

BCRPA's Fitness News Bulletin



60 years of championing the power of recreation and parks

Sept 27, 2019



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BCFit'19 shines for a sell-out crowd!

BCFit delegates enjoyed a fantastic weekend full of **re-energized** fitness learning at our **SOLD OUT BCFit'19** conference!

The highlights were the **re-freshed** knowledge and empowerment sessions that provided Fitness Leaders new and **re-newed** connections among the Fitness Leader and enthusiast community.

Thank you to our sponsors, exhibitors, presenters, delegates, and volunteers for helping BCRPA make BCFit'19 a success!

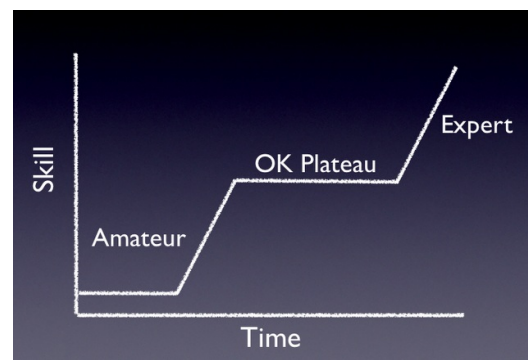
For those who were unable to attend, you can still visit the [BCFit'19 online Market Place](#). We look forward to seeing you next year!



Have You Reached your OK Plateau?

Have you heard of the '[OK Plateau](#)'? You know, that place we all get to where we just stop getting better at something?

Take typing for an example. You might type and type and type all day long, but once you reach a certain level, you just don't get any faster. That's because it becomes automatic. You've moved the action that your body has been doing to the back of your mind's filing cabinet.



Read more about the 'OK Plateau of Performance and Personal Growth' and strategies for how you can overcome it [here](#).

Upcoming workshops

Athletic Footwear: What Every Fitness Professional Should Know

When: Oct 3, 2019

Where: Lady Sport in Vancouver

To register: Please call 604-733-1173

(Scroll down for more details!)

Strength Train Your Back workshop with Catherine D'Aoust

When: Oct 19, 2019

Where: Vancouver

For more information and to register:

[Visit Catherine D'Aoust's event page.](#)



Chair Yoga by Siri Marken

When: Oct 26 & 27, 2019

Where: Kelowna

For more information and to register: [Visit the Yoga Sciences School website.](#)

For more upcoming courses and workshops, visit the [BCRPA's Fitness Program webpage](#).

Sponsor Feature: Take the Course of the Month and earn 8 CECs!

October's [Human Kinetic's Course of the Month](#) is the Complete Guide to Foam Rolling, and **your opportunity to earn 8 CECs upon completion!**

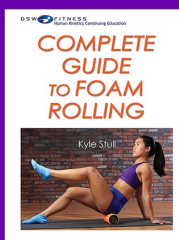
Improve your athletic performance by learning how foam rolling before, during, and after a workout can get blood flowing, stimulate muscles to work more efficiently, and initiate the recovery process to reduce soreness.



HUMAN KINETICS

COURSE OF THE MONTH

October 2019



- Complete the **online course**
- Take the **CE Exam**
- Earn **8 BCRPA CECs**

Save 40% off regular price!

Offer expires 10/31/2019.
Use code B146 at check-out.

<https://canada.humankinetics.com>



Backed by scientific research, [Complete Guide to Foam Rolling](#) provides step-by-step instructions for 27 of the most effective foam rolling techniques for muscle preparation and recovery. Reduce pain and restore function with therapeutic movements that help rehabilitate the body and reduce the risk of injury. Learn proper techniques to breathe, relax, and roll through tight spots as part of the warm-up, flexibility work, and cool-down. Then adapt any of the ready-to-use protocols to create a customized program to address specific problem areas as well as overall muscle and nervous system needs.

Upon completing the book, certified professionals can take the companion CEC exam to earn 8 continuing education credits.

[Register for this Course of the Month now!](#) Use code **B146** to receive **40% off** the regular price. Offer expires **October 31, 2019**.

Sponsor Feature: FREE LadySport workshop

Athletic shoes are one of the **most important pieces of equipment for the fitness professional** as well as their clients. The questions can be 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 (LadySport)

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.

While you are there, make sure to check out [LadySport in-store discounts](#) on select items until September 9!



BCRPA FITNESS INSTRUCTORS

GET

30% OFF*

SELECT CLOTHING & FOOTWEAR



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

LadySport

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

*CONTACT THE STORES FOR DETAILS

QUICK LINKS

[BCRPA pre-approved courses and workshops](#)

[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 registered fitness leaders.

JOB POSTINGS

- [See ALL job postings](#)

FEATURED POSTINGS

- [Recreation Instructors - General Fitness \(Various Positions\) | Mainland/Southwest](#)
- [Skate Shop Supervisor | Vancouver Island/Coast](#)
- [VP of Fitness | Mainland/Southwest](#)
- [Group Fitness/Yoga Instructors | Mainland/Southwest](#)