

BCRPA's Fitness News Bulletin



Enriching individuals and their communities through the power of recreation and parks.

March 18, 2020



In this issue...

- **COVID-19** - Keeping you informed
- **Keeping yourself safe**
- BCRPA SFL **Debbie Cheong honoured** for her work with women in sport
- What you may not know about the new **Canada Food Guide**
- **Course of the Month: Complete Guide to TRX® Suspension Training®** - 7 CECs
- **Job postings**

COVID-19 - Keeping you informed

We have been monitoring and responding to the fast moving COVID-19 updates and with the escalation of preventative measures, **have made the following adjustments to our operations:**

Effective Thursday, March 19th, BCRPA will be closed to support physical distancing, and staff will be working from home. We will be doing all we can to maintain responsive customer service to you, however this revised working environment will result in: phone calls being answered by email and slightly longer processing times for general inquiries, ICE package reviews; and CEC and CPR/FA audits.

**In response to COVID-19,
the BCRPA office is closed to the public.**

**Please continue to contact us through all the
normal channels. We will continue to post any
and all updates on our website.**

We sincerely apologize for this but appreciate your understanding as we move to protect our staff and do our part to flatten the COVID-19 transmission curve.

Please be reminded that we have a FAQ section on our website that addresses many commonly cited questions/concerns. It can be accessed [here](#). Also, if you are looking to update your account on The Registry® of Fitness Professionals, the url for the website is <https://www.thefitnessregistry.com/>

For those looking for CECs opportunities, many approved courses and workshops are offered online. A current listing of them can also be found online [here](#). **Note** that these offerings are not affiliated with BCRPA and run by independent providers. Please make sure you confirm the operating status with them directly.

Keeping yourself safe

We encourage you to continue to monitor the updates and follow the advice and direction of provincial and national public health authorities. To us all navigate this situation as safely as possible, [Health Canada](#) and their [provincial counterparts](#) are providing daily updates.

In addition, stay informed of your local government decisions on their fitness and recreation facilities. All relevant notices should be posted on local government websites.

Please make these government updates your go-to sources for national and local health information.

BCRPA SFL, Debbie Cheong, honoured for her work with women in sport

BCRPA SFL, Debbie Cheong, was honoured with the prestigious [In Her Footsteps Award...](#) organized by [ProMOTION Plus](#) – the BC organization that promotes access and opportunity for girls and women in sport and physical activity.

The [In Her Footsteps... Celebrating BC Women in Sport program](#) honours women who have made significant contributions to sport and fitness through their own performance, or by enabling others to excel by encouraging participation and fostering developmental growth in sport.

Congratulations, Debbie!



What you may not know about the new Canada Food Guide

6 years: How long it took to develop the new [Canada Food Guide](#).



3 years: How long it took to review all the available established science-based evidence.



3 years: How long it took to:

- Review all of the emerging evidence from the best

- peer-reviewed systemic reviews and reports from the leading scientific organizations;
- Conduct consultations with stakeholders, the public, and experts; and
 - Conduct the focus groups necessary to refine the Food Guide's messages so they were easy to understand and simple to implement.

During [this process](#), Health Canada did not consult with representatives from the food and beverage industry to ensure the dietary guidance was free from a conflict of interest.



There you have it — the world's most complete and comprehensive nutrition analysis all done in an effort to help you make the best food choices. And, [it's all online for you to review](#).

People are often dubious of things that are simple. They look at something simple and think it's incomplete. The **Canada Food Guide** is not incomplete — it is comprehensive. Health Canada took a massively complicated subject, culled it down to the best most evidence-based recommendations, and then made it easy to understand and simple to implement. And it's free — you can't get better than that.

Course of the Month: Complete Guide to TRX® Suspension Training® - 7 CECs


Human Kinetics' Course of the Month, the [Complete Guide to TRX® Suspension Training®](#), is approved and endorsed by TRX®, the global leader in functional training products, programming, and education. According to [TRX®](#), this guide is the authoritative resource on the safe, effective, and optimal use of Suspension Training and programming.

Along with covering Suspension Training basics, the course will guide you through

more than 115 exercises designed to develop your client's strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer™. **Over 30 ready-to-use programs** will help your clients shed pounds and get the chiseled physiques they desire, whether they are in the gym, at home, or in a hotel room.

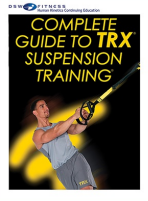
Upon completing the course, you can take the companion exam to **earn 7 CECs**. To learn more, click [here](#).

Use code **B209** to receive **40% off** the regular price. Offer runs **April 1, 2020 – April 30, 2020**.



COURSE OF THE MONTH

April 2020




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

Save 40% off regular price!

Offer valid Apr 1 to Apr 30, 2020
Use code B209 at check-out.

<https://canada.humankinetics.com>





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

- [Lifeguard / Swimming Instructor | Mainland/Southwest](#)
- [Tri-Cities Interns and Personal Trainers | Mainland/Southwest](#)
- [Coordinator, Summer Day Camp - 858 | Yukon](#)
- [Experienced Aquafit Instructors- Maple Ridge | Mainland/Southwest](#)