

# FitLifeBC

THE OFFICIAL PUBLICATION OF THE BCRPA FITNESS PROGRAM

V.09 / ISSUE 01 / WINTER 2017



Page 04  
PARTICIPATE IN  
PARTICIPATION'S 150  
PLAYLIST #BCRPA150

Page 06  
THE 360° ASSESSMENT  
– TAKING STOCK AND  
MAKING CHANGES



[WWW.BCRPA.BC.CA](http://WWW.BCRPA.BC.CA)

**REGISTERED BCRPA  
FITNESS LEADERS**

**RECEIVE**

**off**

**30%**

**INCLUDES CLOTHING  
AND SELECT  
FOOTWEAR FROM  
OUR PARTICIPATING  
VENDORS**

**[www.ladysport.ca/bcrpa](http://www.ladysport.ca/bcrpa)**



**3545 WEST 4TH AVENUE  
VANCOUVER BC V6R 1N9  
PH. 604-733-1173  
INFO@LADYSPORT.CA**

# TABLE OF CONTENTS

Pg. **04**  
MESSAGE FROM THE CEO:  
REBECCA TUNNAcliffe

Pg. **06**  
THE 360° ASSESSMENT –  
TAKING STOCK AND MAKING  
CHANGES

Pg. **08**  
INNOVATIVE WAYS TO  
MAKE AQUATIC EXERCISES  
ACCESSIBLE TO THE  
VISUALLY IMPAIRED

Pg. **12**  
GETTING MORE WOMEN  
INVOLVED IN YOUR  
PROGRAMS

Pg. **16**  
SAY HELLO TO PHYSICAL  
ACTIVITY SERVICES –  
A REFERRAL RESOURCE  
FOR FITNESS LEADERS

Pg. **18**  
HANDOUT:  
SUCCESSFUL CORE  
TRAINING PART II

Pg. **20**  
RECIPE CORNER :  
THE EMERALD GREEN -  
A SMOOTHIE RECIPE

Pg. **22**  
QUIZ



**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.



EDITOR-IN-CHIEF/PUBLISHER: **REBECCA TUNNAcliffe**  
EDITOR: **JOANNE STYGALL LOTZ**

## ARTICLES:

IF YOU WOULD LIKE TO SUBMIT AN ARTICLE  
FOR PUBLICATION IN A FUTURE EDITION OF  
FITLIFE BC, PLEASE CONTACT THE EDITOR AT:  
[COMMUNICATIONS@BCRPA.BC.CA](mailto:COMMUNICATIONS@BCRPA.BC.CA)

**BCRPA STRATEGIC INTENT:**  
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.

**CONTRIBUTORS:**  
Brenda Adams  
Shelley Callaghan  
Steve Di Tomso & Kari Nagraiff  
Andrea McDonald  
Minnie Teng  
Sam Turecki

WE ACKNOWLEDGE THE FINANCIAL  
ASSISTANCE OF THE PROVINCE  
OF BRITISH COLUMBIA IN THE  
PUBLICATION OF THIS ISSUE.

**ADVERTISING:**  
If you are interested in  
advertising in FitLife BC,  
please email:  
[corp.sales@bcrpa.bc.ca](mailto:corp.sales@bcrpa.bc.ca)  
#301 - 470 Granville Street  
Vancouver BC, Canada, V6C 1V5  
Tel: 604-629-0965  
Fax: 604-629-2651

**CONTACT INFO /  
DISCLAIMER:**  
FitLife BC is an official  
magazine of the British  
Columbia Recreation and  
Parks Association.

#301 - 470 Granville Street  
Vancouver BC, Canada, V6C 1V5  
Tel: 604-629-0965 ext. 222  
Fax: 604-629-2651  
[bcrpa@bcrpa.bc.ca](mailto:bcrpa@bcrpa.bc.ca)

Permission of the editor must  
be obtained for the reproduction  
of articles. Opinions expressed  
are not necessarily those of the  
Association.

The online magazine is  
issued to BCRPA Registered  
Fitness Professionals as one  
of the benefits included in  
registration dues.

MESSAGE FROM THE CEO

# REBECCA TUNNAcliffe



Welcome to the first edition of FitLifeBC for 2017! It is a great time for our country with the celebration of Canada's 150th year, as there are numerous special events, projects and activities planned to help commemorate this sesquicentennial. Have you checked out ParticipACTION's 150 PlayList? It's an easy way to engage your clients (and yourself!) with a national initiative and challenge them to try new ways to get active. We'd love to hear from you – so use **#bcrpa150** in all your social media posts this year.

I have strong memories of Canada's centennial celebrations as a child. My passion for sewing was born then, when all were invited in my small town to create an 1867 costume for the July 1st parade and fair. Now, in 2017, I think of all of the BCRPA registered fitness leaders as integral parts of an amazing British Columbian quilt. Like the thread that connects the fabric, each one of you connects members of the community to each other. Fitness leaders are essential to BCRPA's work to improve the quality of life of individuals and communities. Perhaps the BCRPA is like the backing of the quilt, providing support and collective strength to its members.

Looking ahead, the Board of Directors just completed its Strategic Planning for the coming three years. Our Fitness Leaders were very much part of the discussion about our future, our strengths, and our vision of better linking the work of our registered Fitness Leaders to our recreation and parks members as well as community at large.

We know you, our Fitness Leaders, are passionate about improving the quality of life in their communities through physical activity, as well as all the other recreational pursuits that individual and neighbourhoods undertake to maintain and improve their health and wellbeing.

As we receive nominations for the upcoming BCRPA Provincial Awards, I am in awe at the beautiful new facilities and parks that many of you have the opportunity to work in, as well as some of the innovative programs that make recreation so special. Your work makes the definition of recreation, as defined by the Framework for Recreation in Canada, come to life: "Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

Fitness programs, both group and personal training, are the core of



# #BCRPA150

## Fitness leaders are essential to BCRPA's work to improve the quality of life of individuals and communities...

what our recreation centres offer their communities. More and more, our efforts to connect people to each other through physical activity are critical to the health of our neighbourhoods. You know this from your work, and now we have research to prove the value you provide in our community recreation facilities.

BCRPA's partnership with The Centre for Hip Health and Mobility is a great example of how our Fitness Leaders are making an impact in their communities in new and important ways. Over the last two years, our Fitness Leaders and our recreation centres have delivered the pilot project we've told you about before called Choose to Move/ActivAge™, a research-based program

for seniors. Although the project was designed to increase mobility of our most vulnerable elders, the early research results show that reduced isolation and increased socialization are as important to older adults as the physical activity has been.

Plans are well underway for this fall's BCFit® '17. We call for your involvement, and encourage you to be a part of planning it! A BCFit® '17 Program Committee is being formed right now under Cathy Paterson's leadership, our recent appointment as Manager of the Physical Activity Programs Department. I ask you to have a voice and let Cathy know what you would like to experience in your conference this year.

Cathy is also recruiting Fitness Leaders to build a Regional Network of BCRPA Registered Fitness Leaders who would meet via conference call to discuss the trends, issues and opportunities they are experiencing in the field. I hope you will consider this chance to be the voice for your community and share your knowledge and needs with your peers across the province!

Our Physical Activity Department is committed to strengthening our fitness leader program while also exploring opportunities to support your career development and fitness business.

We hope to see our Fitness Leaders taking advantage of our twice annual TFL / SFL ICE workshops! There is a session coming up this spring as well as during our BCFit® '17 conference this Fall.

Lots of great opportunities on the horizon...

**Rebecca Tunnacliffe,**  
BCRPA CEO



BY BRENDA ADAMS

## THE 360° ASSESSMENT – TAKING STOCK AND MAKING CHANGES

As a Fitness Professional, do you ever feel like you have nothing left to give? Do you find yourself thinking about your clients in a negative way (maybe secretly cheering when a client cancels or when a class is cancelled)? Are you dissatisfied with yourself, your work or your accomplishments? If you do, you're not alone.

Burnout is a very real problem in the health and fitness industry. According to Dr. Christina Maslach a pioneering researcher on job burnout, "Burnout is a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who work with people in some capacity."

### EMOTIONAL EXHAUSTION

As emotional resources are depleted, workers feel they are no longer able to give of themselves at a psychological level.

### DEPERSONALIZATION

An unfeeling and impersonal response toward recipients of one's service, care treatment, or instruction. Negative, cynical attitudes and feelings about one's clients.

### REDUCED PERSONAL ACCOMPLISHMENT

The tendency to evaluate oneself negatively; particularly with regard to

one's work with clients. Workers may feel unhappy about themselves and dissatisfied with their accomplishments on the job.

### THE 360° ASSESSMENT – TAKING STOCK AND MAKING CHANGES

It's not often we pause and look at our life, what's working, what's not, most of the time we're just trying to make it through the day. It's when we take stock of where we're at that we can see where changes are needed, changes that will drastically improve the quality of our lives. The purpose of the 360° Assessment is to look at your whole life, your career, your health, all of it. While it may feel like the different areas of your life are separate, they're all intertwined with each other. What happens in one will impact the others. There are eight main areas in the assessment. Each area can mean different things to different people, but in general:

#### 1. CAREER/BUSINESS

Are you doing work that is rewarding, that fills you up? Do you look forward to the work you do or does your work feel like a J.O.B.?

#### 2. FAMILY/RELATIONSHIPS

When you think about the relationships you have with those significant people in your life, how healthy are they? Do they contribute in a positive way to your life, do you contribute in a positive way to theirs?

#### 3. FUN

How much do you laugh? How much do you play?

#### 4. SELF CARE/WELL-BEING

First, do you even know what you need to be at your best? If you do know, do you have a daily self-care routine? Being at your personal best is critical to your career/business success.

#### 5. PERSONAL/PROFESSIONAL COMMUNITY

Do you feel that you're part of



**BRENDA ADAMS, M.Ed., B.Sc., CPCC:**  
As the founder of The Personal Training Collective, Brenda brings together her expertise as a Life Coach, kinesiologist, educator and collaborator, to create a one-of-a-kind community of support for Personal Trainers. She can be reached at [Brenda@theptcollective.com](mailto:Brenda@theptcollective.com), [www.theptcollective.com](http://www.theptcollective.com).

a community personally and/or professionally? No one can achieve any amount of success in their life on their own.

**6. PERSONAL/PROFESSIONAL GROWTH**

How much time do you dedicate to your own growth? It's through our personal/professional growth that we become true masters of our craft.

**7. PHYSICAL ENVIRONMENT**

This can be anything from the physical space you work in to the quality of the air you breathe. You can keep this local to your workspace and home, or you can go broader to your community.

**8. MONEY**

How satisfied are you with the cash flow you currently have. Money isn't everything, we know this; but we also know that financial stress can be devastating to your personal and professional life.

For each life area in the tool rate yourself from 0-10 on the assessment wheel. A "10" means that there's nothing in this area of your life you would change, it's fantastic and working great right now. A "0" means this area is a disaster, nothing seems to be working. Color in each section up to where you feel you are on that scale of 0 - 10. When completed you'll have a full view of your life, what areas are working and what aren't.

The next step is to look at the areas that scored less than a 7, these are the areas that need your attention. People often ask how they should choose which one is the priority given that all the sections are important. There are a few ways to do this. You can consider which area would have the greatest overall impact on your life if it was improved. You can also look at which area you seem to be drawn to the most or interested in the most. There's no wrong way to choose your priority area. The most important thing is to trust your gut and make a choice.

Next, brainstorm 15 different things that you could do over the next week that would improve that area. From that list pick ONE that you will do in the next seven days, just one. Don't be an overachiever. Once you have that one thing under control, then pick another. It's important to take small steps that you can put into practice and sustain.

Nigel Marsh says,  
**"IF YOU DON'T DESIGN YOUR LIFE SOMEONE ELSE WILL DESIGN IT FOR YOU AND YOU PROBABLY WON'T LIKE THE RESULT."**

It's time to make more conscious choices. It's time to intentionally design how you're living.

**DID YOU LIKE THIS ARTICLE?**

Then download your free copy of the Personal Trainer Burnout Recovery Blueprint at: <https://go.theptcollective.com/brb> (this tool is great for all fitness professionals).



BY MINNIE YU-CHING TENG

## INNOVATIVE WAYS TO MAKE AQUATIC EXERCISES ACCESSIBLE TO THE VISUALLY IMPAIRED

According to Statistics Canada, the number of Canadians over the age of 64 will more than double over the next 25 years. This will lead to a dramatic rise in the number of individuals living with age-related vision challenges. In our increasingly ageing society, accessibility is more and more relevant to our exercise classes. The benefits of aquatic exercises are well-known and it is often the exercise of choice for older adults. Why? The answer is simple - it is a low-impact activity, and many enjoy the greater range of motion they experience while they are in the water.

AquaFit is currently not accessible for many populations who would most benefit from it. In particular, older adults with disabilities or injuries often cannot participate due to the lack of adapted aquaFit available. People often think that aquaFit itself is suitable for older adults and that no adaptations or modifications are required. However, aquaFit also requires adaptations and modifications to meet the needs of different populations.

As fitness professionals, we should strive for equity and accessibility of our programs. However, few, if any, aquatic exercise programs are adapted for those living with vision loss, let alone other disabilities or illnesses. In addition, the cost of aquatic therapy and rehabilitation is very expensive. So how

can we as aquatic fitness professionals adapt our classes to accommodate the needs of individuals with disabilities or injuries? Try connecting with community groups and organizations that serve people with different abilities and disabilities. Often, these 'agents in the field' will be very knowledgeable about a certain condition or disability and the supports required when working with this population.

Let us focus on adapting aquaFit classes for those with visual impairments. First we need to identify the barriers that deter participants from doing aquaFit. How do we do this? Try dancing in the water with a blindfold, and you will find that one of the challenges you may face when you have trouble seeing is disorientation. Older adults with

vision loss report accidentally hitting other participants during aquaFit sessions, as they were not able to gauge their distance from others with the loud, blasting music playing in the background. Another point to keep in mind is that most people with visual impairments still have some sight, so

The number of Canadians over the age of 64 will more than double over the next 25 years.





another challenge is not being able to locate the aquafit instructor. These are common barriers that have been identified and need to be overcome so that people with visual impairment can participate in aquafit.

Now it is up to our creativity and willingness to change the way we usually teach aquafit so that anybody can participate in aquafit! In order to increase accessibility, it is important to recognize that everybody is different. Not everyone with visual impairments sees the same way, and each individual experiences their disability or health condition differently. This realization often leads to individualized programming for people with disabilities. The benefits of one-on-one activities are certainly present; however,

The benefits of aquatic exercises are well-known and it is often the exercise of choice for older adults.

individual programs take away from the social aspect of participation and the sense of belonging in a group. Here are some tips that you can consider when working with clients with visual challenges:

1. Non-slip mats: Putting non-slip mats under each participant's feet helps to prevent disorientation. They are able to feel the mats under their feet and still be able to move about freely. The non-slip mats should be positioned at arm's

length between participants so that they can move freely and safely.

2. Descriptive Narration of Movements: Describe the movements in detail and avoid saying "move your hands like this" or "go that way". "This" and "that" are confusing to clients with vision challenges as they are visual references that they are not able to access. Use specific directions such as, "now cross your left leg over your right leg".



## INNOVATIVE WAYS TO MAKE AQUATIC EXERCISES ACCESSIBLE TO THE VISUALLY IMPAIRED: **CONTINUED**

3. **Decrease Volume of Music:**  
Decreasing the volume of the music helps the clients to concentrate on listening to your narration.
4. **Wear bright clothing, headband or cap:** Most individuals with visual impairments are NOT totally blind, so wearing a cap or bathing suit that is bright in colour helps participants locate the instructor more easily with limited eyesight.
5. **Keeping things in consistent locations:** Keep pool and exercise equipment in the same location every time so that clients with visual challenges will be able to locate them easily. Keeping equipment tidy also helps to prevent falls and trips.
6. **Recruit and Train Volunteers:**  
Recruiting and training volunteers

who are interested in helping out with your classes helps to build community capacity by increasing knowledge on accessibility, and it helps you get the word out about your class!

With these ideas in mind, the first accessible aquafit session was trialled in Vancouver for older adults with vision loss by the Aquafit for All Association. The session turned out to be a great success! Participants were ecstatic about this program, and wished to continue to participate. This has been a tremendously rewarding experience, and I encourage every fitness professional to strive for accessibility by recognizing barriers, thinking outside the box for creative solutions, and trying out the adaptations or modifications.

In the fitness industry, the focus is often on able-bodied people. However, as our population ages, accessibility will remain an issue that needs to be addressed. As fitness professionals, we should always consider accessibility to our programs and break down the barriers as they arise. Not only will the number of participants increase as a result – you will feel great about helping others in their journey towards a healthier self.

**MINNIE TENG** is an aquafit instructor in Vancouver and an occupational therapy student at UBC. Minnie is the founding director for Aquafit for All Association ([aquafitforall.org](http://aquafitforall.org)) which strives to provide accessible aquatic exercises for people with disabilities and injuries. She can be reached at [minnie.teng@aquafitforall.org](mailto:minnie.teng@aquafitforall.org).

**Group Liability Insurance**  
available to graduates

Red Door Yoga presents BCRPA approved  
**Yoga Teacher Training!**

**Yoga Fitness Leader (YFL)**  
**200-Hour Yoga Teacher (RDYT200)**  
**Ayurvedic Yoga Teacher (RDYAYT)**  
**500-Hour Yoga Teacher (RDYT500)**

**REDDOOR YOGA**   
LIVING THE PHILOSOPHY!

For dates and details, or to register visit us at [www.reddoor yoga.ca](http://www.reddoor yoga.ca) or contact Kavita  
Courses available in Nanaimo and Maple Ridge

[www.reddoor yoga.ca](http://www.reddoor yoga.ca) | [kavita@reddoor yoga.ca](mailto:kavita@reddoor yoga.ca) **250-390-9367**

BRITISH COLUMBIA'S

# PREMIER FITNESS CONFERENCE

DESIGNED FOR FITNESS PROFESSIONALS WHO ASPIRE TO THE HIGHEST PROFESSIONAL STANDARDS IN THE INDUSTRY.

SATURDAY  
SEPTEMBER 16, 2017

AT THE NEW STATE OF THE ART  
DELBROOK COMMUNITY CENTRE  
IN NORTH VANCOUVER



LEARN THE LATEST IN FITNESS TRENDS AND  
EXPAND YOUR SKILLS AND KNOWLEDGE.

**CONFERENCE FEATURES INCLUDE:**

- Keynote Speakers, lectures style presentations, and full participation classes
- Fitness Leadership Awards Ceremony
- An exceptional line up of NEW and returning presenters
- Pre & Post Conference workshops located throughout the lower mainland
- Brand new state of the art facility with indoor pool and spin studio

EARN UP TO 20 CECS  
IN ONE WEEKEND

REGISTRATION INFORMATION  
COMING SOON!



**BCFit**'17<sup>®</sup>

[WWW.BCRPA.BC.CA/BCFIT](http://WWW.BCRPA.BC.CA/BCFIT)



BY SHELLEY CALLAGHAN

## GETTING MORE WOMEN INVOLVED IN YOUR PROGRAMS

Canada may be a sport-loving nation, but when it comes to sport and physical activity for Canadian women, it has a long way to go for the win.

Findings from a new study titled, *Women in Sport – Fueling a Lifetime of Participation*, released by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) with support from Canada’s dairy farmers, highlights the severe gender inequality for Canadian women in sport. This report is the first of its kind, pairing data and research from academic journals and peer-reviewed articles, with primary research obtained from national surveys and the analysis of four years of female sports media coverage.

### KEY FINDINGS FROM THIS REPORT INCLUDE:

- 41 per cent of girls between the ages of 3-17 years do not participate in sport— and this jumps to 84 per cent in adult women;
- Of approximately 35,000 hours of sports programming on Canada’s national sports networks, only 4% featured women’s sport.
- The representation of women in sport commonly centres around femininity, rather than highlighting their athletic accomplishments.

This study highlights a disturbing trend for the sport and fitness industry overall.

We start losing girls at an early age and provide very few opportunities for them to re-engage in sport and physical activity as they become women. Only 59% of girls (ages 3–17) participate in sport and as they enter adolescence their overall participation rate drops by 22%.<sup>1</sup>

Girls tell us they are often discouraged from participating when they feel they lack the necessary skills to participate. Women feel the same, regularly saying they don’t want to look silly or foolish because they ‘don’t know how’.

As girls grow into women, life becomes more complicated with school, work and raising a family taking priority. If you look at the chart on the following page, activity levels of women are lower than men at every age, with the decline starting at age 20 and remaining relatively stable until age 74 when physical activity levels plummet even further for older women.

So if over half of the population is not active, why do you see so many women at your fitness classes? **You are seeing the active 50%.** These women are committed but since life often gets in the way you need to be creative to reduce barriers to keep them involved. For the 50% who are not coming, the trick is to determine how to reach them by building more ‘on ramps’ to get them to your programs and keep them there.

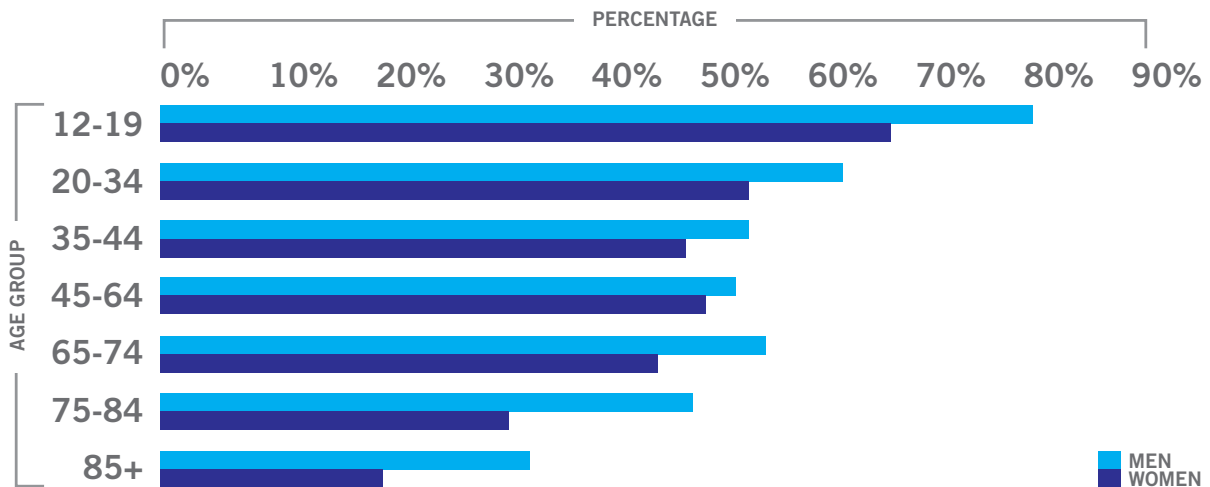
### HERE ARE A FEW IDEAS: DEVELOP WOMEN ONLY PROGRAMS

Women feel comfortable exercising with other women. Competing against men can be motivating for some women who are already confident/competent; but for most women it is intimidating.

### OFFER SKILL TRAINING OPPORTUNITIES, TRY-IT SESSIONS AND REGULAR ORIENTATIONS

Skill development and try-it sessions tend to be focused on children; but for women who are just starting out, these sessions are very important for gaining confidence. The same

PERCENTAGE OF PHYSICALLY ACTIVE CANADIAN FEMALES AND MALES (12 YEARS OF AGE AND OVER), CANADA, 2009



SOURCE: CAAWS 2012. USING DATA FROM STATISTICS CANADA, PHYSICAL ACTIVITY DURING LEISURE TIME, BY AGE GROUP AND SEX, CANSIM, TABLE 105-0501 AND CATALOGUE NO. 82-221-X. ACCESSED JANUARY 7, 2012 AT: [HTTP://WWW40.STATCAN.CA/L01/CST01/HEALTH77A-ENG.HTM](http://www40.statcan.ca/L01/CST01/HEALTH77A-ENG.HTM)

goes with orientations. When a person joins a gym they usually get one orientation session on how to use equipment, where things are, etc. but never again. Providing regular orientations that encourage questions will allow women to feel confident and competent to try new things and, come back!

**TRAIN INSTRUCTORS TO READ MEDICAL FORMS, UNDERSTAND HEALTH CONDITIONS AND ADAPT ACTIVITIES**

Many women are dealing with different medical conditions, injuries or just don't feel comfortable trying something new because they think they will get hurt. It is important that instructors understand these limitations, talk about

## Ask women and girls what they want before developing programs for them

them openly (i.e. if anyone has high blood pressure try this instead of this), and offer adaptations.

**CREATE ENVIRONMENTS THAT ARE WELCOMING**

Just getting to the activity can be a major challenge for many women so be sure that environments are welcoming by introducing yourself, ensuring staff are trained to say hello and create ice breakers in your programs to allow participants to get to know each other.

This will help build confidence and motivation to continue participating. If you have new moms, offer opportunities for child care.

**EXPLAIN PROGRAMS SO WOMEN KNOW WHAT TO EXPECT**

Women want to know more than just the location and time of a program. They want to know what to wear, if they need a mat, if it is for women only, the level of intensity, etc. The more information that can be included

## GETTING MORE WOMEN INVOLVED IN YOUR PROGRAMS: CONTINUED

the better so that women are confident they will be prepared and ready to participate.

### ASK WOMEN AND GIRLS WHAT THEY WANT BEFORE DEVELOPING PROGRAMS FOR THEM

Involving women and girls in your planning for them is very important. This will ensure the programs you develop are of interest and they will encourage others to participate. As active members in the planning process they will also feel confident to suggest changes/adaptations, new activities, levels and competitions—a true partnership.

### ARM YOURSELF WITH INFORMATION

The Women in Sport *Fuelling a Lifetime of Participation in Sport* report, highlights the severe gender inequality for Canadian women in sport. For more information, to obtain a copy

of the study, or to get involved in the initiative, visit [www.womenchampions.ca](http://www.womenchampions.ca). Follow and join the movement on social media @WomenChampions #ChampionHer.

**On the Move** is a national initiative designed to increase opportunities for inactive girls and young women (ages 9-18) to participate and lead in sport and physical activity. For information and resources visit: [www.caaws.ca/onthemove/e/index.htm](http://www.caaws.ca/onthemove/e/index.htm)

**Mothers in Motion** is a national initiative aimed at moving, mentoring and motivating mothers to be physically active and adopt healthy eating practices for themselves and their families, from infancy to adolescence. For more information visit: [www.caaws-mothersinmotion.ca/e/about/index.cfm](http://www.caaws-mothersinmotion.ca/e/about/index.cfm)

**Women 55 to 70+** for 'young' seniors is a national initiative focused on increasing sport and physical activity opportunities for women 55 – 70+. For resources, data and more, visit: <http://caaws-women55to70plus.ca/resources.cfm>

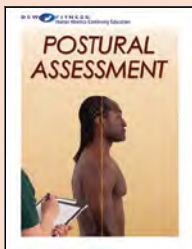
**CAAWS** is a national non-profit organization dedicated to creating an equitable sport and physical activity system in which girls and women are actively engaged as participants and leaders. [@CAAWS](http://www.caaws.ca)

-----  
**SHELLEY CALLAGHAN, B.Sc., M.A** works as a consultant to the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) managing a number of projects including the Mothers in Motion and Women 55-70+ initiatives.

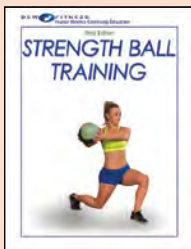
## Don't wait! Earn your CECs today

Human Kinetics online education courses are available 24 hours a day to BCPRA members!

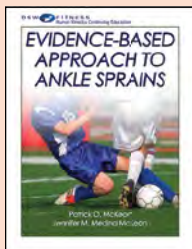
### Newly Approved Courses



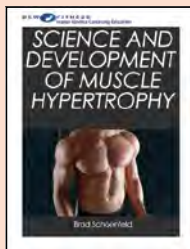
\$133.95 • 5 CECs



\$160.95 • 8 CECs



\$160.95 • 5 CECs



\$187.95 • 12 CECs



To view all of the approved online courses please visit [www.HumanKinetics.com/BCRPA](http://www.HumanKinetics.com/BCRPA).

You will have two years from the date of purchase to complete the final exam.

**Stay Informed-** Sign up for our continuing education newsletters <http://www.humankinetics.com/newsletters>

1-800-465-7301

Like us on Facebook!

[www.facebook.com/HumanKineticsCanada](http://www.facebook.com/HumanKineticsCanada)





3713 Kensington Ave. Burnaby BC, V5B 0A7  
Ph. 604-299-8851 | Fx. 604-299-8852  
info@fitfirst.ca  
www.fitfirst.ca



3545 West 4th Ave. Vancouver BC, V6R 1N9  
Ph. 604-733-1173 | Fx. 604-733-1595  
info@ladysport.ca  
www.ladysport.ca



# hello.



BY SAM TURECKI

## SAY HELLO TO PHYSICAL ACTIVITY SERVICES – A REFERRAL RESOURCE FOR FITNESS LEADERS

Newly established in November 2016, British Columbians can call 8-1-1 for physical activity information and advice. Physical Activity Services (PAS) at HealthLink BC has replaced the Physical Activity Line (PAL), but the goal of the service remains the same: to help British Columbians become more physically active and lead a healthier lifestyle.

The PAS team supports an integrated approach to improving health through collaboration with fitness professionals, healthcare and allied healthcare professionals, programs and organizations.

### **THE PAS TEAM OF QUALIFIED EXERCISE PROFESSIONALS CAN WORK WITH YOU AND CAN COMPLEMENT YOUR PRACTICE IN THE FOLLOWING WAYS:**

- Provide general health screening and physical activity clearance using the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and/or the electronic Physical Activity Readiness Medical Examination (ePARmed-X+) to your clients who will be participating in individual and/or group fitness programs.
- Act as an additional resource for evidence-informed physical activity guidance for you and your clients.

- Act as a secondary option for your clients for providing motivation, information and support needed to continue and progress their exercise program.
- Work with you and your clients to identify and way find suitable activities to improve their physical activity level and overall health.
- Work with you and your clients to design exercise programs that fit their goals and account for their functional limitations and medical condition(s).

### **PAS ALSO OFFERS TWO SPECIALTY SERVICES:**

#### **BARIATRIC & METABOLIC SERVICES**

This specialty service is for anyone who is living with metabolic conditions (Diabetes Mellitus, Metabolic Syndrome, Impaired Fasting glucose, etc.) or for anyone who falls under the Bariatric category. The objective is to create a safe and accessible space for callers to both open up about

their needs, and to create a link to comprehensive care in a non-judgemental environment. As part of a partnership with Bariatric Surgery Centers of Excellence, PAS provides:

- A pre-operative and post-operative education, treatment, care planning, and triage for patients.
- Ongoing, accessible long-term support and relapse planning.
- Counselling and therapy via Motivation Interviewing and Cognitive Behavioural Therapy methodologies.
- Support to callers to objectively problem solve lifestyle adherence.
- Coaching to practitioners to facilitate having a 'lifestyle change' conversation.
- Tools and topics to facilitate behaviour change and adherence to recommendations.
- Education by addressing population health topics and how to use lifestyle as a preventative piece.





## PEDIATRIC SERVICES

PAS's pediatric services offer physical activity information, advice, and guidance for children and youth in British Columbia. Occasional and ongoing services are available. PAS helps BC families live healthy and active lifestyles by providing support and information for:

- Safe exercise during pregnancy
- Post-natal exercise
- Increasing active play in babies, toddlers, and preschoolers
- Increasing physical activity in children and adolescents
- Games and activities ideas for optimal growth and development
- Decreasing inactive time
- Connecting with local programs and facilities

## British Columbians can call 8-1-1 for physical activity information and advice.

- Developmentally appropriate physical activity programming in school, child care settings, after school programs and youth sport

Callers are able to self-refer to PAS services. In addition, fitness professionals, health care and allied health care professionals can refer their patients to PAS for 1-on-1 physical activity counselling and tailored exercise prescriptions. These services at HealthLink BC are available to residents of British Columbia Monday

to Friday from 9am to 5pm Pacific Time. Call 8-1-1 to find out how PAS can help you and your clients.

---

**SAM TURECKI**, BHK, HFFC-CEP, CSEP-CEP, is a graduate of UBC Human Kinetics and a certified exercise physiologist by the Canadian Society of Exercise Physiology (CSEP). Currently she works at HealthLink BC as a qualified exercise professional in the Dietitian and Physical Activity Services (DPAS) department.

BY STEVE DITOMASO & KARI NEGRAIFF

# SUCCESSFUL CORE TRAINING PART 2



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.*



## STIR THE POT

Work hard to continually press the ribs down toward the floor as the arms and legs move simultaneously away from the body. Move the sandbag in a circular direction around the head and shoulders; keep the elbows straight throughout. The larger the circle, the more difficult the exercise will be.

## BIRD DOG + BAG DRAG

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.



HANDOUT COURTESY OF BCRPA

## SUCCESSFUL CORE TRAINING CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

### HALF-KNEELING ARC PRESS

Grip the floor with both feet and position the sandbag on your shoulder with your hands around the girth of the bag, similar to a 'choke' hold. Press the bag predominately with the 'bottom' arm; ensure the sandbag travels in a vertical line over the crown of the head. As the sandbag transitions past the crown of the head the opposing arm will become the dominate arm in the lowering of the sandbag to the shoulder.



### 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 #2

ORDER	EXERCISE	SETS	REPS	TEMPO	REST
2A	USB STIR THE POT	3	5L/R	SLOW	30S
2B	USB BIRD DOG + BAG DRAG	3	10EA	SLOW	30S
2C	USB HALF-KNEELING ARC PRESS	3	5EA X2	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.

# RECIPE CORNER



BY ANDREA MCDONALD

## THE EMERALD GREEN

AN ANTI-INFLAMMATORY POST-WORKOUT SMOOTHIE

3/4

CUP

UNSWEETENED  
ALMOND MILK

4

CUPS

LOOSELY PACKED  
SPINACH

1

BANANA

1

TBSP

ALMOND  
BUTTER

1

TSP

GROUND  
CINNAMON

1/2

TSP

GROUND  
TURMERIC

1/4

TSP

FRESHLY GROUND  
BLACK PEPPER

### BLEND ALL INGREDIENTS UNTIL SMOOTH.

MAKES 28 OUNCES.

As a holistic nutritionist, spin instructor and endurance road cyclist, post-workout recovery is a central focus when I coach my clients on how to achieve their goals and feel their best — both on and off the bike.

Eating protein and carbohydrates (in a ratio of 3:1 carbs to protein) within a half-hour of your workout has big benefits. This ritual will speed up physical recovery, aid in tissue and muscle repair, and top up muscle glycogen stores (the athlete's fuel).

### YOU WILL BE READY FOR YOUR NEXT WORKOUT.


As we all know, exercise is a good thing, but a diet rich in antioxidants is critical. When our physical activity level rises,

we use extra oxygen. This causes cellular oxidation and increases the potential for free radical damage, systemic inflammation and premature cellular degeneration. We can combat free radicals with fresh fruits, vegetables, and spices rich in antioxidant compounds. Smoothie elixirs are one of the most efficient and convenient paths to incorporating post-workout recovery nourishment. Homemade smoothies made with simple, whole foods ingredients and common kitchen spices are liquid bliss for both the fitness newcomer and the elite athlete alike.

In the damp, West Coast winter months, smoothies can feel chilling when blended with frozen fruit or ice. The Emerald Green packs

a warming punch of recovery nutrients: spinach (chlorophyll and iron), banana (potassium and magnesium), almond butter (protein and healthy monounsaturated fat), and unsweetened almond milk (calcium). Cinnamon is a powerful antioxidant and aids in balancing blood sugar.





Turmeric seems to be all the rage these days — for good reason. It contains bioactive compounds with powerful medicinal properties (the most potent being curcumin) which have huge anti-inflammatory effects, and it's a very strong antioxidant. Turmeric mixed with black pepper increases your body's ability to absorb and use this ancient medicinal spice to its full anti-inflammatory and antioxidant potential.

The Emerald Green is gently sweet and deliciously silky, with a very mild hint of sassy spice. Enjoy!

---

**ANDREA MCDONALD** is a Holistic Health Coach (R.H.N.) and spin instructor at Method Indoor Cycling in Vancouver. You can follow her on Instagram and Facebook @andreamcdonaldnutrition.

## The Emerald Green packs a warming punch of recovery nutrients...



STEVE NASH  
FITNESS WORLD  
& SPORTS CLUB



**“I WANT TO  
INSPIRE  
PEOPLE”**

WE ARE HIRING FOR  
GROUP FITNESS INSTRUCTORS,  
PERSONAL TRAINERS & MORE!

[SNCLUBS.COM/CAREERS](https://snclubs.com/careers)

**REGISTERED BCRPA  
FITNESS LEADERS  
RECEIVE**

**30% off**

**INCLUDES CLOTHING AND  
SELECT FOOTWEAR FROM OUR  
PARTICIPATING VENDORS**

**[www.fitfirst.ca/bcrpa](http://www.fitfirst.ca/bcrpa)**



3713 Kensington Ave.  
Burnaby BC V5B 0A7  
Ph. 604-299-8851  
[info@fitfirst.ca](mailto:info@fitfirst.ca)

# CEC ARTICLE

# QUIZ

THE FOLLOWING CEC QUIZ IS BASED ON THE ARTICLE:

## “THE 360° ASSESSMENT – TAKING STOCK AND MAKING CHANGES”

BY BRENDA ADAMS

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: April 15, 2017. Credits earned will be inputted directly into The Registry® of Fitness Professionals by April 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. BURNOUT IS A SYNDROME OF WHAT?**
  - a. Emotional exhaustion
  - b. Depersonalization
  - c. Reduced personal accomplishment
  - d. All of the above
- 2. THE PURPOSE OF THE 360 ASSESSMENT IS TO FOCUS ON ONE MAIN AREA OF YOUR LIFE.**
  - a. True
  - b. False
- 3. WHICH OF THE FOLLOWING IS NOT ONE OF THE 8 MAIN AREAS OF THE ASSESSMENT?**
  - a. Fun
  - b. Money
  - c. Personal appearance
  - d. Career/business
- 4. WHAT IS ONE WAY TO CHOOSE WHICH AREA IS THE PRIORITY?**
  - a. Look at which area you're the least interested in.
  - b. Consider which area would have the greatest overall impact if improved.
  - c. Ask your friends which area they would choose.
  - d. None of the above.
- 5. TO IMPROVE IN ONE AREA OF THE ASSESSMENT WHEEL, YOU SHOULD PICK MANY NEW THINGS TO DO EACH WEEK.**
  - a. True
  - b. False
- 6. A SCORE OF 3 IN ONE DIMENSION ON THE 360 ASSESSMENT SIGNALS THAT THIS AREA:**
  - a. Is going well.
  - b. Needs improvement.
  - c. Is right in the middle of the scale.
  - e. Is a complete disaster.
- 7. WHAT DOES THE ARTICLE MEAN WHEN DISCUSSING “INTENTIONAL DESIGN”?**
  - a. Interior decorating.
  - b. A haphazard philosophy towards life.
  - c. Making conscious choices about how you are living.
  - d. Commercial design practices in the workplace.
- 8. HOW IS “DEPERSONALIZATION” DEFINED IN THE ARTICLE:**
  - a. Feeling out of touch with society.
  - b. The impact of increased reliance on technology to communicate with others.
  - c. A loss of knowledge of one's own personality.
  - d. Impersonal responses towards clients.
- 9. HOW DOES THE ARTICLE STATE THAT FITNESS LEADERS CAN BECOME “TRUE MASTERS OF THEIR CRAFT”?**
  - a. Through personal/professional growth.
  - b. By studying eastern religions.
  - c. By using the 10,000 hours plan.
  - d. None of the above.
- 10. WHEN YOU HAVE COMPLETED THE 360 ASSESSMENT YOU WILL HAVE:**
  - a. A colourful wall art project.
  - b. A full view of your life.
  - c. A look at only the parts of your life that need change.
  - d. A representation of the areas of your life that are going well.

## ANSWER KEY TO THE FALL 2016 QUIZZES:

- |   |  |   |  |
|---|--|---|--|
| 1. A. Genetics  | 6. E. All of the above                                       | 1. C. A & B   | related cancers including                            |
| 2. D. Removing waste products and contaminants from blood | 7. D. A, B, and C  | 2. A. Develop slowly as a result of long term physical activity | breast & prostate cancer                             |
| 3. B. False   | 8. B. A sponge   | 3. A. True  | 7. D. 20-30 minutes                                  |
| 4. D. All of the above                                    | 9. A. True   | 4. B. B-vitamins  | 8. A. High-intensity exercise and endurance training |
| 5. B. Unlikely  | 10. C. Remove waste products and contaminants into the urine | 5. C. Nucleus   | 9. A. True   |
|   |  | 6. B. Reduced risk of hormone-                                  | 10. D. All of the above                              |

# The Registry<sup>®</sup> OF FITNESS PROFESSIONALS

The Registry<sup>®</sup> 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<sup>®</sup>  
to Work for You!



## Promote Yourself.

Two new social media icons for **The Registry<sup>®</sup>** 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<sup>®</sup>** SOCIAL MEDIA ICONS TODAY! ACCESS THE ICONS AT: [WWW.BCRPA.BC.CA/TRICONUSE](http://WWW.BCRPA.BC.CA/TRICONUSE)



FIND  
Me On

The Registry<sup>®</sup>

Email signature example:

The Registry<sup>®</sup> of Fitness Professionals

Helvetica 12 B I U

To:

Cc:

Subject: The Registry<sup>®</sup> of Fitness Professionals

Signature: The Registry<sup>®</sup>

Thank you for contacting me through **The Registry<sup>®</sup>**. 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](http://www.thefitnessregistry.com)