

NEWS RELEASE



Embargoed until 8:00am Sat., Oct. 1, 2011

VANCOUVER FITNESS PROFESSIONAL WINS PROVINCIAL AWARD

BCRPA presents Melanie Galloway with award at annual conference.

North Vancouver, BC (Saturday, October 1, 2011) – The BC Recreation and Parks Association (BCRPA) has presented Vancouver resident Melanie Galloway with one of its prestigious annual Fitness Leadership Awards. Galloway has won the Educator of the Year Award for her innovative teaching techniques, and motivating, inspiring and connecting with people in the classes she teaches.

Galloway has been a part of the Jewish Community Centre Greater Vancouver since 1994 as a fitness leader, aquatic instructor, personal trainer and Trainer of Trainers. She specializes in training seniors and people with special fitness challenges. Galloway maintains a passion and commitment to teaching and helping individuals meet their health and fitness goals. As an instructor she supplements all of her fitness leadership lessons with interactive activities such as science experiments, crafty demos or high energy games that help participants get an even better grasp of concepts. Galloway maintains a commitment to learning, making sure her students receive annotated addendums to their course textbooks when new research is presented and when standards change. She has also developed her own manuals, CDs and online courses, which provide a tangible component to go along with the mentorship she provides to new fitness leaders.

BCRPA Chief Executive Officer Suzanne Allard Strutt says Galloway demonstrates exceptional leadership within the fitness education community with her innovative and creative teaching techniques. “Melanie goes the extra mile with her instructions, helping her students experience the difficulties endured by many seniors and people with special fitness challenges. She helps fitness leaders better empathize with their clients, and her engaging techniques help foster better retention of her lessons. Her dedication to excellence enables her students meet the high professional standards required to become a BCRPA registered fitness leader.”

The annual BCRPA Fitness Leadership Awards highlight the outstanding efforts of top fitness professionals (Fitness Leaders) from around the province. The awards recognize professional commitment through community and industry involvement. The categories are: Fitness Leader of the Year, Educator of the Year, and Program Director of the Year.

The awards ceremony will be held on Saturday, Oct. 1, 2011 from 9:15am to 10:15am at the Capilano University Sportsplex. The event is part of BC Fit '11 – BCRPA's annual fitness conference, which brings together hundreds of registered Fitness Leaders from across BC to discuss fitness and health-related topics and to provide professional development opportunities.

There are currently more than 5,400 Fitness Leaders registered with the 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.

-30-

Photo available upon request.

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 Registration 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.

For more information contact:

Sarah Polson
Communications Coordinator, BCRPA
604-629-0965 ext 244
spolson@bcrpa.bc.ca

For more information, visit: www.bcrpa.bc.ca