

BCRPA's
Fitness News Bulletin



60 years of championing the power of recreation and parks

May 11, 2018



BCFit[®]'18

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BCFit'18 Conference Registration Opens Late May

BCFit®18 registration opens in late May! Watch your inbox to find out why you will want to register early.

This year's conference will include 24 exciting concurrent sessions to choose from, as well as inspiring opening and lunchtime presentations and an offering of new pre- and post-conference sessions to extend your conference experience.



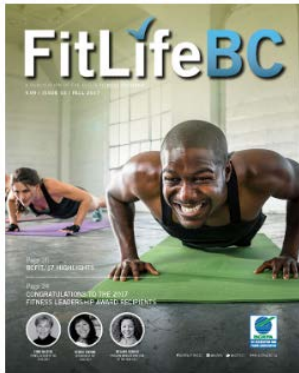
Get Inspired! Get Informed! Get Connected!
September 14-16, 2018
Delbrook Community Recreation Centre, North Vancouver

BCFit'18 - Market Your Business in our Marketplace!

Are you a successful business owner ready to reach hundreds of enthusiastic fitness professionals from across BC? Consider becoming a **Sponsor or Exhibitor** in our BCFit'18 **Marketplace** or promote your business with a table in the new **Small Business Showcase**.

If you have a service or product to sell or share, BCFit is the event for you. Contact our [Partnership Officer](#) with your interest.

Write for *FitLife BC* AND earn CECs!



Calling all writers! Are you looking to earn CECs? Share your expertise with your Fitness Leader community by writing for *FitLife BC* and earn 2 CECs per published article. Deadline for article submission is June 1 – [visit our website](#) for more information.

Fitness Leadership Awards - Nominate Today!



Know an outstanding fitness leader making exceptional contributions in their community?

Does that make you think of anyone? Does it make you think of...yourself?

Nominations are open for the BCRPA Fitness Leadership Awards!

Find the nomination form [here](#) and send in your nomination today. Deadline for nominations is **4:00pm PST on Friday, June 15, 2018.**

Introducing YOUR Regional Fitness Liaisons

BCRPA has brought back the Regional Fitness Liaison network to provide Fitness Leaders across BC with a voice and regional connection to address any questions or suggestions you may have. Meet your BCRPA Regional Fitness Liaisons ...they are excited to be your voice in your

region for BCRPA Fitness Leader registration and can be reached by email.

Region	Representative	Home Base	Email
Vancouver Island – Coast	Brenda Adams	Nanaimo	brenda@brenda-adams.com
Vancouver Lower Mainland/Southwest	Jeff Doyle	Vancouver	jeff@functionhealthclub.com
Thompson Okanagan	Danielle Klassen	Kelowna	danielle@designerfitness.ca
<u>Kootenays</u>	Jodi Vousden	Nelson	jvousden@rdck.bc.ca
Cariboo Country/Prince George	Shannon Johnson	Prince George	Shannon.johnson@nbcy.org
North Rockies/Peace	Faye Anstey	Fort St. John	fayeanstey@shaw.ca
North Coast/Nechako	VACANT	Kitimat/Terrace	

We are still seeking a Regional Fitness Liaison for the **North Coast/Nechako** region (Kitimat, Terrace, etc.). If you are a Fitness Leader in this region and would like to be a voice for your community, please email [Cathy Paterson](#).

Instructor Competency Evaluation (ICE) Workshops

The **ICE workshop** is a requirement to become a Supervisor of Fitness Leaders (SFL) or Trainer of Fitness Leaders (TFL). We will be hosting a number of workshops this spring in different locations – read on for more information and [email us](#) to register.

Weight Training/Personal Training:

Victoria – May 17, 2018 ****New Date****

Lower Mainland – May 25, 2018

Nelson – June 10, 2018 *Weight Training only

Group:

Lower Mainland – May 29, 2018

Nelson – June 9, 2018

Please note: The ICE workshops in Nelson will be happening the same weekend, in the same location, as the Older Adult course. If you plan on attending the ICE workshop and would like to earn your Older Adult designation, [visit our course listings](#) for information on registration.

Looking for Mentors...and Mentees!

The BCRPA Mentorship Program is a new initiative that will pair veteran Leaders with new Fitness Leaders to assist them in the process of becoming BCRPA-registered. “Mentors” looking for mentorship hours for their SFL applications can take advantage of this opportunity to support new Fitness Leaders. Interested? [Email us](#) with your name, Leader ID, city/community and preferred stream for mentorship.

Please note that Mentors must be registered in good standing with the BCRPA and have been registered for a minimum of two years.

What are your top fitness trends of 2018?

The BCRPA is working with the National Fitness Leadership Alliance (NFLA) to collect information about the top fitness trends in Canada in 2018. This survey is the first of its kind in Canada and the information collected will inform best practices in the fitness industry. [Click here](#) to fill out the survey and lend your opinion to help define provincial and national trends.

For more information about the NFLA, [visit here](#).



Interested in teaching Choose to Move or ActivAge™?

**Choose
to Move**

BCRPA is looking for motivated fitness leaders in Terrace and Powell River who demonstrate a commitment to learning and professional growth, and who are eager to teach and support older adults in becoming active.

Choose to Move and ActivAge™ are part of a provincial initiative to increase physical activity and social connectedness among inactive older adults. To coach Choose to Move or teach ActivAge™ you must be a registered Fitness



Leader with your **Older Adult designation**.

To learn more about these opportunities or to apply for a position, email [Kaitlin](#).

Social Media: Stay Connected!

Be sure to connect with us on social media - we're on Facebook, Twitter, and Instagram. We want to know what you're up to - use the hashtag #bcrpa to keep us (and your peers!) in the loop on how you are promoting active and healthy lifestyles in your communities.

Facebook - [BCRPA Fitness](#)

Twitter - [@BCRPA](#)

Instagram - [@BCRPA](#)

QUICK LINKS

**BCRPA pre-approved
courses and workshops**

FitLifeBC

The Registry OF FITNESS PROFESSIONALS

**Conversation
Corner**
Enter BCRPA's Online Collaboration Site



Membership Benefits



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.

Job Postings

[See ALL job postings](#)

FEATURED POSTINGS

[TFL Weight Training/Personal](#)

[Training Instructor - Lower
Mainland](#)

[Program Fitness Staff & Duty
Manager - Vancouver Island/Coast](#)

BC Recreation & Parks Association | 301-470 Granville Street, Vancouver, British Columbia V6C
1V5 Canada

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Sent by bcrpa@bcrpa.bc.ca