

FitLifeBC

THE OFFICIAL PUBLICATION OF THE BCRPA FITNESS PROGRAM

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THE BCRPA FITNESS PROGRAM:
THE ROLE OF THE BCRPA FITNESS
PROGRAM IS TO IDENTIFY AND PROMOTE
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NATIONALLY RECOGNIZED
FITNESS LEADERSHIP
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The BCRPA is a recognized leader in building healthy, active individuals and communities.

BCRPA MISSION:

The BCRPA is committed to leading the parks, recreation and culture sector in building and sustaining healthy active communities, including fostering economic and environmental sustainability. We inspire and support community leaders and practitioners through advocacy, communication, education and resources.

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MESSAGE FROM THE CEO

REBECCA TUNNAcliffe



Welcome to the Fall issue of FitLifeBC. I was thrilled to attend my first BCFit and enjoyed meeting so many of the delegates throughout the day. The conference was a great success with many positive reviews of the new facility and new features. We had over 250 delegates attend the one-day event plus pre and post conference sessions across the lower mainland.

I was inspired to see the level of enthusiasm at all of the sessions, generously hosted by volunteer presenters who kindly shared their time and talent with us. Thanks as well to the program committee, volunteers and staff whose hard work contributed to the event running smoothly. As well, all would not have been possible without our valuable partners, the sponsors and trade show exhibitors. Our goal is to host a conference that meets your needs. Thank you for completing the feedback surveys; whether you attended

or not, your input will help develop next year's program.

Another highlight this fall was the Trainers of Fitness Leader's (TFL) reception we hosted on September 29 in the BCRPA office. The role of our TFLs is vital to growth of the field – they inspire and educate our new leaders. Most of these valued leaders have been involved in the sector for a very long time (some for 20 years or more!). We really appreciate their efforts to promote the Fitness

Registration Program and for being ambassadors of the BCRPA. Once a year we get a chance formally to thank them in person for all the important work they do as well as to recognize their commitment to upholding the standards of the Fitness Program.

I would like to share a few updates around of the Fitness Registration Program.

We have received very positive feedback since the launch of ProctorU. This new service is an online proctoring service that allows new Fitness Leaders to take the Fitness Theory exam anytime and anywhere.

Our partnership with the Centre for Hip Health and Mobility to launch two new initiatives, Choose to Move and ActivAge™, has been very strong. These

Thanks as well to the program committee, volunteers and staff whose hard work contributed to the event running smoothly.



We are particularly interested in expanding the Fitness Program by encouraging more TFLs to come on board

programs are making a tremendous difference in the lives of older adults across the province. Currently active in 20 communities, we are working on expanding the opportunities to even more facilities in the future. For more information, check out the webpage: <http://www.bcrpa.bc.ca/ActivAge>.

The Fitness Advisory Committee (FAC) met in the Fall and discussed promotion and further development of online education and evaluation, again, reaching out to those in more remote areas without direct access to in-person training.

Moving forward into 2017, we are working on a few new projects including putting the ICE workshop online as well as automating more of

the processes for registration. We are particularly interested in expanding the Fitness Program by encouraging more TFLs to come on board, especially reaching into the more remote areas of BC.

We had a leadership change in September. We thank Emmie Li for managing the Fitness Program over the last two and a half years. She leaves to focus on her role as a fitness leader, supervisor and trainer. We wish her all the best in her future endeavours.

With a change of leader, we also changed the position. Please help us welcome our new Physical Activity Program Manager, Cathy Paterson. Cathy comes to us with an extensive background in not-for-profit management. She began her career as a Group Fitness Leader in Ontario and spent time working with ParticipACTION. Cathy brings a strong strategic approach to program development and is committed to assessing our current Fitness Registration Program and looking for new opportunities for growth as we continue to support the role physical activity plays in community-based recreation.

Fall is a time for renewal and change. With staff changes and some title changes, now is an opportune time to think about the future. As always, we welcome your feedback and suggestions. To that end, I encourage you to complete, if you have not done so already, the satisfaction survey sent in November's e-bulletin. This is your chance to have a say in how we deliver programs and services to you and how we can best strive to meet your needs.

Turn the next pages and you will see three articles from the BC fitness sector – for you, by you. From a rookie BCFit attendee and newly registered BCRPA fitness leader to a seasoned professional to an associate professor, we have a wonderful variety of topics and authors to learn from. We also have our regular features such as the Handout and two Quizzes (a great way to earn two CECs!). As well, a special section highlights the three recipients of the Fitness Leadership Awards and a photo montage portrays some of the great moments from our flagship event, BCFit® '16.



BY DR. BILL LUKE

EPIGENETIC LINK TO HEALTH & FITNESS

For years 'genetics' has been blamed (or given credit) for health and health challenges. But now the idea that lifestyle can modify the genetic message has arrived - it is no longer 'science fiction'.

Epigenetics is the ability of individuals to control the message their genes send to body cells through exercise, stress management, nutrition, sleep and other lifestyle factors. Both positive and negative lifestyle factors can influence the genetic message sent to cells.

Alterations in the genetic message in response to outside factors are linked to a number of health problems including cancer, cardiovascular disease and neurodegenerative changes.

Now this doesn't mean that a bit of exercise each day and eight hours of sleep each evening will cure all health challenges, but it does mean the fitness participants and leaders have more control over quality of life and health measures than was ever thought. The lifestyle of individuals, their parents and grandparents are linked and can influence health and function for generations.

BRIEF LOOK AT THE GENETICS OF EPIGENETICS

DNA (genetics) is the blueprint for life and controls the function of each

There are over 20,000 genes that can be arranged in different sequences to produce the genetic code.

individual cell for good and bad. Epigenetic research suggests that we can turn certain genes 'on' (expressed) or 'off' (silenced) and thereby alter cellular biology and impact the development of health and function. All cells in our body share the same DNA but do not function in the same way depending on the genetic message received.

SO HOW DOES IT WORK?

There are over 20,000 genes that can be arranged in different sequences to produce the genetic code. This code (blueprint for cell function) is established inside the nucleus of each cell and directs the behavior of those specific cells. Epigenetic modifiers can turn on or inhibit gene function – for good and bad. These modifiers are influenced - by lifestyle, nutrition, exercise or lack of it, sleep and stress

management to mention only a few. A healthy and active lifestyle can positively impact the genetic blueprint and link athletic performance, fitness, cardiovascular disease, addiction, Type 2 Diabetes, obesity and many other health risks and disease.

EPIGENETIC CHANGES

- Some develop slowly as a result of long term physical activity.
- Some occur quickly after a single exercise bout or meal and then disappear almost as fast.
- Some are permanent.
- Some can be inherited - even from the time of conception.

EXERCISE AS A GENETIC MODIFIER

It is clear that exercise is a very powerful genetic modifier for



improving function and health including reducing the risk of Type 2 Diabetes and some cancers.

WHAT DOES RESEARCH SHOW?

The dietary and overall health habits of parents can be passed onto their offspring and influence future function and health.

Epigenetic modification due to endurance exercise positively influences fat storage and use leading to reduction in obesity and Type 2 Diabetes. Exercise produced epigenetics can improve the availability of energy for future physical activity.

Epigenetics changes through exercise have been shown to increase blood vessel formation and muscle growth and recovery following physical training.

Exercise influenced epigenetic modification has shown improvement in blood pressure and decreased cardiovascular disease risk.

The amount of exercise needed for genetic modification is minimal, but

regular exercise is needed to maintain the positive epigenetic effects.

TYPE OF EXERCISE

High-intensity exercise (HIIT) = immediate changes in DNA expression due to the more intensive muscle contraction plus increased insulin sensitivity and glucose use. Endurance training = metabolic changes (increased use of fats), improved insulin response and decreased inflammation.

Both exercise approaches have shown increased blood flow to the brain increasing protection from cognitive decline and increased mood.

HOW MUCH EXERCISE?

As little as 20-30 minutes per day (or less in some studies) has resulted in decreased risk of certain chronic diseases.

More exercise and regular exercise = increased potential for positive genetic changes.

FUTURE LOOK AT DNA & PROGRAM DESIGN

Future research will test for epigenetic

changes following specific training programs, i.e. specificity of training. Identification of the changes in response to a specific training protocol enables trainers and leaders to specifically target metabolic factors, fiber recruitment patterns and many more individualized training goals. Once specific epigenetic changes are identified in response to training variables, individual program development can occur at a new level.

A BRIEF LOOK AT THE NUTRITION LINK TO EPIGENETICS

Plant-based foods are full of phytonutrients (compounds that can promote positive genetic changes) and supply antioxidants (reduce the risk of free radical damage and promote healthy cell function). The ‘rainbow’ diet – predominantly colorful fruits and vegetables seems to be the diet of choice as a positive influencer of epigenetics over the long term.

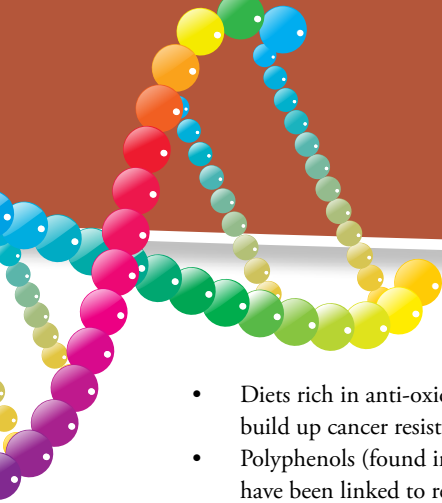
RESEARCH HAS SHOWN:

- Polyunsaturated fatty acids may work in limiting tumor formation and growth.

EXAMPLE OF EPIGENETIC BENEFITS FROM QUALITY FOOD*

Glucosinolate – found in kale and arugula	Suppresses cancer growth
B-vitamins – found in spinach, beets, fish & lentils	Important in synthesis and repair of DNA and cardiovascular health
Zinc & Manganese – found in mushrooms	Stimulation of immunity
Tumeric	Inhibits inflammation
Selenium – found in tuna, sunflower seeds and sardines	Limits free radical damage to DNA

*The information in this table was summarized from: Mosey, T. Epigenetics and Food. Idea Fitness Journal, January 2016, p.38-44



- Diets rich in anti-oxidants may build up cancer resistance.
- Polyphenols (found in plants) have been linked to reduced risk of hormone-related cancers including breast and prostate cancer.
- Epigenetic effects (both good and bad) that lasted for several hours have been identified following a single meal.

KEYS TO NUTRITION AND POSITIVE EPIGENETIC CHANGES

1. Eat a colorful and varied diet (does not need to be only plant-based) to provide a constant supply of the many compound needed for positive and lasting epigenetic changes.
2. Combat excessive oxidative stress through adequate doses of phytonutrients found primarily in plant-based diets.

OTHER FACTORS THAT INFLUENCE EPIGENETIC CHANGES

- Environmental factors: air pollution and exposure to toxic chemicals
- Quality of drinking water
- Stress
- Shiftwork

SUMMARY

The field of epigenetics is here to stay and every day new links are identified that show 'life' influences the blueprint sent by our genes to control cellular function. The real question is whether the message received will come with a positive or negative message.

SOURCES

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Summer 2015 (2. Alegria-Torres, J. A., Baccarelli, A & Bollati, V. Epigenetics and lifestyle. Epigenomics. 2011 June 3 (3): 267-277 (3. Mosey, T. Epigenetics and food. Idea Fitness Journal, January 2016, 38-44

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BY GINNY DUNNILL

BCFIT® '16: THROUGH THE EYES OF A NEW INSTRUCTOR

I'm nearly 40 minutes early. In the anticipation so typical of someone checking yet another milestone off her lists of firsts as an instructor, I gave myself too much time to find where I needed to be. So now I'm here, and I'm alone.

Thankfully, I'm not waiting long before I notice cars beginning to fill the lot and people trickling in; it seems I'm not the only keener. I wait until what I deem as an acceptable time (6:45am is fine, right?) and I allow myself to approach the doors. I give an excited wave to an instructor who I recognize from my gym. There are people just like me here: eager to learn, to impart their knowledge, to inspire. I am here. It's time.

Entering the building, I am immediately struck by the fact that I know nobody. Any premature sense of belonging that I'd fostered walking through the parking lot vanishes; I'm at once 5-year-old me on the first day of school, 3-year-old me missing my mother in the grocery store, 17-year-old me moving away from home. I spot my manager and beeline her way; if she thinks I'm crazy, she has too much grace to show it and gives me permission to be her shadow for the day. Together we enter the main gym, finding our spot among the crowd, and I realize that we share something, these

hundreds of people and me. There's a buzz akin to how I feel in my step classes; each person here is just a little like me. We carry an energy seemingly founded only in childhood and an enthusiasm rarely found outside of these walls. Our keynote speaker speaks of the importance of laughter; she laughs, we laugh. The buzz continues. The room glows.

My first workshop takes everything that I know about my craft and shows me that I've only been reading a third of the book. We work up a crazy sweat as our instructor leads us through a beautiful sequence of choreography and intervals. As I hear the hooting and hollering around the room, it hits me that I am surrounded by my people;

yes, this is my place. How lucky are we that we can be so, so alike?

Our session lets out; the marketplace fills below. One session bleeds into another, and it seems that there is no time before we file to our respective classrooms. My next session is on burnout; on how, as an instructor it's so important not to give too much, and how if we don't find balance we can lose ourselves completely. The presenter is lovely; she helps us identify the things that drag us down and those that light us up. She understands how difficult it can be not to give ourselves away completely. After all, we are the ones who dedicate our best selves to helping others find theirs. We give, and give, and just keep giving. And when

"We work up a crazy sweat as our instructor leads us through a beautiful sequence of choreography and intervals."

we run out of give, we dust ourselves off and give just a little more.

The afternoon races by. We break and we network; I, still my manager's shadow. As we near the end of the day, my final session reminds me why I love what I do. Our speaker discusses inspiration. She tells us of the best ways to keep a group going; more importantly, she reminds us of why we are here.

"You," she says, eyes meeting ours, "are the ones we need in this industry." She tells us how our very willingness to be at the conference, combined with our unbridled desire to keep growing, will only continue to serve us as we move forward.

"Look how you care," she says. "Look how you care."

The conference concludes. Our closing keynote speaker takes her spot on the stage and delivers an empowering presentation on self-marketing. She offers us tips and suggestions on how to create a powerful social media platform; really, though, she offers us tips on the importance of getting ourselves out there and presenting what we have to give to the world. We are superheroes; we are here to help others find their strength and continue to grow. We are here to inspire. To teach. To learn. To keep going.

With the ending of the conference, we make our way to our respective spaces, our respective lives. Though the conference itself ends, we carry with us the knowledge that we are here to do something great – and the knowledge that, within ourselves, we've worked to only make this better. Until the next

year, when some of us will not arrive too early and will approach the doors with the heart-pounding anticipation of knowing when something is going to be really, really good. Until then, we go forward; we take our newfound fire and embark to inspire change, strength, and the process of becoming better again and again.

Until next year, BCFit!

GINNY DUNNILL is a BCRPA-registered fitness leader, having entered the industry just under one year ago after graduating from UBC's English Language program. When she isn't finding her light in a step class, you can find her correcting grammar and trying to master the art of the perfect gluten-free cookie. Feel free to reach out to her at gpdunnill@gmail.com.

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PHYSICAL LITERACY



BY MELANIE LEVENBERG

PHYSICAL LITERACY AND THE ROLE OF FITNESS LEADERS

We as Fitness Leaders are the movement leaders. Every day, thousands of kids, teens, adults and older adults enter our studios, gymnasiums and clubs; bringing with them a unique journey towards finding and maintaining health and wellness.

We prepare, coach, cue and motivate members to discover the positive physical, emotional, and social benefits of being active for life. This is their physical literacy journey and, as Fitness Leaders, we play an important role in guiding and coaching our members along their unique path.

“PHYSICAL LITERACY IS THE MOTIVATION, CONFIDENCE, PHYSICAL COMPETENCE, KNOWLEDGE AND UNDERSTANDING TO VALUE AND TAKE RESPONSIBILITY FOR ENGAGEMENT IN PHYSICAL ACTIVITIES FOR LIFE.” (IPLA, 2014).

The physical literacy movement in Canada emerged through the sport

and education sectors. For the last 10 years, training and interventions have mostly been targeted towards children. More recently the movement has expanded into other sectors such as recreation, fitness, injury prevention and community health, and focuses on addressing the needs of youth, adults and older adults.

When examined closely, physical literacy is not a new concept for fitness professionals - the model reflects practices and philosophies that have guided our work as fitness leaders for decades. Physical literacy is the idea that individuals must develop three key attributes in order to have the tools to be active for life: physical competence (fundamental movement skills and patterns), confidence in movement,

and personal attitudes and a value for physical activity as a part of their lifestyle.

FITNESS LEADERS PLAY AN IMPORTANT ROLE IN FOSTERING EACH OF THE CORE ELEMENTS OF PHYSICAL LITERACY:

Physical Competence: What type of movements are in your repertoire? The types of movements that are included in a fitness class can make a significant impact on helping participants develop physical literacy. Selecting different types of movement patterns from various disciplines will not only help members move beyond a traditional ‘fitness’ vocabulary (e.g. hamstring curls, triceps extensions) but also allow them to be exposed to different ways that they can be physically active for life. Multi-disciplinary activities include fundamental movement skills (e.g. log rolling, galloping, balancing), sport skills (eg. kicking and throwing motions), dance (e.g. pliés, leaps, body isolations) or leisure-based movements (eg. canoeing, hiking).

When examined closely, physical literacy is not a new concept for fitness professionals

MELANIE LEVENBERG, M.Ed, is a Physical Literacy/Education Consultant and the Founder of PL3Y International - the world's leading provider of pre-choreographed physical literacy programs. www.pl3yinc.com

LET'S CLARIFY - ONE CANNOT "INSTRUCT" PHYSICAL LITERACY. RATHER, FITNESS LEADERS DELIVER COMPONENTS WITHIN THEIR CLASS OR PROGRAMS TO DEVELOP PHYSICAL LITERACY.

CONFIDENCE: WHAT TYPE OF CHALLENGES DO YOU OFFER TO YOUR MEMBERS?

Exercise is a great way for individuals to face different physical and psychological challenges and gain a sense of confidence from achieving their goals. Confidence is achieved when participants experience success with movement. Therefore, ensuring that all movements and classes provide opportunities for individuals to feel a certain level of mastery with a movement is an important element of fostering physical literacy.

MOTIVATION: WHAT MOTIVATES YOUR MEMBERS TO EXERCISE AND BE ACTIVE?

When it comes to the development of physical literacy, it's not just the physical aspect that are addressed – the development of a person's mental, emotional, social and spiritual domains must also be supported. It is important to use positive language around physical activity and about one's ability to do a skill or movement. This type of positioning helps participants maintain self-confidence as well as view exercise as a valuable part of a healthy and active lifestyle.

Physical literacy is not something that a person can 'achieve'. The term "I am physically literate" is a misunderstanding of the concept of physical literacy, because physical literacy is a journey that evolves throughout the lifetime. One's physical competence, confidence with movement and motivation to be

active are constantly affected by the ebb and flow of life. With the help of Fitness Leaders, everyday people can continue to discover, develop, maintain and explore their own physical literacy journey so that they can maximize the benefits of being active for life.

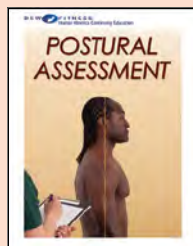
10 SIMPLE TIPS TO HELP FOSTER PHYSICAL LITERACY IN FITNESS

- (1) Focus on Fundamental Movement Skills
- (2) Create a positive and encouraging workout space
- (3) Reinforce that each person is on an individual journey
- (4) Make movement meaningful through education-based coaching
- (5) Help participants value physical activity in their life
- (6) Select a wide range of activities from different disciplines
- (7) Acknowledge successes and build confidence
- (8) Incorporate social interactions
- (9) Reflect on your own physical literacy journey
- (10) Don't forget to play!

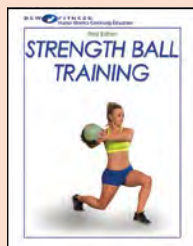
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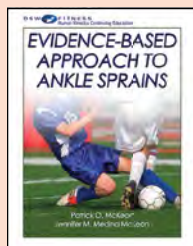
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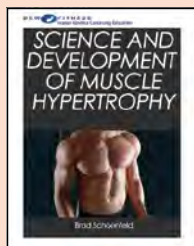
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STAYING ACTIVE ACROSS THE LIFE COURSE

STAYING ACTIVE ACROSS THE LIFE COURSE – NEW PROGRAMS ACTIVATE SEDENTARY OLDER ADULTS

Two new programs are providing unique opportunities for BCRPA registered fitness leaders to reach the sedentary older adult population in their communities. The Choose to Move and ActivAge™ programs have been a big success. Reaching over 1200 participants in communities across the province, 35 registered BCRPA Fitness Leaders have received training and a new class to reach.

BACKGROUND

Increasing physical activity levels in the lives of older adults is one of the key focus areas of the Provincial Government's Physical Activity Strategy. To support its goal of ensuring participation in physical activity occurs across the whole life course, the province provided funding to the Centre for Hip Health and Mobility (CHHM) to create and deliver an Older Adult Strategy [Active Aging BC (ABC)] that would provide and promote more opportunities for older adults to be physically active; enhance health, mobility, and social connectedness of older adults, and build community capacity that

"Choose to Move inspired me to go from no exercise to daily stretches and taking yoga ...I can now go up and down stairs without worrying"

PARTICIPANT

"I love teaching ActivAge™ and Choose to Move! The participants are all eager to make proactive changes in their lives and have all shown such huge improvements in mobility, balance, strength, flexibility and their overall outlook for their futures. My favourite stories all start with 'I couldn't do 'blank' a month ago' or 'I never thought I would be able to do that again!'"

CHANTEL REEMS
BCRPA registered fitness leader



supports awareness of, and access to, physical activity opportunities for older adults.

Part of this funding was used to create the Choose to Move Program; a 6-month, evidence-based personal planning and support program that promotes greater physical activity among older adults (≥65) who are not regularly active.

CHHM also partnered with the BCRPA to develop ActivAge™,

an older adult physical activity program that complements the Choose to Move program (providing its participants with an in-class fitness program option that is specifically tailored to improving their physical activity levels), and to leverage the BCRPA's expertise in facilitating community-based program delivery through its provincial network of local government recreation and parks members.



CENTRE FOR HIP HEALTH AND MOBILITY IS A UNIVERSITY OF BRITISH COLUMBIA AFFILIATED, INTERNATIONALLY RECOGNIZED RESEARCH CENTRE FOCUSED ON DEVELOPING NOVEL STRATEGIES WHICH PROMOTE PHYSICALLY ACTIVE CHOICES AND POSITIVELY INFLUENCE MOBILITY.

CHOOSE to MOVE

CHOOSE TO MOVE IS A 6-MONTH, EVIDENCE-BASED PERSONAL PLANNING AND SUPPORT PROGRAM TO PROMOTE GREATER PHYSICAL ACTIVITY AMONG OLDER ADULTS (65+) WHO ARE NOT REGULARLY ACTIVE. WORKING WITH A REGISTERED BCRPA FITNESS LEADER (ACTIVITY COACH), PARTICIPANTS DEVELOP A PERSONALIZED PHYSICAL ACTIVITY ACTION PLAN CUSTOMIZED TO EACH PERSON'S NEEDS, INTERESTS, GOALS, RESOURCES AND ABILITIES. THE BEAUTY OF CHOOSE TO MOVE IS THAT PARTICIPANTS CAN CHOOSE ANY PHYSICAL ACTIVITY THAT THEY ENJOY AND FITS INTO A SCHEDULE THAT WORKS FOR THEM. FOR EXAMPLE, ONE MIGHT CHOOSE PROGRAMS OFFERED AT THE FACILITY (SUCH AS ACTIVAGE™), USE RECREATION CENTRE AMENITIES TO SWIM OR LIFT WEIGHTS, OR CHOOSE TO DO ACTIVITIES NEARER TO HOME SUCH AS WALKING, GARDENING OR HIKING.

www.activeagingbc.ca/physical_activity/Choose-to-Move/

POSITIVE OUTCOMES

The coming together of these two organizations and their programs has proven to be a winning combination. Through these programs over 1,200 participants, and counting, have discovered the benefits of regular physical activity.

The pilot project began in January 2016 and to date has run in 22 select community sites in all five health authority regions across the province. At its completion in March 2017 the programs will have been offered over 40 times.

In addition to increasing physical activity levels, each program also strives to increase social connectedness for this age group, increase awareness of the importance of healthy living, and motivate and support the adoption of active lifestyles. These added elements combat some of the common barriers older adults face in relation to engaging in physical activities, and help ensure lasting lifestyle changes are made.

*“I enjoyed having a specific time to come and exercise, and learn new techniques I’m able to do. I feel confident that I could comfortably perform the **ActivAge™** program, and then apply it at home. But I enjoyed the social aspect and making new connections!”*

PARTICIPANT

"We are at a crossroads in Canada as the proportion of older adults (>age 85) now outnumbers children and youth under age 15. Prevention through physical activity is key as it enhances physical, mental and social wellbeing and supports older adults mobility and ability to live independently for as long as possible. Despite this adults over age 65 are among the most sedentary Canadians. To address this call to action we turned to BCRPA. With characteristic enthusiasm, skill and commitment BCRPA worked with us to design, deliver and evaluate a choice based physical activity program (Choose to Move; CTM) to older adults in communities across British Columbia. Early results are in and CTM is a winning model — in its first phase CTM effectively enhanced physical activity and social connectedness in BC seniors. It is only through these kinds of partnerships across sectors that we will succeed in making a difference in the health and ultimately the lives of older British Columbians."

HEATHER MCKAY

Professor, Departments of Orthopedics and Family Practice Director, Centre for Hip Health and Mobility University of British Columbia.

Benefits are also experienced by the communities offering these programs as they attract and retain new patrons and provide training supports to build the capacity of communities to deliver physical activity and recreation programming to older adults.

Registered BCRPA Fitness Leaders, with Older Adult specialization, receive training to lead each program, and remain as community-based accessible resources. The pilot initiative has provided 35 BCRPA registered Fitness Leaders throughout the province with training and knowledge to run these programs and help this specific segment of our population.

LONG TERM EFFECTS

Reaching this inactive population will broaden the scope of program offerings and provide an avenue to connect to all residents – even those who have never stepped into a community centre before.

These hard-to-reach individuals are now engaged with their local community recreation facility and staff, and the variety of program offerings available to them. This in turn enables community centres to transition participants into existing programming and further their physical activity pursuits.

The Choose to Move and ActivAge™ programs have been a big success

The pilot phase of this initiative concludes in March 2017, but work is being done with respect to determining the legacy of these program offerings.

"ActivAge™ introduced a variety of exercises, using different muscle groups (including some I didn't know I had!). It can be a strenuous program, but it's great for us "golden agers". It's fun, and the instructor is very positive, helpful, and knowledgeable."

PARTICIPANT

CHOOSE TO MOVE AND ACTIVAGE™ COMMUNITIES:

BURNABY, CAMPBELL RIVER, CRANBROOK, DAWSON CREEK, KAMLOOPS, KELOWNA, LADYSMITH, LANGLEY - CITY, NANAIMO - REGIONAL DISTRICT, NEW WESTMINSTER, NORTH VANCOUVER, PRINCE GEORGE, PENTICTON, POWELL RIVER, PRINCE RUPERT, RICHMOND, SALMON ARM, SURREY, TERRACE, VANCOUVER, VICTORIA, WILLIAMS LAKE

FITNESS ADVISORY COMMITTEE

Our Fitness Advisory Committee (FAC) plays a key role in ensuring the continued expansion, improvement and relevance of the BCRPA to the fitness industry and its consumers. Specifically this Committee helps by providing recommendations, professional advice, information and support to the BCRPA on matters relating to the development, promotion and advocacy efforts of the BCRPA Fitness Registration Program and the National Fitness Leadership Alliance (NFLA) national standard in BC. Members are appointed by the CEO and are affiliated with the BC health and fitness industries.

WE WOULD LIKE TO THANK OUR FAC MEMBERS FOR THEIR VOLUNTEER COMMITMENT OF TIME AND EXPERTISE:

Debra Wilson (Chair)

Barbara Anderson

Kim Bond

Lela Dawson

Ingrid Knight-Cohee

Carol Lepine

Dr. Bill Luke



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FITNESS LEADERS**

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30% off**

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SELECT FOOTWEAR FROM OUR
PARTICIPATING VENDORS**

www.fitfirst.ca/bcrpa

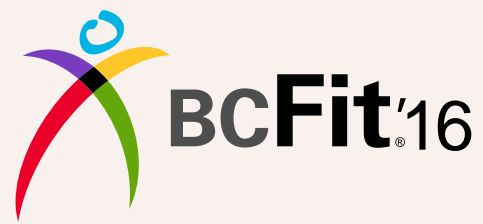
LadySport

3545 West 4th Ave.
Vancouver BC V6R 1N9
Ph. 604-733-1173
info@ladysport.ca

FitFirst

3713 Kensington Ave.
Burnaby BC V5B 0A7
Ph. 604-299-8851
info@fitfirst.ca





MORE THAN 250 FITNESS LEADERS ATTENDED THE BCRPA'S ANNUAL FITNESS CONFERENCE THIS YEAR AT FORTIUS SPORT & HEALTH AND FRED RANDALL POOL IN BURNABY.

THIS IS WHAT THE DELEGATES HAD TO SAY:

"A great way to get new ideas and inspiration"

"I found the conference fantastic and look forward to attending next year!"

"This year's venue was perfect and helped create the perfect tone for networking!"

"This was my first time attending the conference and I was thoroughly impressed!"

"I cannot say enough good things about the quality of presentations that were offered."

"Very well organized, great volunteers effort and a superb venue to host – speakers and presenters were outstanding!"

A collage of six photographs showing various activities from the conference: a group of people in a gym setting, a large audience seated on the floor for a presentation, a person performing a fitness routine on a stage, and other scenes of participants and speakers.

2016 BCFIT FITNESS CONFERENCE

BY STEVE DITOMASO & KARI NEGRAIFF

SUCCESSFUL CORE TRAINING



Successful core training begins with the understanding of how to coach and cue the correct pelvic and thoracic posture to create a foundational connection between the hemispheres of the body prior to resisting motion from the appendages. For most core focused exercises the pelvis will be tilted posteriorly through co-contraction of the gluteus maximus and oblique muscles. The thoracic (read: rib) posture should be in-line with the pelvic bowl and void of excessive thoraco-lumbar extension (or rib flare).

Please note that the above postures were referenced with respect to the supine position; however it forms the basis of all core training movements regardless of starting position.



DEADBUG

Ensure hip and knee joints maintain a 90/90 degree flexion (NO hip flexion should be observed in the stationary leg while the opposing leg is in motion). Elbows should face straight back as the arms corkscrew into the shoulder sockets to generate lat tension.

SIDE PLANK + ROW

Ensure the support elbow is directly below the shoulder; grip the ground with the palm and work to create 'lat' tension. The more tension created throughout the body the better. Gripping the suitcase handle, row the sandbag with the top arm- make sure to focus on keeping the elbow tight to the body and to squeeze the shoulder blade 'back and down'



HANDOUT COURTESY OF BCRPA

SUCCESSFUL CORE TRAINING CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

LATERAL BAG DRAG

Begin in a push-up position with hands close enough so that thumbs can touch and feet are spread double shoulder width. The sandbag should be directly below your navel. Create as much 'whole body tension' as you can by stiffening the body; begin to drag the bag laterally across the floor using the end cap handle. As you drag the bag work to maintain level hips by counter rotating your hips toward the side you are pulling the bag to.

Starting from a quadruped position, grip the floor simultaneously with hands and feet. Extend the opposite leg at the same time as you begin to drag the sandbag laterally underneath of you by the endcap handle.



MULTIPLANAR CORE WORKOUT

The following complimentary workouts can be performed prior to a performing your training session or as independent core training. Performing core movements in the sagittal, transverse, and frontal plane will create a balanced foundation for function and performance.

CORE WORKOUT #1

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
1A	DEADBUG	3	5EA	SLOW	30S
1B	SIDE PLANK + ROW	3	10EA	121	30S
1C	LATERAL BAG DRAG	3	5EA	SLOW	30S



STEVE DI TOMASO and **KARI NEGRAIFF** are owners of Envision Fitness in Maple Ridge. They are passionate, lifelong learners with over 20 years of combined industry experience. DVRT Master Instructors since 2012 they use DVRT as their primary platform for exercise programming. They aspire to connect fitness professionals with the means and scientific methodology to provide the ultimate fitness experience for their clientele.

NUTRITION CORNER



BY: JOANNA DRAKE, RD DIETITIAN SERVICES AT HEALTHLINKBC

THE DIRT ON CLEANSING AND DETOX DIETS

Everywhere you turn, articles, books, websites, and ads promote diet programs and products claiming to cleanse and detoxify our bodies. Cleanses and detoxes aren't new. They've been around for centuries for reasons extending from religious purification to early medical dogma. Today, their premise is that our bodies build up toxins from our environment—the air we breathe, the food we eat, and the beverages we drink—and that to be our healthiest, we need to rid our bodies of those toxins.

The concept may sound appealing. The world is full of contaminants we'd rather not have in our bodies, and who doesn't want to be healthier, have more energy, and simply feel better/younger/thinner/happier than they do right now? Promises such as these can seem even more attractive when compared to a lifetime of eating well, being physically active, getting enough sleep, and managing our stress levels, all of which can sometimes seem challenging but are known to have dramatic positive effects on our health.

So what about cleanses and detoxes? Do these programs and products work? Are the advantages really there, or are they too good to be true?

To answer this, it's important to know that our bodies aren't simply sponges that soak up and hold onto everything that comes near them. Our bodies have systems in place to get rid of what

it doesn't want. Those "systems" are the liver, intestines, and kidneys. To put it simply, the liver is responsible for removing waste products and contaminants from our blood and sending them to the kidneys, which remove them in the urine. The intestines remove solid waste in the feces.

At this time, there isn't enough evidence to support the idea that 1) our bodies need a higher level of cleanse or detoxification than is currently provided "in house," or that 2) a cleanse or detox program or product would be capable of doing it.

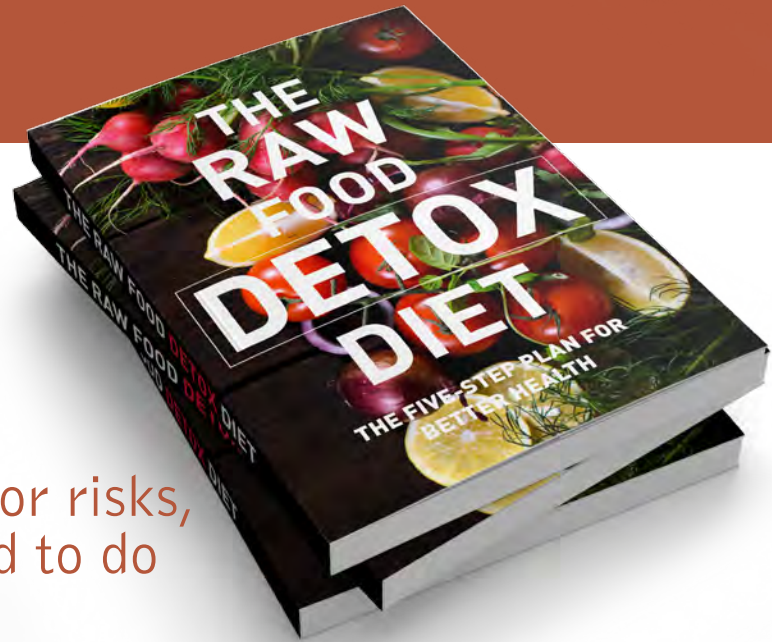
But does that mean that you shouldn't try a detox or cleanse if you find one that appeals to you? Not necessarily. Just like many other decisions, look at it systematically and make an informed decision—weigh the possible advantages of it against any possible risks.

Our body's systems may not be glamorous or newsworthy, but they work.

ASK YOURSELF: WHAT IS THE DETOX OR CLEANSE PROMISING TO DO, AND DOES THAT MAKE SENSE?

As always, be wary of health claims made by companies trying to sell you something. For example, some products claim that by ingesting them, they can remove the feces that is hardened and caked onto the intestinal wall. Yet, gastroenterologists (intestinal doctors) and surgeons report that people, even patients with poor gut motility or obstruction, don't have caked-on feces in their guts. Alternatively, if the cleanse is simply promising to help you drop a

HealthLink BC has trusted health information at their fingertips by phone or web. www.healthlinkbc.ca



Whether you need help determining the benefits or risks, or you've already decided to do the cleanse or detox, tell your healthcare provider.

couple of pounds before a big event or help your mind and body get ready for a healthier eating plan, that may or may not make sense to you. If your reason for doing the plan is still compelling, then it's time to look at the possible risks.

**ASK YOURSELF:
WHAT ARE THE RISKS OF DOING THE DETOX OR CLEANSE, AND ARE THEY SIGNIFICANT?**

When answering this question, be sure to consider your own situation. For example, a two-day juice cleanse is unlikely to cause problems for someone who is healthy and whose immune system is strong. But if you have a chronic condition (e.g. diabetes), a history of low blood glucose or disordered eating, you are pregnant, less than 18 or over 65 years, your risk of complications increases. Likewise, more extreme products and programs that ask you to do more extreme

things—everything from high doses of laxatives to enemas to a range of herbal products—have more extreme risks. These risks include liver damage, nausea and vomiting, dehydration, electrolyte imbalances, kidney failure and perforated colon.

Whether you need help determining the benefits or risks, or you've already decided to do the cleanse or detox, tell your healthcare provider. That way if anything comes up, they'll be in a better, more informed place to care for you. It's your body, and you choose what you do with it. But be informed about your choices and go in with your eyes wide open.

FOR MORE READING, CHECK OUT THE FOLLOWING ARTICLES.

- Mayo Clinic's Do detox diets offer any healthy benefits?
- Science-Based Medicine's Detox: What "They" Don't Want You To Know

EVERYWHERE YOU TURN, ARTICLES, BOOKS, WEBSITES, AND ADS PROMOTE DIET PROGRAMS AND PRODUCTS CLAIMING TO CLEANSE AND DETOXYFY OUR BODIES.



HealthLink BC has trusted health information at their fingertips by phone or web. www.healthlinkbc.ca

BCRPA FITNESS LEADERSHIP AWARDS

BCRPA 2016 FITNESS LEADERSHIP AWARD RECIPIENT PROFILES



AARON TEWS | EDUCATOR OF THE YEAR AWARD 2016

Aaron has over 20 years of experience in the fitness industry and is the current president and owner of two facilities focused on active rehabilitation, personal training and fitness education called Kinesiologists.ca. Since 1995, he has been a BCRPA Registered Trainer of Fitness Leaders for Fitness Theory and Personal Trainer Courses, as well as Weight Training and Group Fitness Specialty Modules. An author of two published books, he also wrote the first provincially accepted correspondence course for Weight Training in the province. Highly regarded as a workshop presenter and writer for many publications, including BCRPA's FitLifeBC magazine, Aaron's exuberant personality and infectious energy bring praise from his colleagues, clients, and Douglas College students.



GILLIAN GOERZEN | FITNESS LEADER OF THE YEAR AWARD, 2016

As the owner of Super You with over 15 years of teaching experience, Gillian has a very inspirational teaching style that enables participants to find their strengths and challenge themselves. As one of two keynote presenters at the BCRPA's BCFit@'16 fitness conference, she is a sought-after leader both for her motivational words of wisdom and as a fitness dynamo. Gillian has also been one of the BCRPA MEND instructors. The MEND program (Mind, Exercise, Nutrition...Do it!) teaches children and their families how to make positive lifestyle choices by eating healthy and exercising regularly. An avid volunteer in her community, Gillian offers a free weekly running group, leads the warm-up for the annual Terry Fox Run, and is currently organizing a fitness charity event for the Haven Society, an emergency shelter offering emotional support, counselling and advocacy for women, children and families.



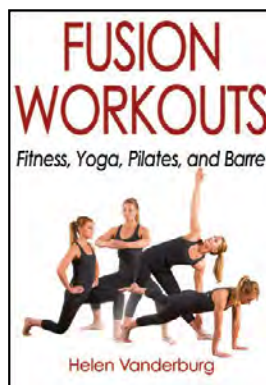
SHARON TAYLOR | PROGRAM MANAGER/DIRECTOR OF THE YEAR AWARD, 2016

Sharon Taylor is the Fitness Coordinator at the South Arm Community Centre in Richmond. A motivational mentor, Sharon is a highly regarded fitness coordinator in the city of Richmond. She has championed Fitness Instructor wage increases, led innovative team meetings, and encouraged staff to reach their own personal goals. She regularly provides incentives to staff to further develop their professional skills and explore new opportunities, including free Continuing Education Credit classes. Sharon developed unique and creative programs like "Start Me Up" training for those unsure of how to begin a fitness program, a Youth Orientation program, and Tough Mudder Training for those interested in participating in this annual event. A believer in giving back to her community, she has spearheaded an annual Heart & Stroke Fitness Fundraiser and her "Drop-in/Drop-off" event resulted in 800 items being donated to three Richmond shelters.

A BIG ROUND OF APPLAUSE TO ALL OF OUR BCFIT.[®]16 VOLUNTEERS

Jan Lockwood
 Silvia Hernandez
 Ashley Bernardo
 Brian Sugiyama
 Joanne Austin-Teh
 Yumi Imai
 Margaret Maxim
 Penny Efthimiou
 Isaiah Baldissera
 Sherri Marcotte
 Long You
 Shannon Keefe
 Tami Stevens
 Marta Baricsa
 Heather Kralik
 Sheila D'Arcy
 Gina Sim
 Dagmar Doubkova
 Rainy Kent
 Sherri Fransila
 Abby Tabaco
 Kirsti Andruchuk
 Francisco Ramirez
 Kevin Prudencio
 Heather Stanton
 Ron Stanton
 Irina Almasan
 Darren Shane
 Jane McNeil
 Anna Colucci
 Kate Ann Archer

New Releases

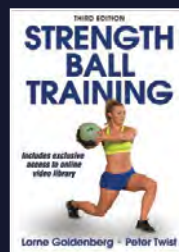


Fusion Workouts offers an approach to fitness, yoga, Pilates, and barre that offers efficient ways to gain strength, muscle definition and endurance, flexibility, and balance.

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CEC ARTICLE QUIZ #1

THE FOLLOWING CEC QUIZ IS BASED IN THE ARTICLE:
“THE DIRT ON CLEANSING AND DETOX DIETS”

BY JOANNA DRAKE

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 15, 2017. Credits earned will be inputted directly into The Registry® of Fitness Professionals by JANUARY 30, 2017, 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. THE ARTICLE DOES NOT NAME _____ AS “HAVING A DRAMATIC POSITIVE EFFECT ON OUR HEALTH”:

- a. genetics
- b. eating well
- c. getting enough sleep
- d. managing stress levels

2. COMPLETE THE SENTENCE. THE LIVER IS RESPONSIBLE FOR ...:

- a. removing wastes from urine
- b. holding alcohol
- c. digesting fat
- d. removing waste products and contaminants from blood

3. TRUE OR FALSE? THE ARTICLE STATES EVIDENCE SUPPORTS THE IDEA THAT “OUR BODIES NEED A HIGHER LEVEL OF CLEANSE OR DETOXIFICATION THAN IS CURRENTLY PROVIDED “IN HOUSE”.

- a. True
- b. False

4. THE ARTICLE REPORTS THAT SOME PRODUCTS CLAIM TO:

- a. Remove hardened feces from intestinal walls.
- b. Help you lose a few pounds before a big event.
- c. Help your mind and body get ready for a healthier eating plan.
- d. All of the above.

5. FILL IN THE BLANK. A TWO-DAY CLEANSE IS _____ TO CAUSE PROBLEMS FOR SOMEONE WHO IS HEALTHY AND WHOSE IMMUNE SYSTEM IS STRONG.

- a. likely
- b. unlikely
- c. certain
- d. none of the above

6. THESE FACTORS INCREASE RISKS OF COMPLICATIONS:

- a. chronic conditions or pregnancy,
- b. a history of low blood glucose or disordered eating,
- c. being less than 18 or over 65 years, or
- e. all of the above.

7. THE ARTICLE STATES THAT MORE EXTREME PRODUCTS HAVE RISKS SUCH AS:

- a. liver damage, nausea and vomiting
- b. dehydration, electrolyte imbalances
- c. kidney failure and perforated colon
- d. a, b, and c

8. WHAT OBJECT DOES THE AUTHOR MAKE A COMPARISON TO OUR BODIES?

- a. a rake
- b. a sponge
- c. a filter
- d. a sieve

9. TRUE OR FALSE? IT IS ALWAYS A GOOD IDEA TO CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING A CLEANSE OR DETOX.

- a. True
- b. False

10. THE PRIMARY ROLE OF THE KIDNEYS ARE TO:

- a. remove waste products and contaminants from the blood.
- b. remove solid waste in the feces.
- c. remove waste products and contaminants into the urine.
- d. protect the liver.

**ANSWER KEY TO
THE SPRING/SUMMER
2016 QUIZ:**

- 1. D. The number one training trend
- 2. A. Improved carbon dioxide discharge
- 3. B. A way to improve speed
- 4. C. 20-30 minutes

- 5. B. Kessler, 2012
- 6. D. All of the above
- 7. A. 2-3 times per week
- 8. D. All of the above
- 9. B. False
- 10. D. All of the above

CEC ARTICLE QUIZ #2

THE FOLLOWING CEC QUIZ IS BASED IN THE ARTICLE:
“EPIGENETIC LINK TO HEALTH & FITNESS”

BY DR. BILL LUKE

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 15, 2017. Credits earned will be inputted directly into The Registry® of Fitness Professionals by JANUARY 30, 2017, 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. WHAT ARE THE LIFESTYLE FACTORS LISTED THAT ARE INVOLVED IN EPIGENETICS?

- a. exercise and stress management
- b. nutrition and sleep
- c. a & b
- d. none of the above

2. COMPLETE THE SENTENCE. EPIGENETIC CHANGES ...:

- a. develop slowly as a result of long term physical activity.
- b. occur slowly after a single exercise bout or meal and then disappear almost as fast
- c. are not permanent
- d. cannot be inherited.

3. TRUE OR FALSE? THE LIFESTYLE OF INDIVIDUALS, THEIR PARENTS AND GRANDPARENTS ARE LINKED AND CAN INFLUENCE HEALTH AND FUNCTION FOR GENERATIONS.

- a. True
- b. False

4. WHAT NUTRIENT IS IMPORTANT IN SYNTHESIS AND REPAIR OF DNA AND CARDIOVASCULAR HEALTH?

- a. Glucosinolate
- b. B-vitamins
- c. Manganese
- d. Zinc

5. THIS CODE (BLUEPRINT FOR CELL FUNCTION) IS ESTABLISHED INSIDE THE _____ OF EACH CELL AND DIRECTS THE BEHAVIOR OF THOSE SPECIFIC CELLS.

- a. DNA
- b. membrane
- c. nucleus
- d. none of the above

6. POLYPHENOLS HAVE BEEN LINKED TO:

- a. an increased incidence of heart disease.
- b. reduced risk of hormone-related cancers including breast and prostate cancer.
- c. auto-immune problems.
- e. none of the above.

7. HOW MUCH TIME IS RECOMMENDED TO EXERCISE EACH DAY TO REAP HEALTH BENEFITS SUCH AS DECREASED RISK OF CERTAIN CHRONIC DISEASES?

- a. at most 60 minutes
- b. 10 minutes at least 3 times per day
- c. at least 60 minutes
- d. 20-30 minutes

8. WHICH TYPES OF EXERCISES HAVE SHOWN INCREASED BLOOD FLOW TO THE BRAIN INCREASING PROTECTION FROM COGNITIVE DECLINE AND INCREASED MOOD?

- a. high-intensity exercise and endurance training
- b. strength training and yoga
- c. meditation and step classes
- d. running and stretching regimes

9. TRUE OR FALSE? EXERCISE IS A VERY POWERFUL GENETIC MODIFIER FOR IMPROVING FUNCTION AND HEALTH INCLUDING REDUCING THE RISK OF TYPE 2 DIABETES AND SOME CANCERS.

- a. True
- b. False

10. THE LIST OF OTHER FACTORS THAT INFLUENCE EPIGENETIC CHANGES INCLUDES:

- a. Air pollution and exposure to toxic chemicals
- b. Quality of drinking water
- c. Stress and shiftwork
- d. All of the above

The Registry[®] OF FITNESS PROFESSIONALS

The Registry[®] of Fitness Professionals showcases the *talent, qualifications, certifications*—and *experience* of BCRPA registered fitness professionals who have met the highest and most stringent provincial and national professional standards. It also helps employers and clients find you.



Put The Registry[®]
to Work for You!



Promote Yourself.

Two new social media icons for **The Registry[®]** help put the public in touch with you. BCRPA registered Fitness Professionals can use these two social media icons on email signatures, web pages and other social media sites. The icons can be linked directly to a leader's public profile to:

- Help employers and clients match the right professional with the right job
- Promote and validate the status of registered BCRPA Fitness Professionals

GO ON – GET A HEAD START... MAKE YOUR PROFILE PUBLIC AND BEGIN USING ONE OR BOTH OF **THE REGISTRY[®]** SOCIAL MEDIA ICONS TODAY! ACCESS THE ICONS AT: WWW.BCRPA.BC.CA/TRICONUSE



FIND
Me On

The Registry[®]

Email signature example:

The Registry[®] of Fitness Professionals

Helvetica 12 B I U

To:

Cc:

Subject: The Registry[®] of Fitness Professionals

Signature: The Registry[®]

Thank you for contacting me through **The Registry[®]**. I would be happy to meet with you about the job, please let me know what time works best for you.

Ann Smith
ABC Fitness Co.
Director of Training & Programming

FIND Me On The Registry[®]

www.thefitnessregistry.com