

NEWS RELEASE



AWARDS GIVEN TO BC'S TOP FITNESS PROFESSIONALS

Fitness professionals from Surrey, Delta & Dawson Creek win awards.

Burnaby, BC (Saturday, August 15, 2009) – Three of BC's top fitness professionals (Fitness Leaders) have been honoured for their outstanding efforts to get people physically active and healthy. The BC Recreation and Parks Association (BCRPA) presents its Fitness Awards annually in the following categories: Group Fitness Leader of the Year, Aquatic Fitness Leader of the Year, and Program Director of the Year. The 2009 award recipients are:

- ❖ **Group Fitness Leader of the Year – Hannah Fletcher of Delta**
Hannah teaches step and sculpt classes at Great West Fitness, Hollyburn Country Club, and Just Ladies Fitness. She is also a pole dance and aerobics, cardio striptease and chair dance fitness instructor with Tantra Fitness in Vancouver. Hannah's volunteering experience includes the Aerobathon and the Fit for the Heart events to raise funds for the Heart & Stroke Foundation, and the Infusionesque Dance Group to promote fitness.

- ❖ **Aquatic Fitness Leader of the Year – Beverly McCallum of Dawson Creek**
Beverly is an aquatic fitness instructor, lifeguard and swimming instructor at the Kenn Borek Aquatic Centre in Dawson Creek. This is especially impressive given that she learned to swim just four years ago! Beverly is also the owner of Lifestyles Shaping, where she provides personal training and group fitness services. Her extensive volunteering experience includes giving fitness talks at the local Diabetes Clinic and to groups of seniors, as well as developing the Fitness Blitz Day to raise funds for breast cancer research.

- ❖ **Program Director of the Year – Kim Bond of Surrey**
Kim is the Fitness Leadership Diploma Program Director at Surrey's Hilltop Academy, designing the curriculum, conducting courses and managing the department. She is also the owner of Everyday Athletes Inc., where she provides health and fitness education and consumer services. Kim volunteers at numerous community events throughout the year and is a Regional Representative for the BCRPA's Fitness Program.

The BCRPA Fitness Awards recognize professional commitment through community and industry involvement. BCRPA Chief Executive Officer Suzanne Allard Strutt says the work of these professionals is inspiring. "Every day, these Fitness Leaders are making significant contributions to the quality of life in our province. They're supporting the efforts of people who want to be active and healthy and they're playing a strong role in making their communities better places. Congratulations to this year's Fitness Award winners and to all of our nominees!"

The Fitness Awards ceremony will be held on Saturday, August 15, 2009 from 10:15am to 12:15pm in the UBC Student Union Building's (SUB's) auditorium/theatre. The event will take place during BC Fit '09 – BCRPA's annual fitness, healthy lifestyles and wellness conference.

The three-day event brings together hundreds of registered Fitness Leaders from across the province to discuss fitness and health-related topics and provide professional development opportunities.

There are currently more than 3,800 Fitness Leaders certified by BCRPA. They work in public and private facilities, including recreation centres, gyms, pools, health clubs and spas, and outdoor settings. They assist individuals and groups in becoming strong and mobile and staying healthy. Fitness Leaders also provide expert advice and assistance as an important part of the healthcare spectrum, filling the void in the wake of clinical rehabilitation and assisting with the return to physical activity.

*Photos of the Fitness Leadership Awards winners are available upon request.

BACKGROUND:

The British Columbia Recreation and Parks Association 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. Through a diverse network of partners and extensive programs and services, BCRPA actively advocates accessibility and inclusiveness to recreation and physical activity and strives to bridge the gap between recreation and sport.

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