

# **NEWS RELEASE**



## **DELTA FITNESS PROFESSIONAL WINS PROVINCIAL AWARD**

*BCRPA presents Debbie Cheong with award at annual conference.*

**Vancouver, BC (Saturday, September 16, 2017)** – The BC Recreation and Parks Association (BCRPA) has presented Delta resident Debbie Cheong with one of its prestigious annual Fitness Leadership Awards. Debbie is the recipient of the Educator of the Year Award for her hard work and dedication as a fitness leader who inspires and motivates her class participants as well as her students.

Debbie Cheong has a passion for Osteo-fit, a BC Women's Hospital + Health Centre certified exercise, education and falls prevention program for individuals recently diagnosed with osteoporosis, low bone density or who are at risk of falls and fractures. Under her stewardship, BC has become an international leader in senior's fitness. She is a sought after workshop presenter and facilitator throughout the province, Canada and internationally – engaging her students and conference attendees with innovative strategies that inspire and enhance retention of complex materials.

Currently, Debbie organizes both the Osteofit and Get Up & Go! Programs, she co-authored three editions of the BCRPA Osteofit training manual, trains and evaluates instructors, attends Health Fairs, and organizes Osteofit programs in other languages.

“As her nominator stated, Debbie Cheong eats, lives and breathes her craft,” remarks BCRPA CEO, Rebecca Tunnacliffe. “Debbie is a remarkable professional whose dedication to some of the most frail and vulnerable people in our society is truly commendable.”

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

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

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

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**BACKGROUND:**

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