

“Believe you can and you're halfway there.”
—Theodore Roosevelt

Raj Bose—Finding the Feel Good Factor

Setting goals matters—a lot.

You'd think for a guy who is an engineer, works for a Fortune Global 500 company, is a gifted photographer and musician, and a happy husband and father that would be enough. Hardly.

Raj Bose is a man who likes to set and achieve goals. Recently he threw one more on the pile—and after some very hard work, stands poised to reach another personal milestone.

Thanks to Raj's discipline and determination and the energetic and exceptional work of the BP Fitness Center staff, Raj is “gonna take a hike.” He's headed off to South America to participate in a humanitarian trek with a team of BP engineers. Then onto Torres del Paine National Park in Chile for more breath taking hikes among the mile high granite towers.

“Getting me in top shape for this trek was of crucial importance—it would make my trip a far more enjoyable experience,” Raj explained. “Once I signed up for the event in February, I started visiting the fitness center.” And 6 months later he is a “transformed man.”

BP Fitness Center staffers say they admire Raj for his “searing focus” and “delightful nature” all throughout his training efforts. “He just a very enjoyable person,” explained Sheila Sharemet, BP Fitness Services Manager. “He someone who's totally at peace with himself and others. A true gentleman. My own life has been enriched just by being around him.”

Calling photography his “passion,” Raj believes that “it is through the lens that I am able to express myself.” And he has been able to do a lot of expression. “I'm one of the fortunate few who has been privileged to travel around the world from childhood,” he said. “I try to tell a story through my pictures.” Check out his website and magnificent photo gallery [here](#).

Starting out Raj said he first sought to “develop a positive relationship with myself.” Today, he says, “I feel very good about myself physically, and along the way, I have tremendously enhanced my self-esteem.”

With his major goal being keeping up with the best hikers, strength and stamina training were vital. Toward this end, Raj said the stair-stepper was his favorite piece of equipment. “It's a great exercise for my lower body including the glutes, quads, hamstrings and calves,” he said. “Strengthening these muscles is important for me and helps me to prepare for the hike.” Raj also said he was severely tested and greatly benefitted from the very aggressive exercise/fitness classes that the center offers.

As part of successfully rebuilding his mind and body during his four-times-a-week visits to the fitness center, Raj offered up three tips that worked for him: 1) Have a proper workout posture; 2) Eat right and cut down on portion size, and 3) Structure workouts toward a combination of cardio and muscle strengthening exercises.

Moving forward Raj says that “leading a healthy life is the best investment” and he has “reached a state where working out has become second nature.” With plans to continue exercising for the rest of his life, Raj says he has found “the feel good factor” and is an “overall a happier person now.” Good luck and good viewing in Peru & Chile
Raj!