

NEWS RELEASE



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

AWARDS GIVEN TO BC'S TOP FITNESS PROFESSIONALS

Fitness professionals from Salmon Arm, Vancouver & Surrey win awards.

North Vancouver, BC (Saturday, October 1, 2011) – Three of BC's top fitness professionals (Fitness Leaders) have been honoured for their outstanding efforts in getting people physically active and healthy. The BC Recreation and Parks Association (BCRPA) presents its Fitness Leadership Awards annually in the following categories: Fitness Leader of the Year, Educator of the Year, and Program Director/Manager of the Year. The 2011 award recipients are:

❖ **Fitness Leader of the Year – Heather Stanton of Salmon Arm**

Stanton has demonstrated her passion and commitment many times over during her fitness career through the classes she teaches, speaking to Health Sciences program students at the local high school, and promoting healthy lifestyles at trade shows and health fairs. She has organized and staged a program targeting the 55+ ladies at the local activity center, designed a successful Women on Weights program to support women in their personal fitness goals, and was instrumental in the creation of the aqua fitness program at the local recreation center. Stanton is an astute leader of various types of group fitness – she was teaching up to 15 fitness classes per week at one point - and she is also a dedicated fitness instructor who has educated a large percentage of instructors in the Salmon Arm area.

❖ **Educator of the Year – Melanie Galloway of Vancouver**

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.

❖ **Program Director of the Year – Kim Bond of Surrey**

Bond is the owner and group fitness director of Live2Play Fitness Studio. She continues to work as a personal trainer, helping people achieve their fitness goals while also managing staff, training new fitness leaders and finding ways to help move the fitness industry forward in both professionalism and standard. Bond helped to bring the pre-choreographed program "R.I.P.P.E.D. to Canada and launched its first training session in April 2011. She also re-wrote and expanded the Hilltop Academy 340 hour Fitness Leadership Diploma program into a 400 hour program. Her efforts to educate, motivate and inspire people from all walks of life to embrace healthy and active lifestyles have extended to the community through volunteer work as well. She has performed various warm-ups throughout the community and is an active coach for the Steve Nash Youth Basketball League coaching a grade 6-7 mixed team.

The BCRPA Fitness Leadership Awards recognize professional commitment through community and industry involvement. BCRPA Chief Executive Officer Suzanne Allard Strutt says the work of these professionals is inspiring. "By supporting the efforts of people who want to be physically active and lead healthier lifestyles, Fitness Leaders make significant contributions to the health of our province on a daily basis. The work these leaders do helps BC stay one of the healthiest provinces in Canada and is well-deserving of recognition. Congratulations to this year's Fitness Leadership Award winners and to all of our nominees!"

The Fitness Leadership Awards ceremony will be held on Saturday, October 1, 2011 from 9:45am to 10:15am at the Capilano University Sportsplex. The event will take place during BC Fit '11 – BCRPA's annual fitness conference, which 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 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.

Winners' photos 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.

Contact:

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

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