

February 27, 2020



Expired Registration?

Take advantage of the  
one year grace period.

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## NEW: Expired registration? Use the one-year grace period to renew

BCRPA provides an automatic extension to BCRPA Registered Fitness Leaders unable to meet their [registration renewal requirements](#) by their expiry date.

This grace period extends for **one year past your expiry date with no financial penalty.**

Note that during this grace period, Fitness Leaders are not covered by insurance.

Questions about your renewal? [Visit this link](#) or [email BCRPA.](#)



## NEW: Change in CEC renewal requirements

Effective immediately, the number of CECs required to renew 2 year BCRPA registrations has been reduced.

- **Fitness Leaders: 12** continuing education credits are required to renew your Fitness Leader registration.
- **SFLs and TFLs: 16** continuing education credits are required to renew your SFL or TFL registration.



### Why have we made this change?

- To strengthen national standards, the National Fitness Leader Alliance (with which you are affiliated through BCRPA) has been aligning and standardizing professional development requirements.
- To make it easier and less expensive for you to achieve your registration renewal requirements.
- To ensure you remain the best trained and most competent fitness professional within the market.

If you are a Fitness Leader whose registration expires today, February 26, 2020, and onwards then your CEC renewal requirement is now:

- **Fitness Leaders: 12 CECs**
- **SFLs & TFLs: 16 CECs**

### Ways to earn CECs

Remember, there are many ways in which you can earn CECs.

All options, can be found on the [BCRPA approved courses and workshop webpage](#) (*note that there are many online options to choose from!*) and within the “How can I earn CECs” accordion [on the FAQ web page](#).

P.S. More exciting changes are in the works and will be announced in the coming months!

# The Registry<sup>®</sup> OF FITNESS PROFESSIONALS

## Can you spot the difference between The Registry<sup>®</sup> and the BCRPA website?

One of the top 5 reasons FLs call BCRPA stems from confusion about which site FLs are on. Tip: don't go to the BCPRA site for fitness leaders needs because we have a specific Fitness Leader site. The Registry with everything you need.

[The Registry<sup>®</sup> of Fitness Professionals](#) and [BCRPA's website](#) are separate and distinct websites. Each requires its own distinct login process. Nine times out of ten, you will be needing [The Registry<sup>®</sup>](#). Note that you should be using the same email to log into both sites so the BCPRA site recognizes you as a BCRPA Registered Fitness Leader.

[The Registry<sup>®</sup> of Fitness Professionals](#) is the website where all of your BCRPA Fitness registration details are kept. This includes your certification expiry date, CEC Log, First Aid and CPR information, exam results, and more.

When in doubt, try [The Registry<sup>®</sup>](#) first. To access [The Registry<sup>®</sup>](#), ensure you are logging in at [www.thefitnessregistry.com](http://www.thefitnessregistry.com).

BCRPA's website, [www.bcrpa.bc.ca](http://www.bcrpa.bc.ca), is where you can register for events and conferences like [BCFit<sup>®</sup>](#) and [e-learning courses to earn CECs](#)

If you are new to BCRPA's website, you will need to [create your own user account](#) using the same email you use to log into your account on the [The Registry®](#) website. If you already have an account on the BCRPA website, [simply login here](#).

Any questions? [Contact BCRPA](#).



## Symposium is now open for registration — earn CECs!

Registration for [Symposium 2020](#) is now open! Book your spot early to save the most, and get ready to enjoy the highest quality education opportunities in the recreation and parks sector, **April 29 – May 1, 2020 in beautiful Victoria.**

Join upwards of 350 professionals from all regions of the province to learn about the latest trends and best practices, and hear from experts, and each other about the newest innovations and projects that are happening in their communities.

BCRPA Registered Fitness Leaders attending [Symposium](#) are eligible to receive the following continuing education credits (CECs):

- HIGH FIVE® Supporting Children's Mental Health Certificate Course, Tuesday, April 28, 2020 • **7 CECs**
- Wednesday, April 29, 2020 – full day attendance • **4.75 CECs**
- Thursday, April 30, 2020 – full day attendance • **5 CECs**
- Friday, May 1, 2020 – full day attendance • **3.5 CECs**

**Note:** To qualify for CECs, Fitness Leaders must sign out at the end of their last day of attendance and CECs will be pro-rated for partial-day attendance. **CECs will be added to your account after the event.**

Check out the [Program Guide](#) for the exciting Symposium conference speakers and sessions and [register](#) by **March 26** for early-bird savings!

Questions? [Email BCRPA](#).

## Maximum heart rate equals 220 minus age — is this formula still legit?

In 1970, Dr. William Haskell and Dr. Samuel Fox developed the **maximum heart rate** equals 220 minus age formula. At that time they were working for the US Public Health Service and were searching for a way to determine how strenuously heart disease patients could exercise.

On their way to a meeting they reviewed 10 studies from which they culled some data. "We drew a line through the points and I said, 'Gee, if you extrapolate that out it looks like at age 20, the heart rate maximum is 200 and at age 40 it's 180 and at age 60 it's 160,'" Dr. Haskell said. At that point, Dr. Fox suggested a formula: maximum heart rate equals 220 minus age. Presto! The rest is history.



Sadly, "the subjects [in the culled data noted above] were never meant to be a representative sample of the population," said Dr. Haskell. "Most of the subjects were under 55 and some were smokers or had heart disease." He continued: "I've kind of laughed about it over the years." The formula, he said, "was never supposed to be an absolute guide to rule people's training."

In the [January 2001 issue of The Journal of the American College of Cardiology](#), Dr. Douglas Seals and his colleagues outlined a new formula: maximum heart rate equals 208 minus 0.7 times age. They used published studies involving 18,712 healthy people and their own data from 514 healthy people. Their formula gives much higher average maximum heart rates for older people.

Remember, heart rate formulas are just a quick and easy tool to help guide you.

## Course of the Month: Eat. Lift. Thrive - Earn 7 CECs!

Human Kinetics' Course of the Month is [Eat. Lift. Thrive.](#)

Eat healthy. Exercise. Be happy. It sounds easy enough, so why is it so difficult? Because as millions of people know, there are challenges and obstacles, and health programs are not one size fits all.

Sohee Lee has faced the challenges and overcome them. As a trainer, presenter, and author, she's shared her experiences for years, and helped others establish healthy relationships with food and exercise for long-term results.

In [Eat. Lift. Thrive.](#) Lee empowers readers with tools and strategies to make positive changes. You will learn how to identify issues that are holding you or your clients back, and you will learn what you can do to get back on track. You'll find proven tools for motivation, exercise, and advice. And you'll learn how to:

- incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around;
- perform her Primary Strength Movements and integrate them into an effective workout program; and
- adjust your routine to maintain the results you've achieved.

Upon completing the course, you can take the companion exam to **earn 7 CECs**. To learn more, click [here](#). Use code **B208** to receive **40% off** the regular price.

**Offer runs March 1, 2020 – March 31, 2020.**

**HUMAN KINETICS** COURSE OF THE MONTH March 2020

**EAT. LIFT. THRIVE.**  
Sohee Lee

- Complete the online course
- Take the CE Exam
- Earn 7 BCRPA CECs

**Save 40% off regular price!**  
Offer valid Mar 1 to Mar 31, 2020  
Use code B208 at check-out.

<https://canada.humankinetics.com>

Proud Sponsor of BCFit<sup>19</sup>



# 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

**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 BCRPA Registered Fitness Leaders.

### JOB POSTINGS

- [See ALL job postings](#)

### FEATURED POSTINGS

- [VP of Fitness | Mainland/Southwest](#)
- [2020 Seasonal Recreation Leader Vacancies | Vancouver Island/Coast](#)
- [Casual, Lifeguard/ Instructors | Mainland/Southwest](#)
- [Group Fitness and Yoga Instructors | Mainland/Southwest](#)