

November 28, 2019



In this issue...

- Seeking Conference Planning Committee volunteers for **BCFit®'20**
- **Exercise Handout:** Transform your Basic Fitness Routine into a Challenging and Fun Core Workout
- Upcoming BCRPA office holiday closures
- Should you exercise with a cold?
- **NEW course:** HIGH FIVE® Principles of Healthy Aging
- Plan your professional development for 2020
- **Course of the Month:** Strength Training for Fat Loss
- Human Kinetics' holiday sale starts December 3
- Job postings

Seeking Conference Planning Committee volunteers for BCFit®'20

Mark your calendars! BCFit®'20 has been scheduled for **September 11–13 at Delbrook Community Centre in North Vancouver.**

We are currently seeking Conference Planning Committee volunteers to help us make BCFit®'20 the best fitness conference in the province. Are you:

- A knowledgeable and innovative fitness professional
- Interested in helping review presenter applications and planning



activities during BCFit®'20

- Able to attend planning meetings by phone in the lead-up to the big event
- Energetic, enthusiastic, and able to commit from January until September 2020, and
- Not applying to present at BCFit®'20?

If this describes you, [send us an email](#) to express your interest and help us take BCFit®'20 to the next level.

Applications will be accepted until Sunday, January 12, 2020, at 11:59pm.



Exercise Handout: Transform your Basic Fitness Routine into a Challenging and Fun Core Workout

Nowadays it is becoming more common to experience back, knee, and shoulder pain due to a more sedentary lifestyle. Studies show that **balance exercises can improve core and back strength**, helping you increase stability and strengthen your joints, which can go a long way to relieving pain and improving overall posture.

Ryoko Donald, BCRPA Fitness Leader and Bosu® Ambassador, specializes in stability, balance, and core exercise. She's written this handy Exercise Handout, "[How to Transform your Basic Fitness Routine into a Fun and Challenging Core Workout](#)," available for you to download from BCRPA's [Healthy Living Matters](#) website and use for your personal practice.

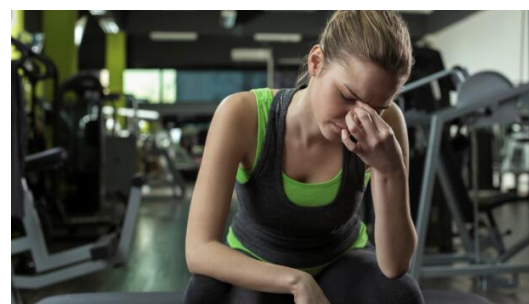
Interested in writing for [Healthy Living Matters](#) website and sharing your fitness or training expertise? Contact [Hannah Moosoorhur](#), BCRPA's Physical Activity Program Assistant.



Should you exercise with a cold?

This simple “above the neck” and “below the neck” tip from the Mayo Clinic’s Dr. Edward R. Laskowski is easy to use and simple to remember.

If your symptoms are all above the neck such as those associated with a common cold, like a runny nose, nasal congestion, sneezing, or minor sore throat, you can exercise but consider reducing the intensity and length of your workout.



If you symptoms are below the neck, like chest congestion, a hacking cough, upset stomach, fever, fatigue, or widespread muscle ache, **don't exercise**.

In the end, let your body be your guide. If you feel miserable, take a break!

Upcoming BCRPA office holiday closures

Please note, BCRPA will be closing our office to observe the following upcoming holidays:

- Christmas Holidays – December 23 to December 27, 2019, and December 30, 2019
- New Year's Day – January 1, 2020

We wish you a safe and happy holiday season!



NEW course: HIGH FIVE® Principles of Healthy Aging

Great news! For anyone who works with older adults, BCRPA now offers the [HIGH FIVE® Principles of Healthy Aging course](#). This one-day training focuses on the unique needs of older adults when participating in recreation or leisure activities. This is the perfect opportunity to gain insight into how to create environments and spaces that foster healthy active aging for older adults in your community.



Watch this short video to learn more about the [HIGH FIVE® Principles of Healthy Aging course](#).

The course is worth 7 CECs. View the [schedule](#) to find this course, and other HIGH FIVE® courses, near you. For more information, please email [Jewel Dimayuga](mailto:Jewel.Dimayuga).

Plan your professional development for 2020

With the new year soon upon us, it's a great time to look ahead at **what professional development you'd like to undertake in the new year** to keep your skills and knowledge current and to earn your renewal CECs.

For easy reference, check out the [lists of upcoming BCRPA-approved courses and workshops](#) and how many CECs they are worth.

You can also find a link to courses and workshops via [The Registry® of Fitness Professionals](#). Once logged

into your account, click on the **Upcoming Courses and Workshops** tab and then the link to the BCRPA website.



Course of the Month: Strength Training for Fat Loss

Take advantage of [Human Kinetics' Course of the month](#) in just three easy steps:

1. Complete the online course
2. Take the CE exam, and
3. Earn 13 CECs!

[Strength Training for Fat Loss](#) offers basic,

tried-and-true programs for new and experienced professionals alike. This course explores 30 workouts and 150 exercises for clients who are constantly looking for innovative ways to lose fat and develop lean muscle.

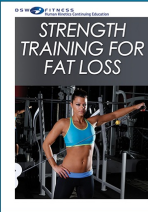
Content focuses on the three Cs of metabolic training — **circuits, combinations, and complexes** — to accelerate metabolism and maximize fat loss while maintaining and building muscle. In addition, the course includes a **one-hour webinar** that explains the beneficial effects of strength exercise on body composition, metabolic rate, and resting blood pressure, providing additional insight into the creation of strength training programs for clients that positively affect body composition and assist with weight loss.

Once you complete the course, take the companion exam to earn **13 Continuing Education Credits!**

Make sure to use code **B167** to receive **40%** off the regular price.
Offer runs December 1, 2019 – December 31, 2019.



COURSE OF THE MONTH **December 2019**



- Complete the online course
- Take the CE Exam
- Earn **13 BCRPA CECs**

Save 40% off regular price!

Offer valid Dec 1 to Dec 31, 2019
Use code B167 at check-out.

<https://canada.humankinetics.com>



Human Kinetics' holiday sale starts December 3

[Human Kinetics'](#) Holiday sale runs **December 3 – 13, 2019.**

Receive 40% off everything - all books and courses - plus free shipping on orders over \$30 by mentioning **code C959.**

Find the full range of courses and books available through Human Kinetics [here](#). Happy shopping!

HOLIDAY SALE

Get 40% off plus free shipping on orders over \$30

Use promo code **C959** at checkout

*Use promo code C959 at checkout. Offer valid to individuals in the US and Canada. Not valid for institutions or resellers, phone orders, or for journals or Coaches Education website purchases. May not be applied to previous purchases or used in combination with any other offer. Expires December 13, 2019 at 12:00 PM CST.

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**

The Registry OF FITNESS
PROFESSIONALS



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 BCRPA Registered Fitness Leaders.

JOB POSTINGS

- [See ALL job postings](#)

FEATURED POSTINGS

- [Fitness Activity Leader, Capilano University | Mainland/Southwest](#)
- [Group Fitness Instructor | Vancouver Island/Coast](#)
- [TFL Weight Training & Personal Training | Mainland/Southwest](#)
- [Full-Time Coach | Thompson/Okanagan](#)