



BC RECREATION & PARKS ASSOCIATION

## FITNESS NEWS BULLETIN

Healthy communities through recreation,  
parks, physical activity and culture

Dec. 18, 2017



*Sending you  
some reading,  
a survey and a recipe,  
along with our wishes  
for a happy and healthy  
holiday season!*

### Earn CECs from the comfort of your home this holiday.

If you find a little extra time this holiday season, why not grab a steaming mug of hot chocolate and earn some additional CECs online?

Visit the BCRPA-approved distance-education workshop listing [here](#),

### Fitness Leader Satisfaction Survey - Reminder!

A reminder that the 2017 BCRPA Fitness Leader Satisfaction Survey is due today before midnight - **Monday, December 18**. Please take a few minutes to provide us with your feedback.

Complete the survey [here](#) and be entered in our draw to earn your next registration fee renewal **free-of-charge**!

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#### Quick Links

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#### Stay connected:

BCRPA  Online Collaboration Site



#### Membership Benefits





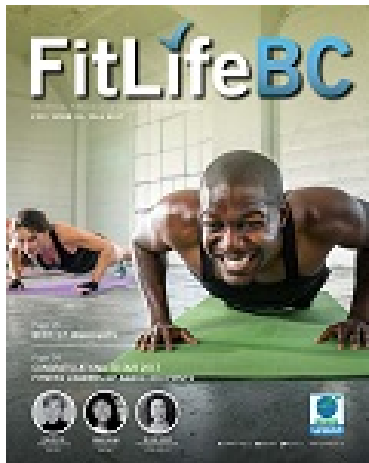
*\*The winner of this draw will be required to meet all BCRPA renewal requirements with the exception of the renewal fee payment.*

## Newly Released Canadian 24 hour Movement Guidelines For Children and Youth

Recently released by CHEO, The Conference Board of Canada, CSEP, PHAC and ParticipACTION, read about the world's first evidence-based 24 Hour Movement Guidelines for optimal health benefits in children and youth (aged 5-17 years), sharing the need for achieving high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. For more information visit their [website](#).

For a graphic addition to share with clients, click [here](#) for a two page pull out excerpt.

## Read FitLife BC Magazine



Click on the cover of the magazine to read the latest issue of *FitLife BC*, featuring articles by BCFit® '17 presenters, highlights from this year's conference and informative feedback from its inaugural Fitness Café!

**Get 2 FREE CECs by completing (and passing) the online Quizzes!**

## Gingerbread Cookies packed with a Protein Punch!

Recipe makes a dozen cookies

LadySport and FitFirst host an 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.

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The BCRPA office will be closed for holidays from December 23, 2017 to January 1, 2018

1 1/4 cups	Almond Flour
1/2 cup	Vanilla Protein Powder of choice
3 tbsp	Coconut Sugar
1 tsp	Cinnamon
1/4 tsp	Nutmeg
2 tbsp	Blackstrap Molasses
1 tbsp	Pure Maple Syrup
1	Egg
1/4 cup	Flour for dusting

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8-10 min. Let cool completely before serving. Delish!

Submitted by Andrea McDonald, R.H.N. - Sports Nutritionist  
@andreamcdonaldnutrition

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## **Holiday Office Closure**

The BCRPA office will be closed for holidays from December 23, 2017 to January 1, 2018.

Phone calls and emails will be returned when the office re-opens January 2. If you submit any CECs or ICE packages over the holiday season, processing will be delayed - but don't panic - we will take care of you early in the New Year!

***Happy Holidays !***

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