

# **NEWS RELEASE**



## **DELTA'S FITNESS PROFESSIONAL WINS PROVINCIAL AWARD**

*BCRPA presents Rhonda Jackson with award at annual conference.*

**Vancouver, BC (Saturday, September 15, 2018)** – The BC Recreation and Parks Association (BCRPA) has presented Delta resident Rhonda Jackson with one of its prestigious annual Fitness Leadership Awards. Rhonda is the recipient of the Program Manager/Director the Year Award for her dedication as a fitness leader and exemplary work creating and supporting innovative programming.

Rhonda is widely known as a deeply engaged and respected supervisor, empowering her staff to create engaging programming that promotes health and fitness in her community. She has been an integral member of the City of Burnaby's Fitness Specialty Services team for the past 25 years. Rhonda brings her skills to two of the largest facilities in Burnaby: Bonsor Recreation Centre and Edmonds Community Centre - each welcoming over one million visitors per year, many of whom come specifically for services in Rhonda's operational area.

Rhonda is a known leader in the promotion of healthy workplaces. She has served on the City of Burnaby Health and Wellness Committee and Healthy City Committee as well as multiple panels and Committees with BCRPA, helping to bring positive change to current programs. Rhonda also works closely with her own staff to offer 30 fitness classes per week to community members.

Rhonda has been instrumental in developing exciting community events and training opportunities for Fitness Leaders that regularly sell-out, including Move for Health Day and annual "Fitness Blitzes." Rhonda has developed and taught classes at City Hall in Burnaby, given regular talks regarding physical activity to Mom's and Babies groups and at Sun Run clinics and has volunteered at a local women's correctional institute assisting female inmates develop positive self-image.

"Rhonda is an exemplary leader, devoted in the field as a trainer and personal mentor to her staff, instructors and colleagues," remarks BCRPA CEO, Rebecca Tunnacliffe. "Rhonda reflects the highest standard of a fitness leader, going above and beyond to engage and inspire her community to be active and create healthier lives."

The annual BCRPA Fitness Leadership Awards highlight the outstanding efforts of its top fitness professionals (Fitness Leaders) from around the province. The awards recognize professional commitment through community and industry involvement.

The awards were presented during the BCRPA's annual fitness conference, BCFit® on Saturday, Sept. 15, 2018 at the Delbrook Community and Recreation Centre. The conference brings together hundreds of Fitness Leaders from across BC to provide them with valuable professional development, and the opportunity to discuss and learn about fitness and health-related issues and trends.

There are currently over 4,000 BCRPA registered Fitness Leaders throughout BC. BCRPA registered leaders have met the highest fitness training standards in BC and Canada. They work in public and private fitness settings, including community recreation centres, gyms, pools, health clubs and spas, and outdoor settings. They assist individuals and groups in reaching their health and fitness goals, and promote active healthy living.

Photos available upon request.

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**BACKGROUND:**

The British Columbia Recreation and Parks Association (BCRPA), a not for profit organization, plays a central role in leading the enrichment and improvement of the quality of life of British Columbians and their communities. We do this by championing the power of recreation and parks. Ours is a story of creating community connectedness and individual well-being based on the knowledge and recognition that recreation and active living, as well as access to parks and the natural environment, have significant impacts on our physical and mental health.