



BC RECREATION & PARKS ASSOCIATION

FITNESS NEWS BULLETIN

Healthy communities through recreation,
parks, physical activity and culture

Nov. 4, 2016

Happy Fall Everyone!

I am quickly settling into the newly titled position of 'Physical Activity Programs Manager'. This title change from the previous 'Fitness Manager' title better reflects the natural integration of our fitness programs into the BCRPA's broader mission - building healthy, active individuals and communities.

You are the core of all we do and I invite you to keep in touch by sharing your suggestions and expertise for the benefit of all leaders.

Yours in good health,

Cathy Paterson, Physical Activity Programs Manager

Email: cpaterson@bcrpa.bc.ca

Free Webinars for Fitness Leaders

1. Working with People with Dementia

On **November 23rd at 1:30pm**, we have asked Jan Robson, Provincial Education Coordinator at the Alzheimer Society of BC, to provide our fitness leaders with a webinar workshop which will help you understand some of the changes that may be happening to participants in your fitness classes. With the goal of **helping you to help them continue to be active** participants, Jan will provide a brief overview of:

- The difference between dementia and Alzheimer's disease, and how dementia progresses.
- How communication is affected by dementia.
- Effective communication strategies that will help you maintain a connection with the person with dementia.

One CEC will be provided for confirmed attendees. There are two ways to connect:

1. By telephone: 1-866-944-7745
Participant passcode is 1122333
2. Via the [internet](#). Enter as a guest, using your name. Use the same phone information as above or listen through your computer's speakers.

2. MEND (Mind, Exercise, Nutrition....Do it!) Information Webinar

Learn how to use our MEND program as an additional tool to increase the health goals of your program participants and clients.

MEND is a **free, 10-week program** that fitness leaders can recommend to families with **children aged 7-13** who want to improve their family's healthy lifestyle habits.

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Stay connected through:



- Learn about the components involved with MEND and the evidence behind it
- Hear how it works and how it benefits children and caregivers
- Find out where to recommend children and families
- Have an opportunity to ask questions

MEND Information Webinar for Physical Activity Professionals

November 15 from 10:30-11:30am

This is a **FREE** online event.

One CEC will be provided to confirmed attendees.

Click [here](#) to Register or for more information.

Submit a *FitLifeBC* Magazine Article - CECs awarded!

We are almost ready to 'go to press' for the Fall issue. This is your publication - for you, by you - so we always appreciate receiving articles you have written.

Are you more of an "actions speak louder than words" person? Then submit some photos for the Client Handout section. It's a handy two page workout you can use yourself or to distribute to your patrons/clients. All you need to provide in written format is a brief introduction and an easy to follow workout plan.

These contributions to your fellow fitness leaders are always eligible for CEC's! Our communications team is here to help - contact us: communications@bcrpa.bc.ca

Important Reminders

1. Check out the list of [pre-approved workshops](#), courses and BCRPA [E-Learning](#) opportunities. **Take advantage of these in-person, online and distance education offerings for CECs!**
2. **Turn 'ON' your professional profile in The Registry® of Fitness Professionals** and go 'public'! Show off your BCRPA specialty designations, write a short bio about your background and share your experience and credentials for all clients and potential employers to see. Your personal info (such as home address and exam marks) will never be displayed - only the information you want people to see. To turn your professional profile on, follow these steps from within your Account:
 - Click on your "Public Profile" tab,
 - Complete the form,
 - Select the "listed" option in the Profile section of the form, and
 - Hit the save button on the bottom - don't forget this step!
3. Check that your First Aid and CPR are up to date within your account on The Registry®. **You are not covered by insurance if one or both are expired**, even if your BCRPA registration is up to date, so make sure everything in your account matches your documents! To update First Aid and CPR, click the "Update Now" button from your main page.

BCFit Survey says

Thank you to all the BCFit delegates who filled out our BCFit® '16 Conference survey! There were many terrific suggestions and we take all this input into consideration when planning for next year. Some of the comments shared included:

'This year's venue was perfect and helped create the perfect tone for networking!'

'This was my first time attending the conference and I was thoroughly impressed!.'

'Very well organized, great volunteers effort and a superb venue to host - speakers and presenters were outstanding!'

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