

BCRPA's Fitness News Bulletin



60 years of championing the power of recreation and parks

December 27, 2019



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Interested in becoming a Trainer or Supervisor of Fitness Leaders?

Are you interested in adding an advanced designation to your roster of skills? Why not consider becoming a **Trainer of Fitness Leaders (TFL)** or **Supervisor of Fitness Leaders (SFL)**?

These higher designations allow Fitness Leaders to take on leadership roles in the fitness industry that support the development of other fitness professionals.

[Visit the BCRPA Fitness Program page to read more](#) and click on **How to become a TFL or SFL**

The first step in the process is to attend an **Instructor Competency Evaluation (ICE) workshop**. [Click here to review the upcoming ICE workshops in 2020](#), under the **ICE Workshops for TFL & SFL Candidates'** tab. These workshops are open to all Fitness Leaders.



Email [Hannah Moosohur](#), BCRPA's Physical Activity Program Assistant, with any questions about how you could become a TFL or SFL!

Help us take BCFit®'20 to the next level!

We're seeking volunteers to help plan an incredible BCFit®'20, taking place September 11–13 at Delbrook Community Centre in North Vancouver.

We are looking for volunteers who are:

- Knowledgeable and innovative fitness professionals
- Interested in reviewing presenter applications and plan 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.



Interested? [Send us an email](#). Applications will be accepted until Sunday, January 12, 2020, at 11:59pm.

Is it Spin, Spinning or Indoor Cycling?

This is a question we hear a lot. Here is a short clarification provided by Martin Laba, Indoor Cycling Instructor and Associate Director of Simon Fraser University's School of Communications:

"The word "spin", "spinning", and all other variations is the business asset, brand property, and the exclusive trademark of [Mad Dogg Athletics, Inc.](#) (hence why the trademark symbol is used by the corporation in any reference to, or publication of its method, classes, merchandise, equipment, etc.). That's why fitness companies, cycle studios, and organizations that offer cycling classes avoid the word "spin", and instead use such terms as "indoor cycling", "cycle fit", and other terminologies."



So strictly speaking, there is a liability issue with using the word "spin" without authorization. Now you know!

Polish up your 2020 profile in The Registry® of Fitness Professionals

An important benefit of your status as a BCRPA

Registered Fitness Professional is the ability to showcase your training and skills, and share more about yourself to new clients and employers through your professional profile on [The Registry® of Fitness Professionals](#).

To update your professional profile, log into [The Registry®](#) and navigate to the **Professional Profile** tab.



FITNESS LEADER

My Specialties
Group Fitness
Fitness Theory

My Current Credentials
Registration expiry: 2021-10-25
CPR expiry: 2022-05-02
First aid expiry: 2022-05-02

Employers and the general public are using [The Registry® of Fitness Professionals](#) to find personal trainers and employees, and are able to access your professional profile from the site's main page through the option to 'Find a Fitness Professional'.

By default, your public profile lists your full name, specialties, registration and First Aid/CPR expiry dates. You can also add any of the following additional information to your profile:

- Bio, or description of yourself,
- Profile photo,
- Contact information,
- Location (city or town),
- Links to your website and/or social-media accounts, and
- Media such as images or links to videos.

Please note: **You are in full control over your privacy settings** and can choose which pieces of information in your professional profile you would like to share with the public.

Take a moment to polish up your professional profile for 2020 on [The Registry® of Fitness Professionals](#) today!

Upcoming BCRPA office holiday closures

Please note, BCRPA will be closing our office for the upcoming statutory holidays:

- **New Year's Day** — January 1, 2020
- **Family Day** — February 17, 2020

Happy New Year!



Course of the Month: Smarter Workouts

Human Kinetics' Course of the Month, [Smarter Workouts](#), offers you efficient and effective workout programs that use just one piece of equipment.

Help your clients work out in a shorter period of time without expensive equipment or gym memberships — all while targeting their personal goals. Exercise doesn't have to be difficult to figure out!



COURSE OF THE MONTH January 2020



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

Save 40% off regular price!
Offer valid Jan 1 to Jan 31, 2020
Use code B168 at check-out.
<https://canada.humankinetics.com>



In [Smarter Workouts](#), fitness expert, Pete McCall, explains the effects of exercise on the body so you can identify what will work best for your clients. Gain access to fat-burning, core strength, and

mobility workouts that will help produce real results!

Upon completing the course, you can take the companion exam to **earn 8 CECs**.

Make sure to use code **B168** to receive **40% off** the regular price.
Offer runs January 1, 2020 – January 31, 2020.

Check out LadySport's January SALE!

January brings new goals, busy schedules, and chance to refocus and re-set.

Our BCRPA Retail Partners, [LadySport & FitFirst Footwear](#) want to help you do just that by refreshing your workout wardrobe with your favourite brands at great savings.

Stop by their stores in the month of January and [save big](#) on shoes, clothing and accessories that will help you crush those 2020 goals!

[Sale starts January 3, 2020!](#)

Apparel up to 70% off

Shoes 30-50% off

Get set for a New Year!
SALE STARTS JANUARY 3rd

FitFirst Footwear
LadySport

3713 Kensington Ave. Burnaby, BC | 3545 W 4th Ave. Vancouver, BC



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](#)