

FitLifeBC

A PUBLICATION OF THE BCRPA FITNESS PROGRAM

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**CONGRATULATIONS TO THE 2017
FITNESS LEADERSHIP AWARD RECIPIENTS**



LYNN WALTERS
FITNESS LEADER OF THE
YEAR 2017



DEBBIE CHEONG
EDUCATOR OF THE
YEAR 2017



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PROGRAM MANAGER/DIRECTOR
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THE BCRPA FITNESS PROGRAM:
THE ROLE OF THE BCRPA FITNESS
PROGRAM IS TO IDENTIFY AND PROMOTE
THE HIGHEST PROFESSIONAL STANDARDS
FOR FITNESS LEADERS IN BC.

THE BCRPA IS THE SOLE
PROVIDER IN BC OF THE NFLA
NATIONALLY RECOGNIZED
FITNESS LEADERSHIP
PERFORMANCE STANDARDS
AND REGISTRATION.



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BCRPA VISION:

Recreation and parks are valued
as essential to active, healthy, and
connected communities, and to
improving the quality of life of
every British Columbian.

BCRPA PURPOSE:

To lead the enrichment
of individuals and their
communities through the
power of recreation
and parks.

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MESSAGE FROM THE CEO

REBECCA TUNNAcliffe



This autumn issue of FitLifeBC falls on the heels of our annual fitness conference, BCFit'17[®] and the announcement of our three-year province-wide expansion of Choose to Move and ActivAge[™] programs. You'll read about these initiatives, as well as the significant improvements to The Registry[®] of Fitness Professionals, and the development of our Regional Fitness Liaison Network.

I enjoyed connecting with many of the 250 fitness leaders who attended and presented at the BCFit[®]17 conference. Hearing of the passion for the field gave me a better understanding of how fitness leaders support healthy active living in our communities. I witnessed first-hand in the 24 concurrent sessions the expertise and knowledge we foster in the sector. Gems from those presentations will expand your knowledge as you read articles in this issue by session presenters Cate Baio, Gillian Goerzen, and Karen Harmon.

The BCFit[®]17 theme: *Be inspired. Be informed. Be connected.*, was the vision for our planning. We introduced many innovative ideas in order to offer BC's fitness community with

trend-setting insights. Highlights included Vancouver TheatreSports League demonstrating the power of improv as a new tool to connect fitness leaders with their clients. We also launched the brand new Fitness Café, and judging by the enthusiastic engagement of all leaders, this forum will become a permanent fixture in future conferences. We have taken the comments shared by everyone during the Fitness Café and now the BCFit[®] Planning Committee is working to ensure this valuable feedback is incorporated into leader engagement and systems planning moving forward. I extend immense gratitude to the BCRPA staff, the Planning Committee and all the volunteers who worked tirelessly to deliver this conference.

In addition to BCFit, a key focus of BCRPA's Physical Activity Programs Department has been addressing a critical issue in BC: inactive older adults. Despite having the healthiest population in the country, BC has among the highest number of sedentary people, with only 14 per cent of our older adults meeting the requirements for daily physical activity. In response to this troubling statistic, BCRPA's partnership with the Active Aging Research Team (AART) on Choose to Move/ActivAge[™] will significantly scale-up across BC for another three years. Choose to Move is an initiative of the Ministry of Health led by AART at the University of British Columbia. This six-month program is designed to encourage and support



BE INSPIRED. BE INFORMED. BE CONNECTED.

adults aged 65 and older, who are not regularly active, to engage in physical activity that best suits their interests, goals, abilities and income. ActivAge™ is a three-month group physical activity program led by BCRPA registered fitness leaders with the Older Adult specialty; it introduces participants to the benefits of physical activity and reinforces their commitment to incorporate it into their daily lives. We are pleased to share that Kaitlin Atkinson has recently joined our team as the Older Adult Provincial Program Coordinator to manage this program.

Visitors to The Registry® of Fitness Professionals will be pleased to learn that we are upgrading our

website platform. The directory function will be more robust and user friendly, and we are developing capacity to host webinars, stream videos, allow for collaboration and communication among fitness leaders, and offer more opportunities to gain CECs.

Also this quarter, we are establishing the Regional Fitness Liaison Network with leaders from all parts of the province bringing the voice of their community into dialogue about the trends, issues, successes and challenges in the field.

In addition to our work to advance safe and knowledgeable fitness leadership to support active

communities, this Fall we have had meetings with the provincial and federal government in our mandate to lead the enrichment of individuals and communities through the power of recreation and parks. In Victoria, we met with Ministers and ministry staff from Health, Tourism/Arts/Culture, and Environment. In Ottawa, we met on Parliament Hill with MPs and the Parliamentary Secretary for Sport and Physical Activity at a breakfast meeting hosted by the Canadian Parks and Recreation Association and Senator Nancy Green-Raine.

We send you our best wishes for an active holiday season.



BY CATHY PATERSON, MANAGER PHYSICAL ACTIVITY PROGRAMS, BCRPA

EARLY MUSINGS FROM THE INAUGURAL BCRPA FITNESS CAFÉ

The Fitness Café was a wild card idea this year. The Planning Committee sweated over whether the new concept would fly, whether leaders would embrace it, and whether it would work at BC Fit.

One of the great advantages, and dare I say obligations, of being newly hired into an organization is bringing fresh eyes, asking questions and listening. Through reviewing survey feedback from leaders, forming new committees and engaging in dialogue with leaders over the year, the common theme that rang out for me was a desire for more engagement. BC fitness leaders wanted to be heard, wanted a voice, and wanted to be valued and informed.

The BC Fit Planning Committee built the conference program with this feedback in mind. Our Committee leader, Brenda Adams, brought forward the concept of a world café format. This format of organic group conversation resonated brilliantly and generated a lot of excitement about the potential this idea could deliver. We quickly sent out a survey to all fitness leaders in late spring asking for

BC fitness leaders wanted to be heard, wanted a voice, and wanted to be valued and informed.

thoughts on issues and topics to bring forward. Those responses helped design the structure and content of this year's inaugural Fitness Café.

Initial excitement became mixed with apprehension. How do we orchestrate this with hundreds of eager leaders – and will they engage? Fast forward to September 16th - The Fitness Café was offered as an optional session, with an accompanying CEC. We had close to 100% turnout. Fitness leaders were asked to move into groups based on their preferred topic stream – Group, PT, Aquatics, Older Adult or Yoga/Pilates. Small groupings of 8-10 leaders were formed and asked to answer two questions:

1. Identify 3 teaching challenges faced by group fitness classes/ individual programs today. Discuss strategies and ideas to build innovative programs, class design & participant motivation.
2. Identify three commonly experienced gaps in the fitness industry. Discuss strategies and means for how we might address these gaps.

There was thoughtful buzz throughout all the groups. At the close of the session, I asked each room for feedback on the session; which filled the gymnasium and a second full studio! With no filter, I was told, "We want to know that you will use these thoughts and act on them". Indeed – we owe you this.

Let me share with you now some preliminary outcomes from the Group Fitness Streams' conversations. This is raw data right now, but it contains gems!

CHALLENGES AS A GROUP FITNESS INSTRUCTOR:

- Wide range of fitness levels – age & ability
- Language barriers
- Getting people in the door – particularly young participants
- Troublesome participants: the latecomer, the chatty Cathy, the “do-your-own-thing” participant
- Trying to keep all participants happy
- Lack of social interaction
- Staying on top of trends & keeping choreography alive

PROPOSED SOLUTIONS TO ADDRESS CHALLENGES:

- Demo different levels to modify & progress. Make sure class descriptions are appropriate & front desk is informing participants accordingly.
- Use non-verbal cues, mirrors in room.
- Target youth, pre & postnatal clients and baby boomers. Partner with schools to introduce group fitness to youth
- Provide hybrid classes (choreographed & non-choreographed)
- Create registered programs to monitor progress in participants



- Encourage participants to connect with each other. Connect with newcomers.
- Do your research, attend conferences, courses, other instructors' classes

GAPS IN THE INDUSTRY

- Non-certified instructors trained for a specific class without theory/well-rounded education; internet bloggers providing “lifestyle” coaching
- Hourly rate – how to make teaching worth it
- Solo work – difficult to connect with fellow instructors
- Not enough strong instructors, instructors who teach specialized/classic formats
- Discrepancy around rate of pay; low wages, no tax write-offs

PROPOSED SOLUTIONS TO ADDRESS GAPS:

- Provide social opportunities & initiate discussion
- Employers to pay for/host CEC sessions.

I have to thank and give full credit to Brenda Adams for the Fitness Café concept and the very capable Ginny Dunnill, our Physical Activity Programs Assistant, who turned fear and apprehension into two rooms of fully engaged leaders. Thank you equally to everyone who participated for being a voice in your industry. BCRPA has work to do in relation to this feedback, and hopefully participants gained some learning from their peers. Further sharing of insights from other Fitness Café topic streams will follow in the next issue of FitLife BC.

We are looking at additional vehicles to implement next year to further this dialogue, including forming chat groups on our soon to be released revised BCRPA website! Stay tuned.

We appreciate feedback anytime, so please pass along yours by emailing us at registration@bcrpa.bc.ca.

MASTER OF SABOTAGE



BY CLAIRE CANNING

CHRONIC INFLAMMATION, MASTER OF SABOTAGE

Do you feel like all that hard work in the gym just isn't quite paying off the way it should? Don't understand why that old nagging injury is still holding you back? Feeling tired, achy, or stiff? Maybe you're catching every little cold that's going around? Chronic inflammation could be to blame.

Chronic inflammation is a common condition affecting athletic performance as well as short-term and long-term health. It's a major player in the most devastating illnesses of our time, including Cardiovascular Disease, Diabetes, and Cancer among many others. This article outlines the impact of chronic inflammation on fitness and physical performance and offers some natural and effective ways to help reduce and prevent it.

Inflammation can be of two types, acute or chronic. Acute (localized) inflammation is a critical defense and repair mechanism that the body uses in cases of injury or infection. Chronic (systemic) inflammation is an ongoing condition which signals a breakdown in immune function.

Chronic inflammation can subtly undermine our best efforts to achieve our fitness goals. It can increase the acute inflammation that occurs with an injury. This means that small injuries

Because chronic inflammation leaves a person more prone to pain and injury, it can become more difficult to exercise.

can become more significant and "nagging" if the body is in a state of chronic inflammation. This applies to new injuries as well as to past injuries that may be lingering. Although acute inflammation is good for healing, chronic inflammation prolongs the injury state.

Because chronic inflammation leaves a person more prone to pain and injury, it can become more difficult to exercise. Burnout is more likely to occur, decreasing the drive and motivation to continue with training. Slower healing and longer recovery post-workout are common results of chronic inflammation. There's also an increased

risk of overtraining because a weakened immune system can't keep up with the demands of repairing damaged tissue. Increased muscle tissue breakdown and decreased cardiovascular performance may also occur. To summarize, the effects of chronic inflammation are:

- Injuries are made worse and take longer to heal
- Chance of burnout increases, therefore motivation decreases
- Recovery times are longer
- Risk of overtraining increases due to weakened immune function
- Muscle tissue break down increases
- Cardiovascular performance decreases

CHRONIC INFLAMMATION, MASTER OF SABOTAGE: CONTINUED



Over-activity and weakness of the immune system are on the rise. Our immune systems are chronically aggravated and are mounting attacks against things that should actually be benign, like pollen, peanuts, and soy. So, what are some steps that we can take to help rebalance our immune systems and reduce chronic inflammation?

- Support gut health and digestive function
- Make healthy dietary choices
- Reduce exposure to environmental irritants
- Reduce emotional/psychological stress
- Support the immune system during times of physical stress
- Reduce excess weight

SUPPORT GUT HEALTH AND DIGESTIVE FUNCTION

70% of the body's immune cells are in the intestines. Dysfunction in the gut goes hand-in-hand with dysfunction in the immune system. A healthy diet along with chewing food thoroughly, relaxing at mealtime, drinking fluids between meals, and eating to 80% full all help to support healthy digestive function. Digestive enzymes, probiotics, and periods of cleansing

can be beneficial, however; please consult a professional before taking any new supplements or undertaking a cleanse.

MAKE HEALTHY DIETARY CHOICES

Every dietary choice we make can be seen as pro-inflammatory or anti-inflammatory. An organic, whole food, plant-based diet is the best choice for reducing inflammation. If eating meat, try to limit consumption to 1-2 meals per week with a focus on lean poultry. Include more wild cold-water fish, whole grains, and legumes. Buy certified organic food as much as possible. Try anti-inflammatory seasonings in your cooking such as ginger, turmeric, and true cinnamon. An estimated 75% of us are affected by food sensitivity and related chronic inflammation, mostly unrecognized. Identify food allergies and sensitivities with the help of a professional.

The top four food allergens (soy, corn, dairy, wheat) are virtually unavoidable in pre-packaged foods. Packaged foods often mean excess sugars, unhealthy

oils, GMO's, herbicides, and over-exposure to the same ingredients. Many experts agree that these things combine to create a big hit to the immune system. Make your own organic, whole food alternatives to sports drinks/bars/gels etc.

REDUCING EXPOSURE TO ENVIRONMENTAL IRRITANTS

This action takes stress away from the elimination organs, allowing them to focus on their role in keeping the body clean and the immune system healthy.

In the home, use green cleaning products such as vinegar and baking soda and opt for natural, organic fabrics and textiles. Bath and beauty products can be a big source of chemical exposure but there are lots of natural alternatives available today. If exercising outdoors, do so in the early morning and away from traffic.

REDUCE EMOTIONAL STRESS

All of our thoughts, good and bad, affect our physical processes and makeup. Stress increases the production of inflammatory white blood cells. Meditation, yoga, breath work, and journaling are great stress-reducing activities. Keep in mind that people's needs may change over the course of a lifetime, so it's important to encourage clients to step back and re-evaluate their lives on a regular basis. The importance of adequate sleep cannot be overstated. When we are deprived of sleep, our adrenal glands become overactive and produce excess cortisol.

Over time this can lead to adrenal exhaustion and the inability to respond appropriately to inflammation.

SUPPORT THE IMMUNE SYSTEM DURING TIMES OF PHYSICAL STRESS

A moderate dose of antioxidants pre- and post- workout can help to reduce oxidative stress generated by physical activity. A smoothie including organic blueberries, tart cherries, raw cacao, and flax provides good immune support. When exercising outdoors near traffic, it's advisable to take 500mg of Vitamin C every 1-2 hours in addition to staying well hydrated.

REDUCE EXCESS WEIGHT

Excess weight can cause an inflammatory response. As fitness professionals, you know that an active lifestyle, good stress management, and a healthy approach to food are the best ways to reduce excess weight and keep it off. Although it can be boiled down to a simple sentence like that, this is often a very complex issue.

Making changes to our diet and lifestyle can greatly reduce or eliminate chronic inflammation. In doing so, we can expect to enjoy reduced aches and stiffness, improved healing and recovery times, increased energy

and athletic performance, and an overall greater quality of life including a reduction in the onset of chronic, degenerative illness.

CLAIRE CANNING is a Registered Holistic Nutritionist and Personal Trainer living on Gabriola Island, BC and is currently working on developing an inflammation workshop. Claire has extensive experience in endurance trail running and reducing running injury through nutrition and good technique. Contact claire@theholisticfit.ca



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INTRODUCING
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6 WAYS TO BE MORE OF A ROCK STAR



BY CATE BAIIO

6 WAYS TO BE MORE OF THE ROCK STAR YOU ALREADY ARE



I'm about to reveal to you one of my dark secrets: I am one of those clients who has tossed all the information, exercises, diets and suggestions provided to me by my Personal Trainer into my gym bag and never look at them again. I've felt embarrassed, dare I say ashamed, to go back to my next appointment, only to report that I didn't follow through with what I know will ultimately lead to me feeling better. I've even resorted to cancelling an appointment or two because of this. I'm guessing I'm not alone.

Let's face it. You've probably had a client just like me and although you may have wanted to kick them to the curb in favour of clients that ask "how high?" when you tell them to jump, you want to help. You are not in this business just for the stretchy pants; you want to make a difference.

I've discovered that by simply incorporating some coaching tools into your practice, you can help your clients find goals that get them jumping out of bed in the morning, help them keep their momentum when the going gets rough and set them up for success in between their workout sessions with you. They achieve their goals and you get the credit!

WHAT IS COACHING?

Before we dive into how you can use a 'coach approach', let's get a clear picture of what coaching entails. Coaching

find goals that get them jumping out of bed in the morning

is a client-led process where you as the facilitator have a deep belief that your client holds the key to unlock their potential. Your purpose is to help the client identify their strengths and what's getting in their way so that they can get where they want to go faster.

You will acknowledge the progress your client makes in between sessions, as well as confront them in a positive way when action items they've committed to weren't completed. You hold the 'big picture' of where your client wants to go and you use this in the context of each session to continue to move your client forward.

TOOLS FOR SUCCESS

Now let's take a look at some tools you can use with your clients to help them overcome what's really getting in their way. Next time you have a client who's stuck, despite the great support and programs you're offering them, why not give one of these strategies a try?

1. ASK POWERFUL QUESTIONS

By creating some powerful questions for your clients even before your work together begins, you'll not only learn more about their history, but you'll gain powerful insight into the motivation behind their move toward better health.



You may also discover barriers that have kept them from success in the past. These could be external barriers (e.g. money, access to transportation, etc.), in which case you can help them seek out resources like access programs for residents with low income. There could also be internal barriers (e.g. negative self-belief, fears, etc.). If this is the case, talk these through with your client or refer them to a coach in order to maintain momentum.

Here is a list of powerful questions that may help your clients increase their awareness:

- What would your life look like if you were in an optimal state of health?
- What types of activities would you do?
- What would you gain by living in a state of optimal health? What would you be giving up?
- On a scale from 1-10, how important is it to you to live in a better state of health?
- What advice would you give someone in your position?
- What has prevented you from living in an optimal state of health?
- How can you ensure that these things no longer stand in your way?
- What do you need in order to move closer to your vision of optimal health?
- Who can you recruit to help support you in your quest for better health?

A powerful question has the ability to bring mindfulness to a situation and allow the client to reflect on how they can take responsibility for their health. The key is to keep it open-ended so that they have to dig a little deeper and

give you more information!

2. LET THEIR VALUES BE YOUR GUIDE

You can also do some work to uncover their core values. Core values are a person's guiding principles. They inform decisions, help create authentic goals, and support your client in deciphering between right and wrong. Here's an exercise you can do with your clients:

- Take a list of values and have them circle all the words that resonate with them.
- Group the words into 4-5 categories.
- Pick the word that best represents each category. These are their core values.

This approach will help your client create goals that are more motivating and authentic. For example, they discover their values are love, peace, integrity, and courage. Together you create a goal that looks something like this, "I will exercise 4 days a week, and treat my body with love by eating nutritious foods. I will hold true to my schedule because I have integrity and the courage to honour my boundaries with others". Have them work this until they come up with something that gives them tingles and gets them fired up!

3. TAKE THEIR GOAL AND TURN IT INTO A DREAM COME TRUE

A goal of losing 20lbs might be exciting for some but have others running for

the covers. Dig deep and find out why they want to lose weight. What will they do? How will they feel? What will their life be like? Get really specific. You might find that they would take that sailing trip in the Bahamas that they always wanted. Awesome! So what if THAT was their goal? You get focused on getting them ready to sail and swim and they are stoked that they are working toward something they really want!

4. FIND OUT WHAT'S HOLDING THEM BACK

Humans are positively motivated so if your client is not taking action, then there's a benefit for them to maintain status quo. Perhaps if your client begins to change, they may have to have that hard conversation with their spouse or in-laws about family meals. They may have to let go of relationships with friends who are negative and/or unhealthy. So, it may be easier or safer to stay where they are. By discovering why it's easier for them to stay stuck, you can help them brainstorm solutions and find the resources they need to move forward. Here's a list of questions to ask when things aren't moving ahead:

- What did you commit to doing instead this week and what was the benefit of making that commitment?
- What would be helpful to admit out loud about this issue?
- If you secretly knew what was holding you back, what would it be?
- Imagine you have achieved your goal. What did you do to overcome this challenge?
- Who could you talk with to help you

with this issue?

5. HOLD THE VISION OF WHO THEY ARE BECOMING

Before you start with your client, ask them to describe their future selves. Your job's to see them in this light in every session. You hold this vision of their future until they're able to believe it themselves. Use the words they chose to describe themselves in your sessions to remind them of who they're becoming. If they describe themselves as strong, confident, calm, peaceful and radiant, you acknowledge how strong they look, how confidently they did their squat, and how peaceful and radiant they look at the end of your session. You can even take this a step further by creating mantras with them: "I am strong, radiant and confident" or "I am calm and at peace with myself". Encourage them to repeat these mantras during their workouts or brainstorm how they can remind themselves of this throughout

the week.

6. EMPOWER CHOICE

Leave a few minutes at the end of your session to help your client strategize their week. Try one of the following questions and see if it helps them stay motivated and self-directed:

- What are all the things you could do this week to keep you moving toward your goal? What would be the easiest? What would be the most fun? Which action step is calling to you?
- Imagine you share with me next week that you had the best week! What are three things that happened to make it so? What could you do to support yourself in making sure this happens?
- What is your favourite way of sabotaging yourself? Who or what will support you in moving towards what you really want?
- How can you use your values, desires, and strengths to keep you moving forward this week?

YOU'VE GOT THIS!

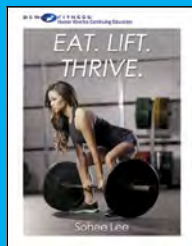
You're the expert and you know how to get your clients where they want to go, but sometimes when you come across a client like me, you need a couple extra tools in your belt. I've used these strategies with great success, and I'm hopeful that you'll see how they can empower your clients and keep them accountable for the changes they seek. Give them a try and let me know what you discover!

For a free coaching worksheet for trainers which includes the Values Exercise, visit: catebaio.com/fitness-pros

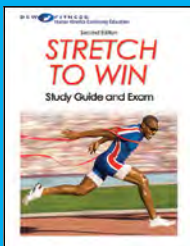
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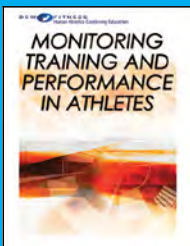
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6 CECs



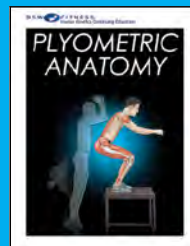
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8 CECs



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THE ACTIVE LIVING PROGRAM



BY KAREN HARMON

MEETING OTHERS WHERE THEY ARE AT

I have had the great pleasure to facilitate the Active Living Program since it began in the Fall of 2012. For the past five years, twice weekly, I have witnessed healing, gratitude, increased self-esteem and confidence from a community of well deserving people. Everyone who attends this program has seen results and changes mentally, emotionally, socially and physically.

When we truly love people, we must meet them where they are, not where we think they should be. We must give them what they need, not what we think they need to have.

The Active Living Program is a 45-minute FREE exercise class for marginalized individuals who live in the city of North Vancouver. With uplifting music and clear, basic instructions interspersed with encouragement, each class consists of easy to follow, functional exercises. Each class ends with a 20-minute stretching and relaxation component with positive, stress releasing visualizations.

During the warmup, when catchy tunes are playing, participants have been known to break away from the routine to dance with one another. This is a testimony to the fun element that is inspired. Conversely, during the relaxation segment, some individuals seemingly take a moment for a well-needed cat nap.

MEET EVAN A forty-five-year-old male with a brain injury, living in a men's group home. Evan enthusiastically climbs aboard his wheelchair scooter and rides the distance to attend the Active Living Program twice a week.

MEET REGINA A thirty-eight-year-old widow, new to the country after tragically losing her husband. Regina finds comfort in her new friends at the Active Living Program.

MEET MARILYN AND MATHEW Seventy-year-old Marilyn suffers from curvature of the spine and osteoporosis. Mathew, her husband, lives in an assisted living care home for Alzheimer patients. Every Monday Marilyn picks up Mathew and together they attend the Active Living Program.

MEET NANCY After years of struggling with Schizophrenia, thirty-year-old Nancy's only caregivers - her parents - passed away. Now living alone, Nancy never misses her Active Living classes, even if her bus is late.

We must respect them for who they are, not who we think they ought to be. That's love. -The Idealist

The classes are designed to inspire and encourage all fitness levels and capabilities in a safe, nonjudgmental environment. These components are what make the program so inviting and reassuring to its participants. The clients come to class with their own unique personalities, attire and attitude. Some may be tired, feeling uneasy or perhaps, having a particularly off day. All are happy to be attending. Meeting others where they are at, patient, kind and not easily rattled is the perfect characteristics to lead such a class.

Having taught fitness classes for the past thirty-five years it has come to my attention that there is a gap and a need to reach out to those that might not fit into the regular category of avid fitness enthusiast. Fitness instructors most often see typical, accustomed gym goers, self-motivated, able to afford a gym membership or even a drop-in fee. Most of us have clients that work, raise families, enjoy retirement or attend school; all fitting comfortably into society.

Yes, we all have periodic struggles and we may occasionally have an injury or two...however, what about the people in our communities who have suffered from extreme health issues, unexpected adversity, poverty, addiction or a lifetime of hardship? Your class can be the safe haven, a place where they can go for a sense of community, core strength, movement, stretching and a kind word of encouragement in an unintimidating accepting environment.

TESTIMONIALS

“I have been able to decrease my medication for high blood pressure and depression. My friends are amazed”

“I plan my entire life around my two exercise classes, I am very sad if I have to miss one”

“I look forward to seeing Karen, she always shows me an easier way to do the exercise and I never feel embarrassed”

“My back does not hurt anymore at all, my doctor always told me to strengthen my stomach muscles but I have a very limited income, I don't even own a computer”

“It's so fun; I really, really appreciate the classes”

“My husband and I feel young again, just like when we used to go to dances in the old days”

KAREN HARMON is a certified Special Needs Teaching Assistant for the school district of West Vancouver. You can find Karen teaching a variety of fitness classes as a registered BCRPA fitness leader for the West Vancouver Community Center and the North Vancouver Recreation and Culture Centre. Karen presented at this year's BCFit®17 conference at the new Delbrook Community Recreation Centre in North Vancouver. The workshop was titled, Inclusion Works for Life. She will also be presenting as an inspirational speaker in Singapore, Jakarta and Bali in December 2017. If you would like any further information about Karen Harmon or the Active Living Program please contact her by email, Facebook or Instagram. Karmon70@gmail.com / Instagram: @karenharmonn Facebook: Karenharmonfitness

10 STEPS TO BODY POSITIVITY



BY GILLIAN GOERZEN

CREATING A BODY POSITIVE CULTURE: THE TOP 10 THINGS YOU CAN DO!

Promoting a body positive culture in your courses and programs is grounded in the philosophy that our goal as fitness professionals is to inspire and motivate our clients to make exercise a life-long habit. It steps away from “quick fixes” and fads and encourages a client-centred approach that is based on kindness, self-compassion, and moderation. A body positive approach seeks to encourage people to find their own unique approach to health and fitness that is both enjoyable and rewarding. Here are the top 10 things you can do to promote a body positive approach in your group fitness classes and with your personal training clients.

1

BECOME MORE SELF-AWARE

The first step you need to take in order to create a culture of body positivity is to examine your own attitude towards fitness. Become aware of your own attitudes towards body shape, weight, exercise and food, and work on being a positive role model.

2

MARKET TO INSPIRE, NOT TO SHAME

Be cognizant of falling into the old patterns of fitness marketing that tend to lead with a paradigm that people are broken or something is wrong, and we

promote a body positive approach

need to fix them. Instead, use positive language and images that evoke positive feelings and relatedness. Of course, we want to inspire our clients, but when the imagery we use has a singular body type - it's hard for clients to see themselves being successful.

3

MAKE SURE YOUR PROGRAMS AND CLASSES ARE ACCESSIBLE

If you're offering an “all levels” program

or class, be sure that you consider all body shapes, sizes, and abilities without sacrificing inclusivity. Offer options for all levels that are fun and challenging.

4

RE-FRAME EXERCISE

We don't exercise to “make our fat cry” or make up for “bad foods” we ate. By viewing exercise as a punitive activity that is driven by guilt we only reinforce the negative association. Help your clients embrace the short term positive mental and emotional outcomes that come from an exercise session: better mood, improved quality of sleep, and reduced symptoms of PMS among others.



5

TAKE THE FOCUS OFF THE AESTHETIC

A body positive approach moves the intention of exercise from a “means to an end” to look a certain way and moves it to the present moment and health outcomes. Healthy bodies come in all shapes and sizes, but due to marketing and the media; we generally have an impression that a “right body” looks just one way. We all have an ego, and it’s ok to appeal to our innate desire to look great. However, it’s important that looks are not the sole focus and that we increase the breadth of what looking great (or fit) actually “looks like” (hint: it looks different on everybody!).

6

FOCUS ON HEALTH BEHAVIOURS

A body positive approach puts the emphasis on the healthy behaviours that lead to positive health outcomes. Consider a move away from the use of the scale and physical measurements, especially with clients who have a history of struggle in this area. Encourage them to focus on the healthy choices and habits they are making, not on the outcomes.

7

MAKE FITNESS FUN!

We are designed to move - and enjoy doing so! Encourage moderation and

self-reflection about what is working and not working for them. Fitness is not a “one size fits all” thing - and there are plenty of options! Encourage your participants to find activities they enjoy. Have the confidence to suggest other program types or classes (even if it means you may not have them in your class or program anymore). This provides them with incredible customer service which will make them your raving fan (which of course will pay you back in the future with referrals).

8

BEWARE THE COMPETITIVE ENVIRONMENT

Work to encourage your clients to focus inwardly on their own experience. Friendly competition can be helpful in some (more athletic) situations; but generally, competition is counter-productive to a body positive culture. Encourage your participants to be each other's cheerleaders and champions!

9

EDUCATE WITH KINDNESS

When you hear people cutting themselves down, or being highly critical of their progress or physical body, bring them back to the health outcomes and joy of movement. Encourage them to explore the ideas of self-compassion (speaking to themselves the same

way they would a loved one).

Reconnect them to the bigger picture of why they started and how being fit and healthy will improve their life.

10

UNDERSTAND YOUR SCOPE OF PRACTICE

If you have participants or clients that are struggling with a deeper sense of body hatred or bigger issues around food and fitness, refer them to a local counsellor who is specialized in the area. You might even consider partnering with them on a program or package to help clients move past this struggle and find a greater sense of body positivity.

GILLIAN GOERZEN, BSc. (Kin), BCRPA PT, TFL GF/WT is a personal trainer and owner of Super You Fitness & Nutrition Coaching based in Nanaimo, BC. Gillian is a passionate educator, speaker, and coach. Gillian was a presenter at BCFit®17 and spoke about Body Positivity in a session entitled “Taking the Fashion out of Fitness,” as well as a post-conference session entitled “Coaching strategies to promote body positivity & lasting change.”

2017

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2017 BCFIT FITNESS CONFERENCE

CONFERENCE

MORE THAN 250 FITNESS LEADERS ATTENDED THE BCRPA'S ANNUAL FITNESS CONFERENCE THIS YEAR AT DELBROOK COMMUNITY RECREATION CENTRE IN NORTH VANCOUVER.

SPECIAL THANKS TO OUR BCFIT'17 PROGRAM PLANNING COMMITTEE:

BRENDA ADAMS (CHAIR), CATHY PATERSON, DANIELA TEMPESTA, GINNY DUNNILL, KIM BOND, LEAH ESLEN, LORI NICHOLLS, MELANIE GALLOWAY, NOLAN EADIE, RHONDA JACKSON

THANK YOU TO THE FITNESS ADVISORY COMMITTEE FOR THEIR LEADERSHIP THROUGHOUT THE YEAR.

DEBRA WILSON (CHAIR), BARBARA ANDERSEN, DR. BILL LUKE, CAROL LEPINE, INGRID KNIGHT-COHEE, KIM BOND, LELA DAWSON

ANDRÉ NOËL POTVIN, MSC, BCRPA-TFL, ACSM-PT

INNOVATIVE EXERCISE CORE STRENGTHENING

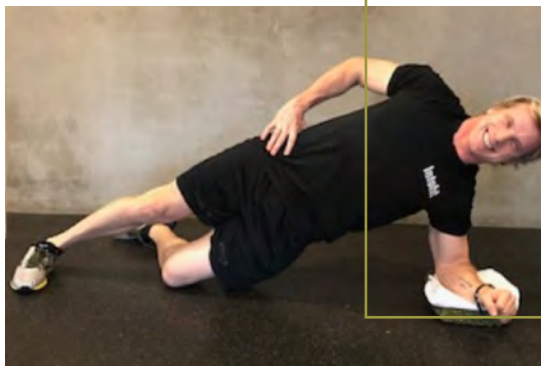


We have all heard of, and done, side planks for strengthening one's core and outer thigh. Today I want to share with you a powerful and innovative core strengthening exercise that is similar to the side plank, yet targets your inner thigh, shoulder girdle and core. I call it the Inner Thigh Side Plank. When done correctly, this fantastic exercise will not only strengthen your core, but also reduce or prevent back pain. Check out these three variations for the novice to advanced level client. Happy Training!

NOVICE

ON A BENCH

Place your elbow lengthwise on a workout bench with your body turned sideways. Next, anchor your top leg foot to the ground with a very slight bend in the knee. Bend your bottom leg behind you. Hold for 30 seconds, switch sides and repeat for 1-3 sets.



INTERMEDIATE

ON THE FLOOR

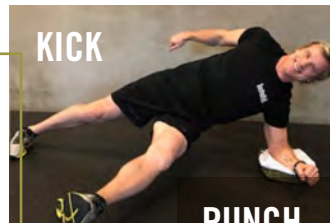
Place your elbow on a foam pad or towel with your body turned sideways. Next, anchor your top leg foot to the ground with a very slight bend in the knee. Bend your bottom leg behind you and lift it off the floor. Hold for 30 seconds, then switch sides and repeat for 1-3 sets.

INTERMEDIATE-ADVANCED

ON A FLOOR

In the same position as described in the intermediate level above, kick your bottom leg forward while your top arm and body leans backwards. Next, swing your bottom leg behind you and punch forward with your top arm leaning forward. Perform 5-10 reps with one kick and one punch equalling one rep, then switch sides.

KICK



Kick forward while leaning backwards

PUNCH



Punch forward and swing bottom leg backwards



HANDOUT COURTESY OF BCRPA

INNOVATIVE EXERCISE - CORE STRENGTHENING CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

ADVANCED

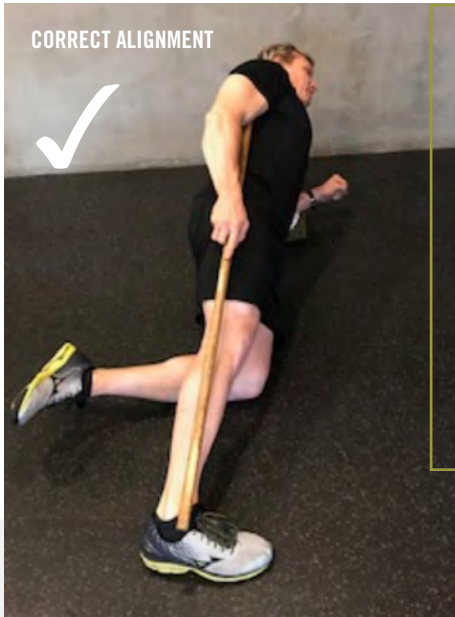
ON A STABILITY BALL

Place your elbow on a stability ball with your body turned sideways. Next, anchor your top leg foot to the ground with a very slight bend in the knee. Bend your bottom leg behind you and lift it off the floor. Hold for 30 seconds, then switch sides and repeat for 1-3 sets.



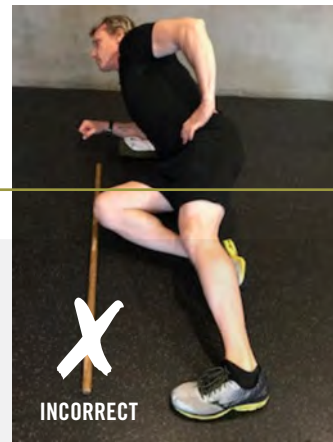
All Joints Aligned

CORRECT ALIGNMENT



COMMON MISTAKE TO AVOID

Avoid bending at the hips, sending your buttocks backwards and your bottom knee forward. Proper form involves having the shoulders, hips and knees aligned as shown below:



Butt Back and Knee Forward



ANDRÉ NOËL POTVIN, MSc, BCRPA-TFL, ACSM-PT

André Noël Potvin is an internationally accredited author, fitness educator and medical exercise specialist with 33 years of leadership and clinical experience. André holds a Master of Science degree in cardiac rehabilitation from the University of British Columbia, where he served for 4 years on the teaching faculty of the School of Human Kinetics. He is also president of INFOFIT Educators School for Fitness Professionals and is frequently invited to lecture at international public and professional conferences.

HANDOUT COURTESY OF BCRPA

FITNESS LEADERSHIP AWARDS

BCRPA 2017 FITNESS LEADERSHIP AWARD RECIPIENT PROFILES



LYNN WALTERS FITNESS LEADER OF THE YEAR 2017

As a long-time Richmond resident and recently retired nurse, Lynn Walters has been a change maker in her community. An avid volunteer, Lynn started a weekly running and walking group, the Richmond Spirit Runners, which is now celebrating its 20th year. She enjoys leading the warm-up for numerous annual fun and charity runs, organizing marshals for various running events, and with her exceptional choral skills, she has been known to sing the national anthem at many opening ceremonies and special events. This wife and mother of three has completed 26 Marathons, including the Boston and New York marquee events, and has presented wellness workshops at national conferences. The continued waiting lists for her immensely popular fitness classes is a testament to the enthusiasm and commitment she brings to all that she is involved with.



DEBBIE CHEONG EDUCATOR OF THE YEAR 2017

Debbie Cheong is a champion of older adult physical activity which manifests itself through her passion and delivery of Osteo-fit, a BC Women's Hospital + Health Centre certified exercise, education and falls prevention program for individuals recently diagnosed with osteoporosis, low bone density or who are at risk of falls and fractures. Under her stewardship, BC has become an international leader in senior's fitness. She is a sought after workshop presenter and facilitator throughout the province, Canada and internationally – engaging her students and conference attendees with innovative strategies that inspire and enhance retention of complex materials. Currently, Debbie organizes both the Osteofit and Get Up & Go! Programs, she co-authored three editions of the BCRPA Osteofit training manual, trains and evaluates instructors, attends Health Fairs, and organizes Osteofit programs in other languages.



MELANIE OSMACK PROGRAM MANAGER/DIRECTOR OF THE YEAR 2017

Melanie Osmack is the owner of Fit 4 Two® and an exceptional Pre and Postnatal Fitness Specialist (PPFS) who currently leads a motivated and engaged team of 9 franchisees and 36 instructors. Her leadership abilities and accomplishments include encouraging and motivating her team through Wellness Challenges; initiating a perinatal fitness professionals' social networking group; and creating Pregnancy and Exercise Awareness Month to connect and interact with other PPFS Instructors and Health Care Providers. Melanie has made significant contributions to the professional credibility of the perinatal fitness specialization through her facilitation of educational courses and workshops. She also promotes ongoing professional development within her specialization through the Fit 4 Two® PPFS Conference that she produces every other year.

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CEC ARTICLE

QUIZ #1

THE FOLLOWING CEC QUIZ IS BASED ON THE ARTICLE:

CHRONIC INFLAMMATION, MASTER OF SABOTAGE

BY CLAIRE CANNING

Please note that questions may require you to apply information from the article and not simply recall it. This page is for reference only. The quiz itself is to be completed using the online form - click the button on the right. Deadline: January 30, 2018. Credits earned will be inputted directly into The Registry® of Fitness Professionals by February 15, 2018, NOT PRIOR. This quiz is worth 1.0 BCRPA renewal credit. A passing grade of 80% (8/10) must be achieved. CECs are only available to currently registered Fitness Leaders.

TAKE THE
ONLINE QUIZ

1. FILL IN THE BLANK: CHRONIC INFLAMMATION IS A ____ CONDITION AFFECTING ATHLETIC PERFORMANCE AS WELL AS SHORT-TERM AND LONG-TERM HEALTH.

- a. Rare
- b. Common
- c. Multi-faceted
- d. Complex

2. COMPLETE THE SENTENCE: ACUTE INFLAMMATION IS A CRITICAL DEFENSE AND REPAIR MECHANISM THAT...

- a. The body uses in cases of injury or infection.
- b. The digestive system uses to tackle junk food diets.
- c. The endocrine system uses when on a cleanse.
- d. The nervous system uses in a fight or flight situation.

3. WHAT TYPE OF RESPONSE SIGNALS A BREAKDOWN IN IMMUNE FUNCTION?

- a. Heart palpitations
- b. Sweaty palms
- c. Chronic or system inflammation
- d. Indigestion

4. TRUE OR FALSE? ALTHOUGH ACUTE INFLAMMATION IS GOOD FOR HEALING, CHRONIC INFLAMMATION SHORTENS THE INJURY STATE.

- a. True
- b. False

5. THE EFFECTS OF CHRONIC INFLAMMATION INCLUDE:

- a. Recovery times are longer.
- b. The risk of overtraining increases due to weakened immune function.
- c. Muscle tissue break down increases.
- d. All of the above

6. WHAT PERCENT OF THE BODY'S IMMUNE CELLS ARE IN THE INTESTINES?

- a. 30%
- b. 5%
- c. 90%
- d. 70%

7. WHAT ARE THE FOUR TOP FOOD ALLERGENS?

- a. Walnuts, peanuts, almonds, cashews
- b. Soy, corn, dairy, wheat
- c. Shellfish, chocolate, gluten, eggs
- d. None of the above

8. WHY DOES THE AUTHOR RECOMMEND EXERCISING IN THE MORNING?

- a. Research shows one will remain more committed.
- b. It's the best way to lose weight and gain muscle.
- c. It is one way to reduce exposure to environmental irritants.
- d. A & B

9. WHAT HAPPENS WHEN WE ARE DEPRIVED OF SLEEP? (CHOOSE THE BEST ANSWER)

- a. We have vivid dreams.
- b. We have to make up lost sleep on the weekend.
- c. We compensate with eating high fat and salty foods.
- d. Our adrenal glands become overactive and produce excess cortisol.

10. WHAT TYPE OF ANTI-INFLAMMATORY DIET IS RECOMMENDED IN THE ARTICLE?

- a. Paleo
- b. South Beach
- c. Atkins
- d. organic, whole food, plant-based diet

FINISHED? TRY THE
NEXT QUIZ ON PAGE 26 >

CEC ARTICLE

QUIZ

#2

THE FOLLOWING CEC QUIZ IS BASED ON THE ARTICLE:

CREATING A BODY-POSITIVE CULTURE

BY GILLIAN GOERZEN

Please note that questions may require you to apply information from the article and not simply recall it. This page is for reference only. The quiz itself is to be completed using the online form - click the button on the right. Deadline: January 30, 2018. Credits earned will be inputted directly into The Registry® of Fitness Professionals by February 15, 2018, NOT PRIOR. This quiz is worth 1.0 BCRPA renewal credit. A passing grade of 80% (8/10) must be achieved. CECs are only available to currently registered Fitness Leaders.

TAKE THE
ONLINE QUIZ

1. THE CLIENT-CENTRED, BODY POSITIVE APPROACH IS BASED IN:

- a. Empowerment, motivation and support.
- b. Kindness, self-compassion and moderation.
- c. Healthy eating habits, a consistent routine and personal goals.
- d. Awareness, drive and consistency.

2. THE FIRST STEP YOU SHOULD TAKE TOWARD CREATING A BODY-POSITIVE CULTURE IS:

- a. Create a list of body-positive descriptors to use when working with clients.
- b. Identify which of your participants need support to change their outlook.
- c. Rebrand your marketing to eliminate shame-inducing tactics.
- d. Examine your own attitudes towards body shape, weight, exercise and food.

3. THE BODY-POSITIVE MOVEMENT IS GROUNDED IN THE PHILOSOPHY THAT AS FITNESS PROFESSIONALS, OUR GOAL IS TO:

- a. Find easy and quick ways for clients to lose weight, thus helping them feel empowered.
- b. Push participants/clients past their limits to show them what they're capable of.
- c. Encourage participants/clients to find popular exercise practices that they can be a part of.
- d. None of the above.

4. POSITIVE OUTCOMES OF EXERCISE LISTED IN THIS ARTICLE INCLUDE:

- a. Weight loss and increased energy.
- b. Reduced PMS symptoms and better mood.
- c. Increased strength and improvement in ability.
- d. Stronger heart and improved mental health.

5. EXERCISING TO "MAKE OUR FAT CRY" OR TO "MAKE UP FOR BAD FOODS" CREATES POSITIVE ASSOCIATIONS WITH EXERCISING BY FOCUSING ON HOW DEDICATED WE CAN BE.

- a. True
- b. False

6. THE "BODY POSITIVE" APPROACH EMPHASIZES:

- a. Viewing the body as capable and strong.
- b. Measurements instead of the number on the scale.
- c. Healthy behaviours that lead to positive health outcomes.
- d. Consistency and moderation.

7. WHAT ARE SOME WAYS YOU CAN CREATE A FUN AND INCLUSIVE FITNESS EXPERIENCE FOR YOUR PARTICIPANTS/CLIENTS?

- a. Encourage moderation and self-reflection.
- b. Suggest other programs or classes.
- c. Offer fun and challenging options for all levels.

- d. All of the above.

8. THIS ARTICLE DESCRIBES "SELF-COMPASSION" AS SPEAKING TO YOURSELF AS YOU WOULD A LOVED ONE.

- a. True
- b. False

9. CHALLENGES OF MAINSTREAM FITNESS MARKETING INCLUDE:

- a. Fitness marketing tends to focus on the idea that something is wrong that needs fixing.
- b. Marketing and media suggests that healthy bodies look one certain way.
- c. Both a and b.
- d. Fitness marketing tends to include many different body types, which some people can find hard to relate to.

10. IF YOU SUSPECT THAT YOUR PARTICIPANT/CLIENT IS STRUGGLING WITH A DEEPER SENSE OF BODY HATRED OR BIGGER ISSUES AROUND FOOD/FITNESS, YOU SHOULD:

- a. Help them figure out their deeper "why".
- b. Work with them to create a healthy nutrition plan to help them meet their goals.
- c. Emphasize that the harder they work, the faster they'll get to where they want to be.
- d. Refer to a counsellor who specializes in that area.

THANK YOU TO THE
BCFit'17
 VOLUNTEERS!

Alex Moody, Angella Thompson-Taylor,
 Andrew Ropchan, Anoop Panjetta,
 Brian Sugiyama, Carol Lepine,
 Cheryl McCargar, Daniela Tempesta,
 Debra Wilson, Harry Wong, Isabel Granados,
 Jan Lee, Joanne Austin-Teh, John Renko,
 Kate Archer, Kate Lee, Ingrid Knight-Cohee,
 Leah Ruppel, Lori Nicholls, Naemma Borje,
 Nelle Lee, Nick McDonnell, Patrick Hanchar,
 Peggy Ament, Reiko Higuchi, Rhonda
 Jackson, Roman Diak, Sam Safaei, Sukhi
 Lally, Mark Bennett, Tami Stevens,

AND ESPECIALLY
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 Jacqueline Gustafson & Pam Keefe



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Ann Smith
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Director of Training & Programming

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