



BC RECREATION & PARKS ASSOCIATION

FITNESS NEWS BULLETIN

Healthy communities through recreation,
parks, physical activity and culture

Nov. 29, 2016

One Completed Survey = A Chance to Win!

You, our registered fitness leaders, are the core of what we do and we are constantly working to **improve our services** to you. To continue this growth and improvement we ask that you fill out a quick survey about your experience with us and what you'd like to see going forward.

To show our appreciation for your involvement, we'll be randomly drawing 5 lucky fitness leaders to **win a pair of FitFirst/LadySport shoes!**



Surveys are due by midnight on **December 18th, 2016**, and winners will be drawn by December 23, 2016.

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



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Dementia Webinar



On November 23rd, we teamed up with the Alzheimer Society of BC to present the "Working with People with Dementia" webinar. It was well attended and we received some great feedback. For your interest and information, the slides from the presentation are available on our [webpage](#).

We look forward to offering more continuing education opportunities in the future!

FitLifeBC Magazine Sneak Peak

Here's a snippet from one of the articles coming up in the next issue:

"Together we enter the main gym, finding our spot among the crowd, and I realise that we share something, these hundreds of people and me. There's a buzz akin to how I feel in my step classes; each person here is just a little like me."

"As I hear the hooting and hollering around the room, it hits me that I am surrounded by my people; yes, this is my place."

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 contribute a submission for the **Client Handout** section. The handout is a popular and handy two page how-to/help guide on any subject relevant to fitness clients - e.g.: exercises, nutrition, scheduling, etc. This section is used by readers for their own use and reference, as well as for distribution to patrons/clients. Provide us with the images and copy and we'll take it from there.

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

Previous magazine issues and their handouts can be found on the [FitLife BC webpage](#).

ParticipACTION 150 Play List



Let's get Canada moving in celebration of our nation's 150th birthday! Being Canadian is characterized by many things, including how we move and play across our magnificent country. Being strong and physically active is part of who we are as a people.

In celebration of Canada's 150th birthday, we're encouraging you, our Fitness Leaders, to help Canadians **get active** with the ParticipACTION 150 Play List - a challenge to all Canadians to **try 150 unique physical activities that define us as Canadian**. Participants will be able to track their efforts online to show Canada's collective strength, and earn rewards along the way.

Visit [their website](#) to learn more and bring ideas to your classes and clients.

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

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