



Feb. 3, 2017

Call for BCFit® '17 Presenters & Planning Committee Volunteers?

Do you have knowledge, experience or innovative ideas you'd like to share with your peers?

Apply now to be a presenter at this year's BCFit® '17 conference, coming to the lower mainland this fall! The deadline to submit your application is **February 24th**, 2017. Don't miss out on this chance to expand your resumé and play a definitive role in BCRPA's annual fitness event. Click [here](#) to download the BCFit® '17 Presenter application.

Join our BCFit® '17 Planning Committee and provide your input on the design of our fall conference. Please [email](#) Cathy Paterson with your interest.

Do you want to become a SFL or TFL?

BCRPA will be hosting **ICE workshops** this Spring for the **Group** and **Weight Training/Personal Training modules**. These workshops are a requirement for those wishing to become a Supervisor (SFL) or Trainer (TFL) of Fitness Leaders and BCRPA only offers them twice a year. A second series will be offered in conjunction with our BCFit® '17 conference this fall.

If you are interested in attending, please [email Sara Ferguson](#) your name, leader ID # and which workshop(s) you want to register in and she will add you to our workshop wait list.

Read *FitLifeBC*



Have you read the fall edition of FitLifeBC Magazine? Inside, you will find:

- *Physical Literacy and the Role of Fitness Leaders* by Melanie Levenberg,
- *Epigenetic Link to Health & Fitness* by Dr. Bill Luke,
- *The Dirt on Cleansing and Detox Diets* by Joanna Drake,
- a printable **handout** to pass along to your clients and/or patrons,
- and more!

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The Winter issue, with its free CEC quiz, will be out soon!

Put yourself in the spotlight!

Do you teach a Jumping®, Pound® or Bollywood style class and want to share your best practices with your peers? We've created an easy to complete new template format to help you translate what you do into words. You could be the **next fitness leader featured in *FitLifeBC!*** For more information, contact communications@bcrpa.bc.ca

LadySport/FitFirst Discount for BCRPA Fitness Leaders



Did you know that as a BCRPA registered fitness leader, you receive a **30% discount** on selected items at LadySport/FitFirst all year round? Simply pull up your Fitness Leader profile from The Registry® on your mobile device at time of purchase to receive your BCRPA discount.

Both men and women will find an unmatched selection and great service at LadySport (they cater to men too!) and FitFirst. With over 300 models of shoes ranging from running and tennis to sandals and dress casual, there is something for everyone!

Visit [LadySport](#) or [FitFirst](#) today to find everything you need for your favorite activities and enjoy a level of service that you and your clients can rely on!

Fitness Leader Satisfaction Survey Draw Winners Announced

Thank you to everyone who took the time to give their feedback on our Fitness Leader Satisfaction Survey. Your responses help to inform and improve the Fitness Registration Program. Of the respondents, 5 lucky people were randomly selected to win a gift certificate for a **free pair of LadySport/FitFirst shoes!**

Congratulations to:

Alicia Barber,
Jackie Cater,
John Laitin,
Lynda Lafond, and
Margot Endersby.

Healthy communities through recreation, parks, physical activity and culture.

BC Recreation & Parks Association, 301-470 Granville Street, Vancouver, British Columbia V6C 1V5 Canada

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