

MEDIA RELEASE

Sunday, September 18, 2022



LANGLEY FITNESS PROFESSIONAL WINS PROVINCIAL AWARD

BCRPA presents Shannon Whieldon with award at annual conference

Port Coquitlam, BC (September 18, 2022) – BC Recreation and Parks Association (BCRPA) has presented Langley resident Shannon Whieldon with its most prestigious annual Provincial Fitness Leadership Award. Shannon is the 2022 recipient of the Fitness Professional of the Year Award for her outstanding contributions to BC's fitness industry.

BCRPA's Fitness Professional of the Year Award recognizes a Fitness Leader who has who has demonstrated strength in bringing individuals and communities together and has made outstanding contributions to fitness leadership in their community by motivating, educating, and influencing active and under-active individuals to commit to a physically active lifestyle. This year's award also highlights a fitness leader who has supported diversity, equity and/or inclusion.

Shannon Whieldon is a BCRPA Registered Fitness Leader and Supervisor of Fitness Leaders who has dedicated the past 40 years to the field of community fitness and health promotion. Her career began with a jolt after successfully resuscitating her grandfather who had suffered a heart attack. From that point on, she knew she wanted to support others to improve their physical health and live long lives.

Shannon began working as an Industrial First Aid Attendant and a Fitness Instructor in the early 1980s. Soon after, she added skydiving as a unique form of exercise and became a volunteer Skydiving Safety Officer to support first-time jump students. She went on to become a rigger and jump master, jumping into Vanier Park in Vancouver as part of Expo86, opening the Abbotsford Airshow with a red and white parachute and Canadian flag, and later securing a bronze medal for Canada in the 1988 World ParaSki Championships in Damüls, Austria.

Shannon is a life-long learner who has supported people of all ages through fitness education and physical activity. During her 27-year career as a nurse in acute care, Shannon set up a back-care program in her unit to support physicians and nurses at the end of their 12-hour shifts. She would then check in on elderly home-bound clients on her way home each night to support them to do the same. She later supported her own son using nutrition and exercise to help him thrive through 8 years of chemotherapy and 2.5 years of restorative leg surgery.

As a BCRPA Supervisor of Fitness Leaders, Shannon holds Specialities in Older Adult Fitness, Personal Training, Weight Training and Group Fitness and is deeply committed to making fitness education accessible and inclusive. She is known by students, clients, and colleagues past and present to go above and beyond.

"Shannon is an exemplary fitness leader who has dedicated her life to supporting others to be physically active. She is a passionate educator and continues to inspire the next generation of leaders to have a positive impact on their clients and communities," said BCRPA Director of Education and Initiatives, Janet Rerecich. "We are honoured to recognize Shannon's outstanding contributions with this award."

The award was presented during BCRPA's annual fitness conference, BCFit'22 on Sunday, September 18, 2022, at the Port Coquitlam Community Centre. The conference brings together Fitness Leaders and enthusiasts from across BC to provide them with valuable professional development, training, and the opportunity to learn and discuss the latest in fitness and health-related issues and trends. There are currently over 3,300 BCRPA registered Fitness Leaders throughout BC.

BCRPA registered leaders have met the highest fitness training standards in BC and Canada. They work in public and private fitness settings, including community recreation centres, gyms, pools, health clubs and spas, and outdoor settings. They assist individuals and groups in reaching their health and fitness goals, promote active healthy living and act as mentors within their community.

-30-

Images available
Background included

For more information:

Connie Mah
Administrator, BCRPA
p) 604.629.0965 ext. 258
cmah@bcrpa.bc.ca

BACKGROUND:

British Columbia Recreation and Parks Association (BCRPA) is the voice of public recreation and parks and inspires and connects professionals to build healthy and resilient communities. Representing over 96% of the provinces' local governments, we play a central role in supporting the enrichment and improvement of the quality of life of British Columbians through the power of recreation and parks. Our work as a not-for-profit organization focuses on creating community connectedness and well-being based on the knowledge and recognition that recreation and active living, as well as access to parks and the natural environment, have significant impacts on our physical and mental health.

Since 1958, the BCRPA has provided leadership, training and support, fostering the principles of accessibility and inclusiveness, to help its members meet provincial and local mental health and physical activity priorities.
www.bcrpa.bc.ca/about-us/