

GET INSPIRED!



GET INFORMED!



GET CONNECTED!



BCFit[®]'18

September 14-16, 2018

NORTH VANCOUVER

Delbrook Community Recreation Centre
851 W Queen's Road | North Vancouver, BC



#bcfit18
bcrpa.bc.ca



BCFit '18 CONFERENCE WELCOME



SPECIAL THANKS

BCFit®'18 PROGRAM
PLANNING COMMITTEE:

Brenda Adams	Pamela Keefe
Irina Almasan	Kristy Keus
Ryan Cook	Lori Nicholls
Jeff Doyle	Rachel Seay
Rhonda Jackson	Jaimee Stokes

OUR SPONSORS

Platinum Sponsor:



Bronze Sponsors:



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First Aid Sponsor:



Food Sponsor:

Get Informed! Get Inspired! Get Connected!

With special thanks to this year's BCFit'18 Planning Committee, we have created a conference weekend packed with a punch, building on last year's theme of *informing, inspiring and connecting* Fitness Leaders. We invite you to take time to read through this program guide. Choose from 24 active and educational sessions and consider a variety of pre- and post-conference workshops.

Get informed by expert trainers and Leader favourites: **Brian Justin, Amanda Vogel, Krista Popowych, Wendy Epp, André Potvin, Brenda Adams and more!**

Get inspired by the masters in trending equipment including the **TRX RIP Trainer™**, and the **Kettlebell**.

Get connected with your peers at the **Fitness Café** where small groups will discuss the issues that matter most in our industry. Connections continue at the **Fitness Marketplace** and **Presenter Showcase** where you can meet and network with our sponsors, vendors and presenters.

We're back at the state-of-the-art Delbrook Community Recreation Centre nestled in the North Shore mountains. There is easy access to transit, and free parking is also available.

Join us in celebrating BCRPA's 60 years of championing the power of Recreation and Parks. Twenty-six years after BCRPA's inception, the Fitness Program was established and continues to bestow the highest standard available for Fitness Leaders in BC, and Canada. The Registry® of Fitness Professionals provides employers and clients with a one-stop shop to find, and confirm, those Fitness Leaders who hold this exclusive standard. We are proud to provide Fitness Leaders with professional development and an annual conference to support your fitness profession.

Sessions and workshops are first come, first served and will fill up quickly so be quick to register! We look forward to seeing you at BCFit'18 this September.

Yours in good health,



Rebecca Tunnacliffe
CEO, BCRPA



Cathy Paterson
PHYSICAL ACTIVITY PROGRAMS MANAGER





BCFit '18 KEY FEATURES & CONTINUING EDUCATION CREDITS



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BCFit'18 KEY FEATURES!

- ✓ Earn up to 16 CEC's in one weekend
- ✓ Celebrate outstanding Fitness Leaders at the Fitness Leadership Awards
- ✓ Connect with your fellow Fitness Leaders — Vancouver TheatreSports is BACK to teach you new ways to collaborate and problem-solve
- ✓ Share your thoughts at the Fitness Café
- ✓ Learn from renowned trainers and Fitness Leader favourites
- ✓ Choose from a quality line-up of 24 active and educational sessions plus multiple pre- and post-conference workshops
- ✓ Learn from the masters using trending equipment: the TRX RIP Trainer™, and Kettlebell
- ✓ Stroll through the Marketplace to shop and win great prizes!

EARN Continuing Education Credits (CEC)

Earn up to 16 Continuing Education Credits (CEC) over the conference weekend: enough for your next registration renewal! Length of workshop and CEC credits vary by workshop.

You will automatically receive **5 CECs** for attending your 4 breakout sessions. You may earn additional CECs for the following sessions for a total of 7 credits over the course of the one day conference:

- ▶ **OPENING ACTIVITY | The Improv Mindset – a Game-Changer by Vancouver TheatreSports | 1 CEC**
- ▶ **FITNESS CAFÉ | Let's talk about what's on your mind! | 1 CEC**

CECs will be added to your account on The Registry® of Fitness Professionals on your behalf by October 5, 2018. Certificates will not be issued.



BCFit '18 VENUE SPOTLIGHT

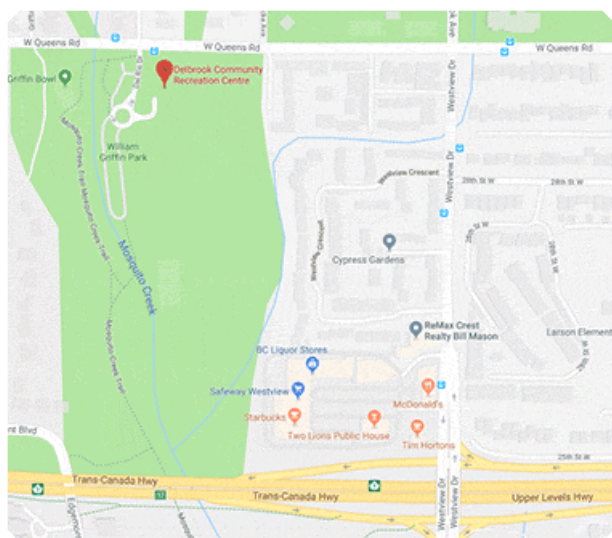


VENUE SPOTLIGHT Delbrook Community Recreation Centre

By request of last year's delegates, we are returning to the state-of-the-art Delbrook Community Recreation Centre, newly opened in June 2017. Nestled into the North Shore Mountains, this venue brings a strong connection to nature; you will be inspired throughout the conference by its distinctive atmosphere as a cultural, recreational and social gathering place. It provides a perfect venue for BCFit'18 with its versatile meeting spaces for active and lecture-style sessions, indoor pool and dedicated spin studio.

GETTING THERE IS EASY! Find it on [Google Maps](#)

Delbrook Community Recreation Centre
851 West Queens Road, North Vancouver



BY TRANSIT:

From Lonsdale Quay Seabus Terminal ► **bus #246**

From the Phibb's Exchange ► **bus #232**

Plan your route on the [TransLink Trip Planning page](#)

BY CAR:

There is free parking available at, and close by the venue. Look for BCFit'18 volunteers to guide you.

- Take Hwy #1 to Westview Drive Exit #17.
- Drive north on Westview and turn west (left) on Queens Road at the lights.
- Delbrook Community Recreation Centre is half a block west, on your left.



BCFit '18 PLENARY SESSIONS

BCFit'18 Plenary Sessions

Wake Up and Work Out!

► 7:40-8am

Join in this 20-minute workout designed to get your heart pumping. Connect with your fellow Fitness Leaders and kickstart a day filled with inspiration, information and connection!

WELCOME and OPENING ACTIVITY

► 8-9:10am | 1 CEC

BCFIT®18: THE IMPROV MINDSET – A GAME-CHANGER

Presented by Vancouver TheatreSports League

Vancouver TheatreSports kicks off BCFit'18 with an interactive, "Yes, And..." session, setting the tone for inspired collaboration, innovation and openness.

This high energy session highlights the themes of being a positive and flexible teammate, creating authentic interactions, accepting ideas and approaches to problem-solving, and how the "Improv Mindset" can be a game-changer in your professional and personal lives.



For 15 years, Vancouver TheatreSports League has been energizing and strengthening organizations with the collaborative power of improv. As pioneers in the improv-based training sector, they've worked with companies, non-profits, government agencies, and educational institutions in the areas of communication, teamwork, creativity, innovation, and storytelling.

Fitness Café – Let's Talk About What's On Your Mind!

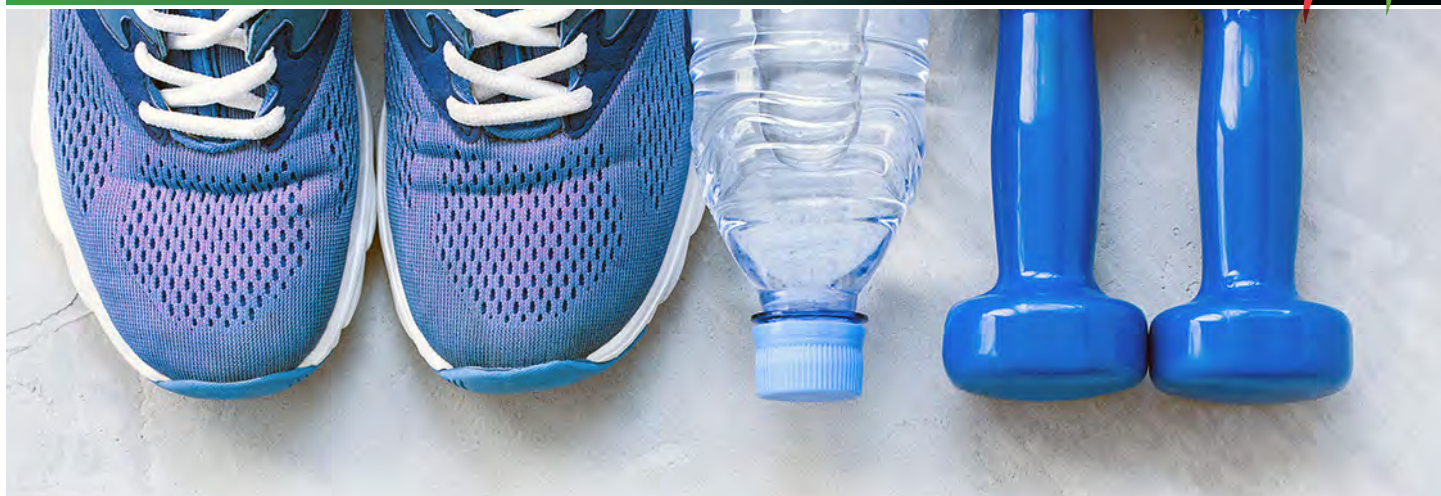
► 1-2pm | 1 CEC

Join your fellow Fitness Leaders as the Fitness Café returns, giving you a full hour to engage and connect with your fitness community around the issues that matter most to you. This discussion, in small groups, roundtable style, will allow you to voice your thoughts, hear what your peers have to say and create strategies to tackle the most prevalent issues facing the fitness industry today. Sign-up is available with registration.





BCFit '18 BCRPA FITNESS LEADERSHIP AWARDS CEREMONY



BCRPA Fitness Leadership Awards Ceremony

Presented by



Join us the morning of Saturday, Sept 15 as we celebrate the 2018 BCRPA Fitness Leadership Award recipients for their achievements and commitment to the field of fitness in BC. Come support, and be inspired by, your peers!

Award categories include

- **Fitness Leader of the Year** •
- **Program Director / Manager of the Year** •
- **Educator of the Year** •

If you know of a BCRPA Fitness Leader who deserves to be recognized for their contributions to the fitness industry, nominate them before the deadline of **4:00pm PST Friday June 15, 2018**. To learn more and to download the nomination form, visit: www.bcrpa.bc.ca/fitness-program/fitness-leadership-awards/

Award recipients receive:

- Complimentary registration to BCFit'18
- Recognition at the conference's awards ceremony
- Acknowledgement at a special reception hosted by *LadySport* just prior to BCFit
- Free registration renewal for the next two years
- Featured media promotion
- Compensation for transportation costs for out-of-town winners
- A beautiful award and certificate...and more!



BCFit '18 AT-A-GLANCE

BCFit[®]'18

SESSION STREAMS LEGEND

- Aquatic
- Business/Professional Development
- Personal Training
- Group Fitness
- Spin
- Mind Body
- Older Adult
- Lecture
- Active



SATURDAY SCHEDULE

Sept. 15 – DELBROOK COMMUNITY RECREATION CENTRE
851 W QUEENS ROAD, NORTH VANCOUVER

7:15 – 8 am	Registration					
7:40 – 8 am	Wake Up and Work Out!					
8 – 9:10 am	Welcome, Opening and Fitness Leadership Awards					
9:15 – 10:30 am	1A - Ingrid Knight-Cohee The Group Fitness Fix	1B - Ling Pai Practical Skills for Training Participants with Stable, Chronic Illness	1C - Brenda Adams Business Pitfalls: The Top Three Mistakes Most Personal Trainers are Making	1D - Vanessa Barrett Transition to the Other Side	1E - Brian Justin Sharpen the Saw with Somatics	1AQ - Judy Bjornson Aquatics 2.0
10:30 – 10:45 am	Refreshment Break, Marketplace, and Presenter Showcase					
10:45 – 12 pm	2A - Christina Truscott Functional Training and Identifying Movement Patterns	2B - André Potvin Helping People Change Bad Habits	2C - Rebecca Johnston Bringing Mindfulness into Fitness Classes	2D - Debbie Jessen The Chair: Challenging Balance, Strength & Agility	2E - Amanda Vogel "Best of" Social Media for Fitness Pros	2AQ - Lori Nicholls Self-Care On The Deck
12 – 1 pm	Lunch, Marketplace, and Presenter Showcase					
1 – 2 pm	Fitness Café					
2 – 2:15 pm	Break					
2:15 – 3:30 pm	3A - Ingrid Knight-Cohee Teach Your Class Like a Boss	3B - Judy Bjornson & Susan Bock Smith Functional Movement for Seniors to Facilitate Independent Living	3C - Christina Truscott Mechanics of Stretching	3D - Kristy Ware Confidently Train Your Pre & Postnatal Clients	3E - Amanda Vogel Are our #fitspiration Posts Helping or Hurting?	3F - Krista Popowych Keiser Fusion: From Bike to Barre
3:30 – 3:45 pm	Break, Marketplace, and Presenter Showcase					
3:45 – 5 pm	4A - Gillian Goerzen The Elephant in the Gym: Shining a Light on Unspoken Challenges in our Industry	4B - Karen Harmon Marginalized Fitness: Teaching to those with Diverse Mental, Emotional and Physical Needs	4C - Lela Dawson Pilates-Inspired Core Work	4D - Cherie Seidler How to PREP and PACK Your Classes	4E - Dolores Leite HIIT Pyramid	4F - Andrea Perrino More Than a Class... it's a Ride
5 – 5:15 pm	Prize Draws					
5:15 – 6 pm	Marketplace Blowout Sale, and Presenter Showcase					



BCFit '18 CONFERENCE SESSIONS • Sat. Sept. 15th, 2018

Join us for the full conference day on Saturday, September 15. Select from 24 exciting concurrent sessions – both lecture and active – held at the beautiful Delbrook Community Recreation Centre.

In an effort to reduce waste, the BCRPA will provide all session handouts online to all registered delegates. Handouts WILL NOT be available on-site, so please print the handouts you want to bring to your sessions.

Session 1 | 9:15 – 10:30am

Please choose one of the six options.

SESSION STREAMS LEGEND

- Aquatic
 - Business/Professional Development
 - Personal Training
 - Group Fitness
 - Spin
 - Mind Body
 - Older Adult
- Lecture
✶ Active

1A □ The Group Fitness Fix

Ingrid Knight-Cohee

What is the true value of Group Fitness? How can typical challenges of GF programming be overcome? This session will review the latest stats on the benefits of GF in terms of member attraction and retention. Learn best practice as it pertains to GF staffing, management, scheduling and marketing. Discuss staff and member engagement through GF, and walk away with 5 strategies on how to improve and expand on the GF programming, structure and standards at your facility.

1B □ Practical Skills for Training Participants with Stable Chronic Illness

Ling Pai

You know the aging population is growing. You make every effort to encourage older adults to be active and stay active to prevent chronic diseases. What happens when you encounter a participant with known stable chronic disease? What do you do when an apparently healthy participant starts showing signs and symptoms that might be alarming? In this session, you will learn to navigate through unexpected situations with older adults while staying within your scope of practice.

1C □ Business Pitfalls: The Top Three Mistakes Most Personal Trainers are Making

Brenda Adams

As a Personal Trainer, have you ever felt exhausted, unsure and blah about your work (perhaps you're feeling some element of this right now)? You're not alone! There are three significant mistakes that Personal Trainers often make that keep them from realizing their full potential in their business and their career. Come learn what these mistakes are, and how to either fix them, or avoid them all together!

1D ✶ Transition to the Other Side

Vanessa Barrett

How do we balance the body in all components of a class while incorporating combinations and avoiding fragmentation? Learn to develop a seamless class from start to finish by creating flow through transitional moves. This workshop will link it all together, and provide a take away experience that can be applied to future classes, keeping your participants so engaged they will forget they are even working out!

1E ✶ Sharpen the Saw with Somatics

Brian Justin

Sharpen the Saw is one of Stephen Covey's seven habits highlighting the importance of self-renewal. This active session will introduce fitness professionals to Hanna Somatics — a movement system based in neuroscience designed to help relieve tension, pain, and movement dysfunction. Bring your yoga mat, and discover why this system of movement is an absolute must if you want to move bigger, stronger, and faster, for longer.

1AQ ✶ Aquatics 2.0

Judy Bjornson

Discover choreography and class design using all planes of motion, and the opportunity of anti-gravity. Balance and strengthen muscle groups while having fun, and keeping your class fully focused.

BCFit '18 CONFERENCE SESSIONS • Sat. Sept. 15th, 2018**Session 2 | 10:45am – 12pm***Please choose one of the six options.*

2A Functional Training and Identifying Movement Patterns

Christina Truscott

Functional training links the entire body together to work as it's meant to. This workshop covers basic movement patterns, function and dysfunction, postural imbalances and some great exercises. When muscles don't function properly other muscles can take over, throwing the body out of balance. This workshop will assist you to update your knowledge about which exercises are beneficial for strength training, and improving posture, and which ones to avoid. You'll take away ideas you can use immediately in your group fitness classes, in the weight room, or with your personal training clients.

2B Helping People Change Bad Habits

André Potvin










Are you frustrated with some clients when it comes to bad habits impacting their progress and success? Don't worry, there is a solution. In this informative lecture, we will look at the anatomy of a habit, explore the neurophysiology of behaviour change, and provide you with innovative strategies to help your clients break bad habits and create new, healthier ones.

2C Bringing Mindfulness into Your Fitness Classes

Rebecca Johnston

Explore how to bring the benefits of meditation and mindfulness into your fitness classes through language, breath work, and a mindful cooldown. In this session you will not only learn the science of mindfulness and meditation, but also how to apply it to your fitness classes to help your clients activate their rest, and digestive (parasympathetic) system) so they leave feeling grounded, connected to self and ready to face their day (even after a crazy hard spin class).

SESSION STREAMS LEGEND

-  Aquatic
-  Business/Professional Development
-  Personal Training
-  Group Fitness
-  Spin
-  Mind Body
-  Older Adult
-  Lecture
-  Active

2D The Chair: Challenging Balance, Strength and Agility

Debbie Jessen

Turns out chairs are not just for sitting in! Learn how to incorporate chairs into your older adult, and group fitness classes to add an interesting element that creates multiple options. In this session you will explore the different ways you can add chairs to your classes — not only sitting options, but also standing and mat work. Find different ways to challenge balance, strength, and even agility, in an accessible way!

2E "Best of" Social Media for Fitness Pros

Amanda Vogel

With so many choices for what, when, and how to post on social media, you want to do what's best for your marketing success. Backed by the newest research, case studies, and expert guidance, this session covers all the top tricks and hacks for getting the most out of Instagram, Facebook, Twitter, and more. Discover: the best new features per platform, ideal times to post, best content for engagement, key strategies for follower growth, best hashtag hacks, high impact calls to action, best ideas for attracting leads and sales, time-saving tricks, and more!

2AQ Self Care On The Deck

Lori Nicholls

Being an Aquatics instructor is a physical job that can be taxing on the body. Learn the tips and tricks of the trade to keep yourself healthy, and avoid instructor burnout. Together we'll explore proper posture, walking on deck, the right footwear for the job, stretches to stay healthy, and more. Be kind to your body!

BCFit '18 CONFERENCE SESSIONS • Sat. Sept. 15th, 2018**Session 3** | 2:15 – 3:30pm*Please choose one of the six options.*

SESSION STREAMS LEGEND

- Aquatic
 - Business/Professional Development
 - Personal Training
 - Group Fitness
 - Spin
 - Mind Body
 - Older Adult
- ☞ Lecture
👤 Active

3A ☞ **Teach Your Class Like a Boss**
Ingrid Knight-Cohee

A tongue-in-cheek slogan that carries a powerful attitude! This workshop will delve into the all important soft skills of effective and successful group fitness class management, and leadership. Bring your toughest class challenges — we will discuss how teaching “like a boss” can solve them.

3B ☞ **Functional Movement for Seniors to Facilitate Independent Living**
Judy Bjornson & Susan Bock Smith

One of the main goals of seniors’ activity programming is to improve levels of independence. In this workshop-style session we will focus upon DLAs: Daily Living Activities.

3C 👤 **Mechanics of Stretching**
Christina Truscott

Did you know an effective stretching program can increase strength? A proper stretching program enhances breathing, circulation, better digestion, lymphatic system activity, and promotes relaxation. In addition to types of stretches, this workshop covers the physiology, safety, mechanics, and body awareness behind stretching. Come be inspired to stretch!

3D ☞ **Confidently Train Your Pre and Postnatal Clients**
Kristy Ware

There is nothing worse than trying to support a new mom on her weight loss journey but not fully understanding the magnitude of what her body is going through, and what exercises actually help rather than hinder her recovery. Learn the different forms of pelvic floor dysfunction, what causes each, and how to best help moms prepare, recover, and regain strength, postpartum.

3E ☞ **Are our #fitspiration Posts Helping or Hurting?**
Amanda Vogel

“Sweat is fat crying”... Are messages such as this motivating to our clients and participants, or could they lead to negative body image? Does posting body-conscious selfies on Facebook or Instagram inspire more women and men to exercise, or deepen their intimidation about fitness? Perhaps it depends on the audience. Join Amanda—whose Master’s thesis covered body image, and the role of the fitness instructor—to discover the most current and compelling research on the complicated relationship between social media, body image and fitness. Share your perspective and leave this thought-provoking session with a checklist of best practices for creating social media content that reflects your strong leadership and positive influence in the fitness industry.

3F 👤 **Keiser Fusion: From Bike to Barre**
Krista Popowych

In today’s indoor cycling world, where more is presumed better, learn how to create fusion classes that tie in the key components of a solid ride with authentic fitness components. From revolutions to reps, take away effective ideas that will give your riders the know-how and the tools to add fusion-style rides into their training repertoire and programming.



BCFit '18 CONFERENCE SESSIONS • Sat. Sept. 15th, 2018**Session 4 | 3:45 – 5 pm***Please choose one of the six options.*

4A **The Elephant in the Gym: Shining a Light on Unspoken Challenges in our Industry**

Gillian Goerzen

In this thought-provoking session, we will address the genuine struggle facing our clients and our industry. From information overload (much of it not grounded in exercise science) to unrealistic expectations and a desire to change driven by guilt and shame, it's no wonder 80% of Canadians still struggle to reach Physical Activity Guidelines! As Fitness Professionals, we have the capability to change the conversation, educate, and empower our clients. It starts by shining a light on the elephant in the gym!

4B **Marginalized Fitness: Teaching to those with Diverse Mental, Emotional and Physical Needs**

Karen Harmon










In our experience as instructors, we may encounter individuals with mental, emotional or physical health issues, or individuals from marginalized populations. In this informative session, you will become equipped to teach to these specific populations, whether in your existing classes or creating a specific class. Topics include what "marginalized" means, whether mental health has a place in fitness, how to find your comfort zone, class design, finding funding, working with music, and more.

4C **Pilates-Inspired Core Work**

Lela Dawson

Joseph Pilates taught us that all movements begin with the core. Without a strong foundation, everyday moves, and athletic moves will not be performed at their best, or safest. In this session, discover how to incorporate several classical Pilates exercises into your group classes or training sessions. From Hundreds to Open Leg Rocker, we will examine the primary core muscles, and breath patterns so you can add Pilates Inspired core work training to your next class.

SESSION STREAMS LEGEND

-  Aquatic
-  Business/Professional Development
-  Personal Training
-  Group Fitness
-  Spin
-  Mind Body
-  Older Adult
-  Lecture
-  Active

4D **How to PREP and PACK Your Classes**

Cherie Seidler

Wondering why you simply can't get a class packed like the next instructor? There are so many reasons why clients do not go to particular classes. It could be personality, range of motion issues, lack of passion from the instructor, or a host of others. This workshop will give you tools to get people to keep coming back for MORE every week. It's way easier than you think!

4E **HIIT Pyramid**

Dolores Leite

High Intensity Interval Training involves periods of high-intensity effort followed by varied recovery times. Through the HIIT Pyramid, we will learn to layer exercises, and add on one more each round. This format can be incorporated into the weight room, outside running/walking, on a bike, or the group fitness studio. Learn a fun and challenging format that can be modified/intensified for all fitness levels, and will help to burn fat and maintain muscle mass. HIIT Pyramid promises a great workout!

4F **More Than a Class...it's a Ride**

Andrea Perrino

Attract participants who take their spin outdoors. Enable your riders to be more confident on a bike by practicing techniques in your classes, and attract those who participate in Fondo's, triathlons, and other types of cycling events. We will explore factors such as proper setup considerations (for different sports), where to put power on the stroke, RPM vs wattage, transitioning between seated and standing climbs, and how to sustain power on a descent or a flat. (NOTE: this is an active lecture, providing rationale and practicing drills but not an example of a complete class.)



PRE & POST CONFERENCE WORKSHOPS

Friday, Sept. 14 & Sunday, Sept. 16, 2018

We are thrilled to offer a variety of pre and post conference workshops, allowing you to extend your conference experience. Workshops will be held at different locations across the Lower Mainland.

Pre-register online for all pre- and post- conference workshops as there will be no on-site registration.

PRE-CONFERENCE WORKSHOPS

Kickstart your BCFit'18 conference experience by attending pre-conference workshops and events happening on Friday, September 14 in the afternoon and evening. Choose one!

PC1

Emergency First Aid and CPR Re-Certification

Presented by Trauma Tech



Friday, Sept 14 | 5:30 – 10:00pm | \$60

Delbrook Community Recreation Centre

Is it time for you to recertify in First Aid and CPR? Here's your chance to do so with the team at Trauma Tech. This condensed workshop is only available for those recertifying.

PC2

The Aging Athlete: Joint Preservation Strategies | 2 CECs

Presented by Wendy Epp

Friday, Sept 14 | 7–9 pm | \$60

Delbrook Community Recreation Centre

This lecture, suitable for all streams, covers the most significant movement patterns to watch for in maintaining pelvis/hip and knee safety as well as corrections to help decrease joint breakdown. Wendy will discuss the exercise continuum, and the impact comorbidities can have on success. This session will explore training volume, and exercise choices shown to help reduce joint impact. There will also be room to discuss the pathomechanics of joint breakdown. This lecture will include a summary of joint anatomy, as it relates to joint health, and exercise prescription.



BCFit '18 POST CONFERENCE WORKSHOPS • Sunday, Sept. 16th

POST-CONFERENCE WORKSHOPS

Post-BCFit®'18 conference workshops and events happening on Sunday, September 16th.

PC3

21 Point Safety Inspection for Fitness Professionals | 4 CECs

Presented by Brian Justin

Sunday, Sept 16 | 9am–1pm | \$175

Steve Nash Fitness World – Brentwood

How much do you know about your client when they join your facility, or sign up for personal training? Cars are given a 21-point inspection before road trips — why not provide a 21-point inspection to ensure a safe physical activity journey for the Human Machine? This interactive lecture will go through 21 things you can do quickly to help ensure the safety of your client, and effective implementation of their program. Join Brian in this informative and interactive learning experience.

PC4

Body Positive Fitness: A Coaching Model for Lasting Change | 2 CECs

Presented by Gillian Goerzen

Sunday, Sept 16 | 10–12pm | \$55

Delbrook Community Recreation Centre

If you google “healthy woman” the images that appear are mostly 20-30 year old Caucasian women who are chiseled, lean and wearing bra tops and booty shorts. We know that healthy doesn’t have a look - but convincing our clients of this is a whole other story. In this two-hour workshop, we will explore how, as fitness professionals, we can lead the change to move our industry from a focus on the aesthetics to a focus on health and performance, by utilizing a Body Positive approach. We will explore some of the leading research in this area, and take a deep dive into the practical aspects. We will explore how this impacts the fitness business. As an industry we have an opportunity to help people in a truly authentic and effective way through a body positive approach.

PC5

TRX RIP Trainer™ Workshop | 4 CECs

Presented by Tag Dundas

Sunday, Sept 16 | 12–4pm | \$140

Steve Nash Downtown Sports Club

The TRX Rip Trainer™ is an innovative piece of equipment, creating core strength with a focus on rotation to build a strong foundation. Join Tag and learn equipment usage and cueing, discover how to integrate this tool into your practice, develop an understanding of the importance of rotation training and explore the advantages of asymmetrical training. Your clients - and their cores - will thank you!





POST-CONFERENCE WORKSHOPS

Post-BCFit®'18 conference workshops and events happening on Sunday, September 16th.

PC6

F.I.T. (Fully In Tune) Mindset – Breaking the Shame Cycle to Create Lasting Transformation | 4 CECs

Presented by Andrea Ferguson

Sunday, Sept 16 | 1–5pm | \$140
Steve Nash Fitness World – Richmond Oval

Lasting transformation happens from the inside out. It all starts with breaking the shame cycle that is fueled by fear of not being good enough, and disconnection from self. As a leader, coach, and teacher you have the power to feed and perpetuate the shame cycle that your clients are stuck in, or you can help them break free for good! Learn the specific mindset framework to empower yourself and your clients so they can overcome their greatest fear and re-connect to themselves, and experience the lasting transformation that they seek.

PC7

Meet The Bell | 3 CECs

Presented by Jodi Boates

Sunday, Sept 16 | 2:30–5:30pm | \$125
Delbrook Community Recreation Centre

Kettlebells are gaining popularity in the fitness industry, so why not see what they are about! Learn what Kettlebells will do for overall health and performance. Gain the many great benefits from kettlebell training. Don't be fooled though: you need to learn to how to use them properly to ensure you don't get injured. This workshop will give you the knowledge to safely teach and use Kettlebells for both fitness and sport applications. There is a place for Kettlebells in any fitness or athletic program.





BCFit '18 CONFERENCE PRESENTERS



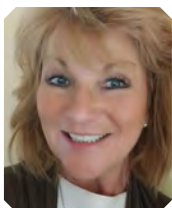
Brenda Adams

Brenda is dedicated to helping Personal Trainers forge their own path. She brings her extensive experience in the fitness industry, her expertise as a life coach and her passion for understanding what motivates people together in a way that allows Trainers to see possibilities they never knew existed.



Vanessa Barrett

Fitness has been a focal point in Vanessa's career journey in one way or another, for the last 20 years. Group Fitness has touched her career numerous times through her journey of education for her Kinesiology degree and Personal Training. Most recently, Vanessa has worked with Steve Nash Fitness Clubs as a Group Fitness Manager to six locations, and teaching 10 to 12 classes per week. Vanessa has found her place where she can nurture those around her to be their best while working on her own skill to a high level of output at all times — which is something she constantly challenges herself at.



Judy Bjornson

Judy's compassion and genuine disease/disability knowledge as it relates to movement is evident in all of her work. She is a certified Balance and Mobility Specialist (California State), a co-owner and trainer at Surefeet, a Certified Master Trainer for WaterART Fitness International, a certified PWRMoves Instructor, and has just completed a 9 month Parkinson's specific research study with VGH and UBC. She is an Urban Poling for Rehabilitation Instructor, and also the Program Coordinator for the Vancouver Brain Injury Association.



Jodi Boates

Jodi is a certified BCRPA Personal Trainer, Level Two IKFF Certified Kettlebell Teacher, Reebok® Certified Core Training Instructor, Cycle Reebok™ Spin Instructor and Weight Training Specialist. Her unique combination of in-gym and on-trail training systems are proven to help clients reach their goals in both competitive sport, or simply to enjoy and maintain a healthy, fit lifestyle.



Susan Bock Smith

Susan's desire to work in a field that benefits individuals, as well as their community, has led her back to her education roots. Susan is a certified Fall Prevention Balance & Mobility Specialist, and has found her career niche in Seniors' Balance & Mobility Training, which has led to the creation of Surefeet training programs that have a strong positive impact upon the lives of Seniors.



Lela Dawson

Lela has been teaching Pilates for over 15 years. Lela is a Certified Pilates Instructor with the Pilates Method Alliance (PMA), and a Pilates Fitness Trainer of Fitness Leaders with the BCRPA. Lela combines her 25 years of experience in the Fitness Industry as a Personal Trainer and Trainer of Group Fitness instructors with her passion for developing new Pilates instructors.



Tag Dundas

Tag saw early on the effect of suspension training, and devoted his time to mastering this modality. He was the first personal trainer in Canada to become a black rank (master) TRX trainer. Tag owns and operates TNT Fitness, Fraser Valley's premier TRX Training Studio.



Wendy Epp

Wendy Epp, BSc.PT is a fully licensed Sports Physiotherapist, owner of Form Physiotherapy in Vancouver, a busy, leading edge clinic specializing in assessment and treatment of orthopedic and sports injuries. She is also a teaching assistant for orthopedic and sport therapy courses at UBC's Physical Therapy program. Wendy has attended 2 Olympic Games as team therapist to the Canadian Freestyle Ski Team and has worked alongside professional and amateur athletes in sports including contact, high risk, and endurance sports. A mother of two and actively involved in triathlon and cross country skiing events, Wendy sees first-hand the issues related to the aging athlete. This has given her a new, enlightened view of this specialty in her clinical role.



BCFit '18 CONFERENCE PRESENTERS



Andrea Ferguson

Andrea is a fitness studio owner, Personal Trainer, nutritionist and mindset coach and mentor. She has worked with thousands of women over the 11 years she has been in the fitness and wellness business, having designed and led many workshops, transformation events, and retreats for women. Andrea has also designed, created, and led a 2 year group Life Mentorship program for women encompassing mindset, movement and nourishment.



Gillian Goerzen

Gillian is a passionate educator, speaker & fitness professional with over 15 years of experience. She helps busy people create a healthy lifestyle they love with tools, accountability and support. She offers workshops, fitness classes, running clinics, and personal training in her hometown of Nanaimo, BC, and works virtually with clients throughout North America helping them define fit and confident so they can rock their healthy lifestyle!



Karen Harmon

Karen has been teaching Group Fitness for 35 years and is also a teaching assistant for those with special needs. She specializes in mental health yoga, special needs fitness, marginalized classes, cycle-fit, outdoor bootcamp and stretch classes for the District of West Vancouver and the community of North Vancouver. Karen is a returning presenter from last year's BCFit 2017, has published an article for *FitLifeBC* magazine, and speaks internationally. Her manuscript, *Looking for Normal*, to be published in September 2018, is in the editing stages.



Debbie Jessen

Debbie has been a certified Group Fitness Instructor for more than 30 years. She is a BCRPA Supervisor of Fitness Leaders/Osteofit, and has Third Age and Weight Training modules, Zumba®, Zumba® toning and Zumba® step and Strong by Zumba® licenses. A popular presenter at BCRPA conferences, as well as a motivational speaker, she has published articles in *Fitness Business Canada* magazine, as well as *FitLifeBC*. In 2005, she was the BCRPA Group Fitness Leader of the Year. Debbie has completed 3 half-marathons, plays competitive ice hockey, is married, and has two teenage boys.



Rebecca Johnston

Rebecca is the owner of Be Naturally Fit, which is her online business, personal brand, and blog. Rebecca has been in the fitness industry for 10 years — she has been a fitness and lifestyle coach for women online for three years, teaching at Barre Fitness for six years, and teaching meditation and mindfulness for two years. Rebecca has grown her online business to over 70 women from across the world and built her brand in the fitness and wellness industry so that she now works closely with other brands, companies and sponsors. Recently, Rebecca added a meditation coaching certification to her resume, and now leads meditation and mindfulness courses across Vancouver.



Brian Justin

Brian is a full-time tenured Kinesiology Instructor at the University of the Fraser Valley in Abbotsford and Chilliwack BC. He earned his Masters and Bachelor degrees from the University of British Columbia. Brian's areas of concentration are exercise physiology, strength and conditioning, injury management, and exercise testing and prescription. Brian is passionate about spreading the word on the benefits of physical activity for health, performance, and injury prevention.



Ingrid Knight-Cohee

As Director of Group Fitness for SNFC, Ingrid leads six Group Fitness managers and 380 instructors in delivering 800+ classes per week to 110,000 members through innovative group fitness programming. Ingrid currently serves on the Fitness Advisory Committee (FAC) for the BCRPA and holds degrees in Human Kinetics, and Exercise & Health Psychology.

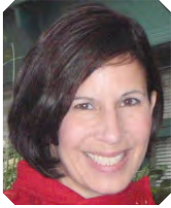


Dolores Leite

Dolores has been teaching Group Fitness for over 20 years and currently teaches 13 classes a week in many different Steve Nash locations. Dolores is an Area Group Fitness Manager for Steve Nash Fitness Clubs and has been since 2013. Dolores has presented several workshops with great feedback received from participants and is thrilled to share her passion with others — even if participants only leave with one take-away, that's one more thing they have to add to their books.

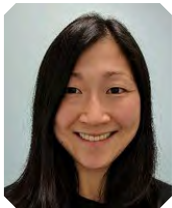


BCFit '18 CONFERENCE PRESENTERS



Lori Nicholls

Lori learned early in her career that we are all struggling with something. For that reason, her approach is: have some fun, learn a little, grow a lot, and become stronger inside and out. Diagnosed with Rheumatoid Arthritis, Lori was told that she required almost \$1,500 of medication a year. Fast forward to present day, Psoriatic and Osteoarthritis have been added to the list but her current medications don't even add up to \$300 per year — thanks to changes in her diet, exercise, sleep and life. A favourite quote by Will Smith states, "If you aren't making someone else's life better, then you are wasting your time. Your life will become better by making other lives better." Lori's goal is to not waste her time or yours – let's keep doing what we're good at: helping people stay healthy and have fun in the water!



Ling Pai

Ling is a Certified Clinical Exercise Physiologist. She has been the Manager and Lead Exercise Physiologist at Lion's Gate Cardiac Rehab and Cardiometabolic Program in North Vancouver since 2014. Her past experience includes cardiac and pulmonary rehab, personal training, health and fitness assessment, occupational health assessment and fitness facility management. She was a repeat presenter at North Shore Health Matters Lecture Series and North Shore Health Matters Patient Forum.



Andrea Perrino

Andrea complements her PhD in psychology and professor position at the University of British Columbia with over 25 enthusiastic years of experience in the fitness field as personal trainer, Fitness Leader, health consultant and as a regular speaker to academic, corporate, and community groups. In each of her roles, she attempts to foster the connection between mind and body in the journey to optimal health. She "practices what she preaches" as a sponsored athlete taking on triathlons, cycling, and paddling events locally and internationally.



Krista Popowych

Krista Popowych, B.Hkin, has been inspiring Fitness Leaders, trainers and managers for over two decades with her motivating, and on-trend sessions. As the 2016 (2008, and 2003) CanFitPro Fitness Presenter of the Year award recipient and the 2014 IDEA Fitness Instructor of the Year award winner, Krista has shown an outstanding commitment to fitness education. A highly sought instructor, trainer and educator, Krista is the Global Director of Group Education for Keiser. She is also a recognized TV personality, DVD creator, and an Adidas 3-stripe team sponsored member. As a published author, professional speaker, and advocate for cancer research fundraising, Krista spreads her passion for fitness across the globe. Her goal has always been to inspire others through education and movement, and she does that with her creative sessions, and real-life approach to fitness!



André Potvin

André Noël Potvin is an internationally accredited author, fitness educator and medical exercise specialist with 34 years of leadership and clinical experience. André holds a Master of Science degree in cardiac rehabilitation from the University of British Columbia, where he served for four years on the teaching faculty of the School of Human Kinetics. He is also president of INFOFIT Educators School for Fitness Professionals and is frequently invited to lecture at international public and professional conferences.



Cherie Seidler

Cherie is a passionate, inspiring and motivating instructor who spends many hours helping others achieve their goals. Through functional training, Cherie helps her clients achieve strength, toning, endurance and flexibility through her training programs.



BCFit '18 CONFERENCE PRESENTERS



Christina Truscott

Christina has been involved in the fitness industry since 1982 as a Fitness Leader, Recreation Program Director and Trainer of Fitness Leaders. She teaches all levels of land fitness and aqua-fit classes, Yoga and Pilates. In 1986 Christina founded Body Blueprint Fitness Education. She has trained fitness professionals to become Personal Trainers, Group Fitness Instructors, Older Adult Instructors, Aquatic Fitness Instructors and weight room attendants. Christina has been a guest lecturer and keynote speaker at several functions, and has been a guest instructor in the Caribbean for many years. She was the recipient of the Woman of Distinction Award for her work volunteering in the community and her role in Fitness Education.



Kristy Ware

Kristy is a Strength Trainer, Nutrition Coach, and Core Rehab Specialist. She motivates and inspires women to love their bodies while helping them regain their fitness and fabulousness. Kristy has worked in the fitness industry for the past 10 years, and specializes in pre/postnatal fitness, pelvic floor and core rehab, and older adult training.



Amanda Vogel

Amanda Vogel, MA.HKin, is a BCRPA TFL and owner of ActiveVoice.ca, a writing, editing and consulting service for the fitness industry. She's a Hootsuite-certified social media consultant for fitness brands and public figures, and a Fitness Technology Spokesperson for IDEA. Specializing in group fitness, Amanda holds indoor cycling certifications from Schwinn and Keiser. In addition to blogging at FitnessTestDrive.com about fit tech, workout gear and exercise clothes, she writes for popular magazines, including *IDEA Fitness Journal*, *ACE Certified*, *Best Health* and *Reader's Digest Canada*. Her Master's thesis research from UBC covered body image and the role of the fitness instructor.



Conference Venue

DELBROOK COMMUNITY RECREATION CENTRE

851 W Queens Road, North Vancouver.

[CLICK here for Google Maps](#)

Transit info: www.translink.ca

Parking: There will be limited parking on-site and parking off-site at 600 W Queens Rd, North Vancouver. See [here](#) for a map to parking.

Hotel Information

NORTH VANCOUVER HOTEL

1800 Capilano Road, North Vancouver, BC V7P 3B6
www.northvancouverhotel.ca

Rate: \$125/room/night for between Sept. 14 - 16, 2018
Offer expires: August 14, 2018

*To make a reservation, contact 1.800.663.4055
and refer to "BCRPA Fitness Conference 2018".*

Flight Information

WESTJET

BCRPA is happy to offer delegates the following WestJet discount codes for travel between September 7 and 23, 2018:

- 5% off Econo and Flex flights and 10% off Plus base fares for domestic travel
- 5% off Econo and Flex flights and 10% off Plus base fares for trans-border travel between Vancouver, BC and anywhere WestJet flies in North America

Coupon Code: **W22AP53**
Promo Code: **WEE36**

For questions or assistance with booking, please contact WestJet at 1.888.937.8538 or email at conventions@westjet.com

BCRPA is not responsible for any issues arising as a result of the labour dispute.

British Columbia Recreation and Parks Association

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Phone: 604.629.0965
Fax: 604.629.2651

bcrpa@bcrpa.bc.ca | www.bcrpa.bc.ca



Register online

www.bcrpa.bc.ca/conferences/bcfrit/

Registration Rates

1st Early Bird rates – ending June 24

BCRPA Registered Fitness Leaders..... \$155
Non-BCRPA Registered Fitness Leaders..... \$195

2nd Early Bird rates – from June 25 – August 30

BCRPA Registered Fitness Leaders..... \$179
Non-BCRPA Registered Fitness Leaders..... \$219

Regular rates – starting August 31

BCRPA Registered Fitness Leaders..... \$199
Non-BCRPA Registered Fitness Leaders..... \$249

BCFit'18 Refund Policy

A refund of 70% of the registration fee will be given for cancellations received until **August 14, 2018**.

Cancellations made beginning August 15, 2018 are non-refundable.

Registrations are transferrable.

All requests for cancellations or transfers must be submitted to the BCRPA office at registration@bcrpa.bc.ca and received within the allotted cancellation times noted above.

BCRPA Policy on Recording Presentations

Unauthorized recording (audio, video, still photography) of presentations at any BCRPA event by a presenter or the audience including sessions, plenaries, keynotes without the express written consent of BCRPA's Manager of Physical Activity Programs is strictly prohibited.

Any unauthorized recording must be disclosed to the delegates in attendance in that session, prior to commencement of the presentation and only record the presenter, not the audience. Further, any authorized recordings may not be used for commercial purposes or posted on any open public media source. Conduct that violates this policy may be subject to sanctions pursuant to BCRPA's disciplinary policies.

BCRPA Policy on Conference Program Content

The content of presentations and the opinions of presenters are not necessarily those of the Association.

The BCFit program content is subject to change without notice.