

MEDIA RELEASE

Champion of Equitable Access to Fitness Wins Provincial Award

New Westminster, BC (Sept 27, 2026) - [BC Recreation and Parks Association \(BCRPA\)](https://www.bcrpa.bc.ca/) has awarded Kate Lee, a BCRPA-certified Group Fitness Leader and Programmer with the Vancouver Board of Parks and Recreation, the 2026 Fitness Professional of the Year Award. This annual award is the Association's most prestigious recognition of excellence in provincial fitness leadership.

Kate has built her career making fitness welcoming for everyone. As the driving force behind the Vancouver Board of Parks and Recreation's All Bodies Community program, she has developed and expanded inclusive fitness opportunities across multiple community centres, removing barriers to participation and creating a model for inclusive programming that has influenced organizations and participants throughout the region.

Kate is deeply committed to equitable access in fitness. Through long-standing partnerships with Indigenous communities, GLAD, seniors, and amputee support groups, she has built trusted relationships that ensure her programs are accessible, welcoming, and responsive to the unique needs of every participant. Her intentional, psychologically safe approach to programming has inspired colleagues and community partners across BC to adopt more inclusive practices in health and wellness.

"Kate is an exemplary fitness leader who embodies the very best of our profession," said Katie Fenn, CEO of BCRPA. "Her commitment to inclusion and accessibility demonstrates the essential role BCRPA fitness professionals play in shaping healthier communities. We are honoured to recognize her contributions with this award."

The award was presented during BCRPA's BCFit®'26 Fitness Conference, held on September 27, 2026, in New Westminster. The annual event brings together fitness professionals and enthusiasts from across BC for professional development, training, and networking opportunities.

Currently, 2,800 BCRPA Registered Fitness Leaders support communities across BC. These leaders meet the highest fitness training standards in Canada, delivering programs in recreation centres, gyms, pools, health clubs, and outdoor settings. They are vital mentors, motivators, and champions of active living across the province.

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ABOUT BCRPA

BC Recreation and Parks Association (BCRPA) convenes, educates, and empowers professionals who transform lives. With a network of over 8,600 professionals who support more than 95% of British Columbia, we champion policy, empower and educate leaders, train fitness professionals, and deliver programs that create safe, active, and inclusive communities where everyone belongs. Through this essential work, communities across the province grow stronger, healthier, and more connected.

Learn more about how BCRPA is working with their members, fitness professionals and community partners in its work of shaping healthier futures at www.bcrpa.bc.ca.

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