



BC RECREATION & PARKS ASSOCIATION

FITNESS NEWS BULLETIN

Healthy communities through recreation,
parks, physical activity and culture

Dec. 6, 2017

It's your turn to tell us how we are doing

We need to hear from you! We have put together a very short online survey to determine your satisfaction levels with your BCRPA registration, as well as what else you feel you need as a Fitness Leader in today's world.

Please take 5 to 10 minutes to complete the 2017 BCRPA Fitness Leader Satisfaction Survey. Do so before **Monday, December 18 at midnight (PST)** and you'll be entered into a draw for a **FREE two-year BCRPA fitness registration renewal**.



BCFit®18 - Call out for Conference Planning Committee members



Plans are well underway for next year's BCFit®18 annual fitness conference. Are you interested in bringing your knowledge, expertise, ideas and connections to the planning table? We are looking for volunteers to join the BCFit®18 Planning Committee. [Click here](#) to learn more.

FitLife BC Magazine - Coming Soon!

Keep an eye on your email for the upcoming Fall issue of *FitLife BC*, featuring articles by BCFit® '17 presenters, highlights from this year's conference and informative feedback from its inaugural Fitness Café!

National Fitness Leadership Alliance (NFLA) gathers for meetings in Regina, SK

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BCRPA  Online Collaboration Site



Membership Benefits



LadySport and FitFirst host an



This past week, all provincial representatives of the National Fitness Leadership Alliance (pictured above, BCRPA's Manager, Cathy Paterson, 3rd from the left was joined by Sharon Meredith 2nd from left) held their annual in person meetings in Regina, SK. At this collaborative meeting we reviewed and recommended updates of performance standards, practical assessments, and exit criteria, as well as shared knowledge and resources across provinces.

As a BCRPA registered leader, you are also recognized nationally through the NFLA. This means you meet and practise within nationally held and recognized standards for exercise credentialing, leadership and education in Canada. Your BCRPA registration is transferable across the country to all NFLA partners. NFLA is also a member of [ICREPS - the International Confederation of Registrars of Exercise Professionals](#), allowing for the sharing of best practices and portability of credentials internationally. For more information, click [here](#).

Worldwide Survey of Fitness Trends for 2018: The CREP Edition

This annual survey of worldwide fitness trends by the Coalition for the Registration of Exercise Professionals (CREP) is now in its 12th year. In 2018, some emerging trends from the last 3 years have been confirmed and two new trends are in the top 10.

For 2018, HIIT is back to being ranked number 1 after falling to number 3 in 2017. The results of this annual survey may help the health and fitness industry make some very important investment decisions for future growth and development.

Read the results [here](#).

Holiday Fun - update

Our Fitness Leaders across the province are hard at work on the holiday surprise, and we are looking forward to sharing the final product with you all. It's not too late to join in on the fun - send Ginny an [email](#) for more information and she'll fill you in!

BCRPA: Enriching individuals and their communities through the power of recreation and parks.

instructor [discount program](#) for all eligible BCRPA instructors.

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

