

August 1, 2019

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## The Registry® of Fitness Professionals – new website launched

The brand new and vastly improved [The Registry of Fitness Professionals](#) website was launched July 17.

The site simplifies the online experience, making it easier for you to navigate and use. Features include streamlined navigation, mobile-friendly design, engaging visual appeal, greater email security and more robust professional profiles.

[Resources](#) are available to help you access your accounts and manage your registration within The Registry®.

We hope you are enjoying this exciting new platform!



## "Be a Top Notch Presenter" Workshop - CEC Opportunity Aug 21

Whether you are a first-time presenter or have a few presentations already under your belt, this webinar is an easy way to learn the seasoned tips and tricks of presenting.

BCRPA is happy to be hosting an [online interactive webinar](#), "Be A Top Notch Presenter" from the convenience of your own home. You'll learn everything you need to know about presenting at a conference or workshop, including:

- How to decide what to teach and how much content you really need,



- Dealing with challenging people in the audience,
- Common problems that come up and how to handle them,
- Gaining the confidence to deliver a solid presentation.

Join BCRPA TFL Brenda Adams for an evening of enjoyable learning:

**When: Wednesday August 21, 6:00pm – 9:00pm**

**Presenter: Brenda Adams**

**CECs: 3**

**Cost: \$40.00**

[To register, send us an email!](#)

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## Sponsor Feature: Human Kinetics Book of the Month

BCRPA is pleased to provide our Fitness Leaders with a new benefit – the [Human Kinetics book of the month](#). Each month we will feature a relevant fitness and health book available to you at a 40% discount.

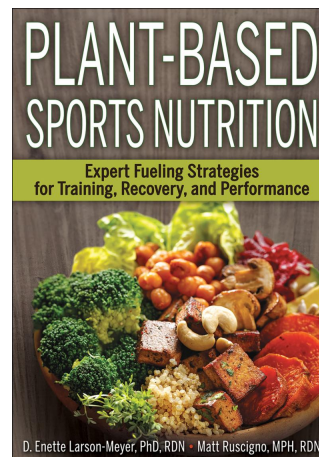
Here is the featured **Book of the Month for August**:

[\*\*\*Plant-Based Sports Nutrition, Expert Fueling Strategies for Training, Recovery, and Performance\*\*\*](#), by Enette Larson-Myer, PhD, RDN and Matt Ruscigno, MPH, RDN.

Gain the plant-based advantage! Join the thousands of runners, bodybuilders, and athletes from virtually every sport who rely on foods and beverages made without animal products. Every day an increasing number of athletes, even those who are not fully vegetarian or vegan, incorporate a plant-based diet when training or recovering from competition.

Whether you are a dedicated vegetarian or vegan looking to add variety to your diet or you are an athlete searching for a plant-based competitive edge, [\*\*\*Plant-Based Sports Nutrition\*\*\*](#) will help you maximize your diet for optimal performance!

Use code **B114** to receive **40% off** regular price! Be sure to sign up to receive Human Kinetic's e-newsletter to stay informed; [click here](#) to sign up! **Offer expires 8/31/2019**



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## PAR-Q+ - Are You Using the January 2019 Version?

Are you using the most recent [Physical Activity Readiness Questionnaire for Everyone \(Par-Q+\)](#) published in January 2019? If not you can [download a paper copy here](#) or [use the online version](#).

Par-Q+ is an effective resource for learning how to reduce the barriers people face to becoming physically active, and promote the health benefits of physical activity/exercise.



Due to the evidence based nature of the PAR-Q+ and the electronic Physical Activity Readiness Medical Examination (ePARmed-X+), both forms are routinely updated as new evidence becomes available – so make a point of checking [their official website](#) periodically. The site also provides information about how this form came into being, who updates it, and language options.

For more information, visit the [New PAR-Q+ and ePARmed-X+: Official Website](#).

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## Sponsor Feature: Join LadySport for a FREE Workshop

Athletic shoes are one of the **most important pieces of equipment for the fitness professional** as well as their clients. The questions are endless and unless you have a solid understanding of footwear design you may not be able to offer the best advice to your clients on these important decisions!



### Athletic Footwear: What Every Fitness Professional Should Know

**Date:** October 3, 2019

**Time:** 6:00pm - 8:00pm

**Location:** 3545 W. 4th Ave, Vancouver

**Cost:** FREE

This workshop will familiarize you with what goes into making one shoe different from the other as it pertains to functional movement and injury management.

**To register or for more information, call: 604-733-1173.**

## More Canada Food Guide Resources

The Government of Canada released [Canada's New Food Guide](#) earlier this year. Here are some of the highlights:

- The new Food Guide is available in 28 languages! [Check it out here.](#)
- The new Food Guide has ton of [printable resources.](#)
- You can find resources on the Canada Food Guide and prenatal nutrition [here.](#)
- You can read or download the full New Canada Food Guide Report [here.](#)



## #bcrpa to Show us How You are Promoting an Active Lifestyle!

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 too! **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](#)



**BCRPA FITNESS INSTRUCTORS**

GET

**30% OFF\***

SELECT CLOTHING & FOOTWEAR

**LadySport**

3545 W 4th Ave  
Vancouver  
(604) 733-1173  
info@ladysport.ca

**FitFirst**  
FOOTWEAR

3713 Kensington Ave  
Vancouver  
(604) 299-8851  
info@fitfirst.ca



\*CONTACT THE STORES FOR DETAILS

**QUICK LINKS**

**BCRPA pre-approved courses and workshops**

**The Registry** OF FITNESS PROFESSIONALS

**Conversation Corner**



**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**

- [Recreation Leaders | Mainland/Southwest](#)

- [Fitness Attendant | Vancouver Island/Coast](#)
- [Group Fitness & Yoga instructors | Lower Mainland](#)