



BC RECREATION & PARKS ASSOCIATION

FITNESS NEWS BULLETIN

Healthy communities through recreation,
parks, physical activity and culture

May 12, 2017

Fitness Leadership Awards - Nominations Open



It's time to nominate our Fitness Leaders of the Year!

Do you know a BCRPA registered fitness leader in your community who is making outstanding contributions to our industry? Somebody who inspires, informs and actively models promotion of active and healthy lifestyles? Are we talking about someone you know? Are we talking about you? Tell us!

Award categories include:

- ***Fitness Leader of the Year***
- ***Program Director/Manager of the Year***
- ***Educator of the Year***

Add yourself and/or your favourite leader to the stellar list of former Fitness Leadership Award recipients: Gillian Goerzen, Aaron Tews, Sharon Taylor, Tina Grant, Chrissy Duncan, Kate Lee, Nadia Malek, Brenda Adams, Kim Magnan, Chad Benson, Jaimee Stokes Nelson, the list goes on.

If you know of a BCRPA registered Fitness Leader (including yourself!) who deserves to be recognized for their contributions to the fitness industry, let us to know!

Deadline: Friday, June 16th, 2017 4:00pm.



Earn CECs with a Free Lecture

Title	Respiratory Limitations to Performance in Elite (and not so elite) Athletes
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BCRPA Online Collaboration Site



Membership Benefits

LadySport and FitFirst hosts an instructor [discount program](#) for all eligible BCRPA instructors.



Check out [our list](#) of over 25 companies across BC offering discounts from 10 - 50% for registered BCRPA fitness leaders.

Presenter	Don McKenzie MD, PhD Professor & Director, Division of Sports Medicine, UBC
Date	Wednesday May 24, 2017
Time	7:00 - 8:30 pm (wine & cheese reception to follow)
Cost	FREE
Registration	call Phil Moore at 604-733-1173
CECs	2

This talk will cover some basic respiratory exercise physiology in the elite athlete as well as the common respiratory problems that are seen in active individuals. Some aspects of doping in sport will be included. Seating is limited to 80 people so don't delay and call today!



BCFit® '17



**Be Inspired.
Be Informed.
Be Connected!**

September 16, 2017
Delbrook Community Centre
North Vancouver

Program details and conference registration information coming soon.

Call out for BCFit® '17 Exhibitors and Sponsors

Are you a successful business owner and interested in marketing directly to hundreds of enthusiastic fitness leaders from across the province? If you have a product to sell, a business opportunity to share, or you are looking to expand your enterprise, **consider having an exhibitor booth at this year's conference.**

Sponsoring this prestigious event is another way to market your brand, create a buzz about a new launch or align your company's marketing strategy with the BCFit conference.

For information and inquiries contact [Stephanie Androsoff](#).

Last Call for Nominations for the BCRPA Fitness

Advisory Committee (FAC)

Do you have an interest in supporting BCRPA and its Fitness Leaders in BC? The FAC is seeking nominations for membership.

The Committee serves to provide recommendations, professional advice, information and support to the BCRPA on matters relating to the development, promotion and advocacy efforts of the BCRPA Fitness Registration Program and the National Fitness Leadership Alliance (NFLA) national standard in BC. Full details are available on the [website](#).

Contact [Cathy Paterson](#) for more information.

Deadline is Thursday, June 8, 2017.

Complete the [nomination form](#).

Write an article for the next *FitLifeBC* issue

Do you teach an innovative class using a **floating fitness mat, a mini trampoline, drumming sticks or Bollywood** music 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*! Published articles earn 2 CECs.

For more information, contact communications@bcrpa.bc.ca.

Look for the Spring/Summer edition of *FitLifeBC* coming to your inbox soon!

BCRPA: Enriching the lives of people and communities through the power of recreation and parks.

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

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