



BC RECREATION & PARKS ASSOCIATION

FITNESS NEWS BULLETIN

Healthy communities through recreation,
parks, physical activity and culture

Feb. 6, 2018

BCFit® '18 is coming back to North Vancouver September 14-16, 2018!

Mark Your Calendars for BCRPA's annual fitness conference, bringing together fitness leaders from across BC to experience the latest trends in fitness, expand skills and knowledge while connecting with fellow colleagues and industry leaders. If you aspire to maintain the highest professional standards, this is the conference for you!



Apply NOW to be a BCFit'18 Conference Presenter

Do you have expertise and experience that your peers would love to know more about?

Do you have that special presence that can inspire growth in the fitness community?

Do you know someone who could fill this role?

Applications will be accepted until **Friday March 2**.

[Click here](#) to download the application form.

Send us an email [email](#) with any questions you may have!

Workshop Opportunity - Be a Top Notch Presenter!

Are you applying to present at BCFit this year? Have you dreamed about presenting a session at a conference or a workshop but get anxious just thinking about it? Do you question whether you have what it takes to present? Then this workshop is for you!

Mark your calendar: Tuesday, February 20 from 6-9pm, Brenda Adams, BCRPA TFL and teacher/presenter/coach, will be hosting an online, three-hour interactive webinar on everything you need to know about running a successful presentation. Topics covered will include:

1. How to figure out what to teach and how much content you actually need

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BCRPA 
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Membership Benefits

2. How to deal with "those" people in the audience
3. Common problems that come up and how to handle them
4. How to gain the confidence to deliver a solid presentation

Brenda Adams has worked in the fitness industry for over 20 years. This workshop will bring her unique set of skills to help inspire and prepare other fitness professionals to share their knowledge and passion on a larger scale.

This workshop is worth **three (3) BCRPA renewal CECs**. Registration fee is \$99.

Email us to register.

Back by Popular Demand ... "Working with People with Dementia" Webinar

On **Wednesday, February 21 at 1:30pm**, BCRPA, together with the Alzheimer Society of BC, will be offering a **1-hour webinar worth 1 BCRPA CEC** that will give you insights into working with participants/clients in your fitness class that suffer from Dementia. The webinar is worth **1 BCRPA renewal CEC**.

For those who attended our first Dementia webinar just over a year ago, this session offers more to learn.



There is a \$10.00 registration fee to participate in the webinar, payable to the BCRPA with partial proceeds going to the Alzheimer Society of BC. Registration will be opening shortly - keep an eye on your inbox for the link!

All over that #socialmedia!

Did you know that BCRPA is on Facebook, Instagram and Twitter? Connect with us by using the hashtag #bcrpa and tag us in your posts - we want to hear all about what you're up to!

Facebook - [BCRPA Fitness](#)

Twitter - [@BCRPA](#)

Instagram - [@BCRPA](#)

CECs made easy on The Registry®

Did you know that you can upload proof of workshop completion on The Registry®? Upload your credits as:



LadySport and FitFirst host an instructor [discount program](#) for all eligible BCRPA instructors.

Check out [our list](#) of over 25 more companies across BC offering discounts from 10 - 50% for registered BCRPA fitness leaders.

a) a pre-approved CEC petition (if the workshop is approved for BCRPA CECs); or

b) as an external training petition (if it's relevant to Fitness Leaders but we haven't approved it yet).

We will process your uploaded CEC petitions within 5 to 10 business days. Once approved, your credits will show on your account.

Want to learn more about The Registry® and your Fitness Leader registration? Visit our FAQ [here](#).

Write an article for *FitLife BC*

Do you have knowledge to share with your peers? We want to hear from you! Consider writing an article for the Spring/Summer edition of *FitLife BC* and **earn 2 renewal CECs** per published article.

Interested? Email communications@bcrpa.bc.ca to find out more.

BCRPA: Enriching individuals and their communities through the power of recreation and parks.

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