



BC RECREATION & PARKS ASSOCIATION

FITNESS NEWS BULLETIN

Healthy communities through recreation,
parks, physical activity and culture

Dec. 16, 2016



***Together with a reminder
and a recipe, we send wishes
for a happy and healthy
holiday season.***

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Last Week to Complete our Fitness Leader Satisfaction Survey

We really value your feedback! Don't miss the chance to win one of 5 certificates for **a pair of shoes from FitFirst/LadySport!**



Survey deadline has been EXTENDED TO midnight Monday, **December 19th, 2016.**

Follow [this link](#) and let us know how you feel!

Stay connected through:



Read *FitLifeBC*



BCRPA's latest edition of [FitLifeBC Magazine](#) was sent to your inbox earlier this week, a benefit you enjoy with your BCRPA registration. Inside, you will find:

- informative **articles** written by your own colleagues to support personal and professional development;
- [two quizzes worth one CEC each](#) if completed by January 15th;
- a printable **handout** to pass along to your clients and patrons.

If you are interested in writing for *FitLife BC*, 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 200 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!

A Healthy Holiday Recipe Idea: Cranberry Granola



From: EatingWell Magazine, Fall 2004

- * 2/3 cup frozen unsweetened apple juice concentrate, thawed
- * 1/2 cup maple syrup
- * 1/3 cup almond oil, or canola oil
- * 1/4 cup packed dark brown sugar
- * 1 tablespoon ground cinnamon
- * 1/2 teaspoon salt, or to taste
- * 5 cups rolled oats, (not quick-cooking)
- * 1 cup toasted wheat germ
- * 1 cup whole almonds, coarsely chopped (4 1/2 ounces)
- * 1/2 cup sunflower seeds, (2 ounces)
- * 1 cup dried cranberries, divided

[Click here](#) for recipe directions.

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

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