

NEWS RELEASE



VANCOUVER FITNESS PROFESSIONAL WINS PROVINCIAL AWARD

BCRPA presents Melanie Osmack with award at annual conference.

Vancouver, BC (Saturday, September 16, 2017) – The BC Recreation and Parks Association (BCRPA) has presented Vancouver’s Melanie Osmack with one of its prestigious annual Fitness Leadership Awards. Melanie has won the Manager/Program Director of the Year Award for demonstrating a high level of involvement in the fitness industry and her community as well as inspiring and providing support to the fitness leaders she mentors, trains and educates.

Melanie Osmack of Fit 4 Two® is 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 a Wellness Challenge; 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 promotes ongoing professional development within her specialization through the Fit 4 Two® PPFS Conference that she produces every other year. As an advocate for women’s health Melanie serves as the Vice President of the BC Association of Pregnancy Outreach Board and presents workshops for non-profit organizations and industry conferences. She also actively publishes material on the Fit 4 Two® Blog, and in various publications.

Commenting on Melanie’s receipt of the Program Director of the Year Award, BCRPA Chief Executive Officer, Rebecca Tunnacliffe, stated, “Melanie has received this award in recognition of her ability to rise to a challenge. She identified a need for increased support, resources and leadership for those who teach fitness to pregnant and new mothers. She then developed and delivers a top-notch program that incorporates both traditional training methods as well as social media, and takes the time to make television appearances and participate in a variety of related promotional events.”

The annual BCRPA Fitness Leadership Awards highlight the outstanding efforts of its top fitness professionals (Fitness Leaders) from around the province. The awards recognize professional commitment through community and industry involvement.

The awards were presented during the BCRPA’s annual fitness conference, BCFit®, on Saturday, Sept. 16, 2017 at the Delbrook Community Recreation Centre. The conference brings together hundreds of Fitness Leaders from across BC to provide them with valuable professional development, and the opportunity to discuss and learn about fitness and health-related trends, issues and hot issues and trends.

There are currently over 4,000 BCRPA registered Fitness Leaders throughout BC. BCRPA registered leaders have met the highest fitness training standards in BC and Canada. They work in public and private fitness settings, including community recreation centres, gyms, pools, health clubs and spas, and outdoor settings. They assist individuals and groups in reaching their health and fitness goals, and promote active healthy living.

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Photo available upon request.

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BACKGROUND:

The British Columbia Recreation and Parks Association (BCRPA) is a not for profit organization dedicated to building and sustaining active healthy lifestyles and communities in BC. Established in 1958, the Association is a central resource agency for members and stakeholders of the parks, recreation, physical activity and culture industry, providing leadership, training and support to help meet national, provincial and local priorities. The BCRPA identifies and promotes the highest professional standards for fitness leaders in BC through its Fitness Program. The program is the sole provider of the National Fitness Leadership Alliance (NFLA) nationally recognized fitness leadership performance standards in BC. Through a diverse network of partners and extensive programs and services, the BCRPA actively advocates accessibility and inclusiveness to recreation and physical activity.