



Jan. 12, 2018

Wishing you a Happy ...and Healthy... New Year

A Message from Cathy Paterson

Physical Activity Programs Manager

I hope that you enjoyed a restful holiday season and that 2018 brings you another healthy, active and prosperous year ahead. Each turn of the calendar year brings time for reflection, perhaps setting some resolutions, perhaps setting some new goals. I hope each of you found some time for reflection on your fitness practice.



Research shared recently in the Harvard Business Review shows that reflecting on one's practice boosts productivity. Over my holiday I reflected with pride on our Physical Activity Department's work to address your interests and needs. We are inspired to reach new heights. I want to share a snapshot of our strategic priorities for 2018. **We are committed to supporting you in your delivery of the highest standard of fitness and physical activity programs.** This, after all, allows us all to live in active, healthy and connected communities.

We have exciting plans this year:

- We will be offering **more courses and workshops** province-wide, both in person and online.
- We are formalizing a BCRPA **Standards Committee** of industry experts who can offer evidence based opinion on best practice.
- BCFit@'17 brought outstanding positive feedback. **Mark September 14-16, 2018** on your calendar - the BCFit'18 Program Committee has even bigger plans for this year!
- Working very closely with our provincial partners within the NFLA, we are committed to ensuring performance standards and assessments remain at the **highest provincial and national standard** and that leaders continue to benefit from our international **affiliation with ICREPS** (more on that below).



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Stay connected:

BCRPA  Online Collaboration Site



Membership



- We are uniquely aligned with HUB insurance to ensure you continue to have the **best insurance coverage at the most competitive price.**
- And we are working hard to stay connected with you - and connecting you to each other; our new **Regional Fitness Liaison Network** of fitness leader representatives across the province will be there for you, bringing your voice to the table.

These are just a few of the benefits you continue to receive as a BCRPA registered fitness leader.

I also reflected on our registration fees history, which hasn't changed in over 8 years. In order to deliver these benefits and remain responsive to your needs, we will be implementing a **\$10.00 increase for 2 year Fitness Registration Renewals** (\$5 per year) **effective March 1, 2018.** This increase, which remains competitive within the marketplace, will allow BCRPA to move forward on initiatives to better support you in your practice.

Central to our strategic plan is listening and reacting to your feedback. Thank you to everyone who took the time to fill out the **Fitness Leader Satisfaction Survey.** Your feedback is our temperature check and guides us in our planning process. A special shout out to **Elena Verescu**, who won the draw from among all who completed the survey. **Elena**, your next renewal will be free of charge! We are always grateful for your thoughts and comments - anytime!

Yours in good health,

Cathy Paterson,
Physical Activity Programs Manager

Join the BCFit®'18 - Planning Committee!

We are still looking for volunteers to be a part of the planning committee for BCFit'18. Are you interested in bringing your knowledge, experience, and ideas to the planning table for BC's premier fitness conference?

[Learn more.](#)



Benefits



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.

Spotlight of the Month: Older Adult Fitness

Why not begin the New Year pursuing an additional specialty? BCRPA's **Older Adult fitness module** is one of the most in-demand courses, with increasing opportunities to work with our aging population. And with the recent provincial expansion of the [Choose to Move/ActivAge™ program](#), BCRPA will be recruiting qualified leaders across the Province.



You can pursue the Older Adult specialty (worth 20 CECs!) with any BCRPA prerequisite fitness course. Keep an eye out for Older Adult courses led by BCRPA-registered TFLs coming up in Langley, Vancouver, Vernon and Victoria. The course is also offered online .

Visit the [course listings](#) for more information.

Would you like to teach abroad?

Did you know that your **BCRPA registration is recognized and transferable internationally** through our affiliation with the National Fitness Leadership Alliance (NFLA) of Canada and the International Confederation of Registers for Exercise Professionals (ICREPs)? No other provincial fitness body offers this unique benefit. The NFLA develops and implements national standards for fitness professionals across Canada which BCRPA fitness leaders abide by. These standards are recognized internationally through ICREPs's global partnership of 10 Confederation Member countries around the world. BCRPA, its national NFLA affiliates and affiliated ICREPs members are all governed under the same standards for fitness registration and practice. This means that your **BCRPA registration is not only recognized in BC, but is transferable across Canada and internationally.**

For further information, have a look at the [NFLA](#) and [ICREPs](#) websites.



Pre-approved Courses and Workshops

Want to add a specialty module to your credentials, or need CEC renewal credits? Check out the [full list of pre-approved courses and workshops](#).

The list of courses and workshops are updated on the 2nd and 4th Friday of each month.

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