sheila Sharemet and Josh Thompson. Currently her favorite class is Bill's Thursday morning cycling class and the Power Yoga class she has done in the past. As for her favorite piece of equipment: the ab wheel. "When I use the ab wheel, I feel like I am really working my abs!" Another benefit she loves about being a member of the BP Fitness Centers is all the new people she gets to meet!

Waking up early is her biggest daily challenge to getting her workout in before making it in to the office. "If I do not get my workout in prior to starting my work day, I find it very difficult to make it to the gym by closing time."

Outside the fitness center, Reyna loves to volunteer for BP events like the BP MS 150, Diversity and Inclusion and several others. She also recruits members for the annual USAA Corporate Track and Field event! Travel is another favorite!

When it comes to eating, one of the biggest changes Reyna has made is to be sure she has some protein for breakfast. Other things that have worked for her and she advises to others to do is to start small when first beginning an exercise program, then make exercise part of your daily routine. Eating healthy snacks during the day is also something she recommends. But, exercise goes hand in hand with her diet—"I have always said that I work out so I can eat! I am

always working to stay ahead of the ever rising scale! I now also concentrate on working out to stay fit.”

Reyna wraps up her workout philosophy as one of consistency and routine—“Go to the gym even if it’s only for 15 minutes! You will feel better in the end.” In addition to the many benefits she has mentioned above, she loves to feel more energetic when she reaches her desk because of her morning workout!

Congratulations Reyna! Thank you for being a great example of the health and fitness lifestyle for all of us!