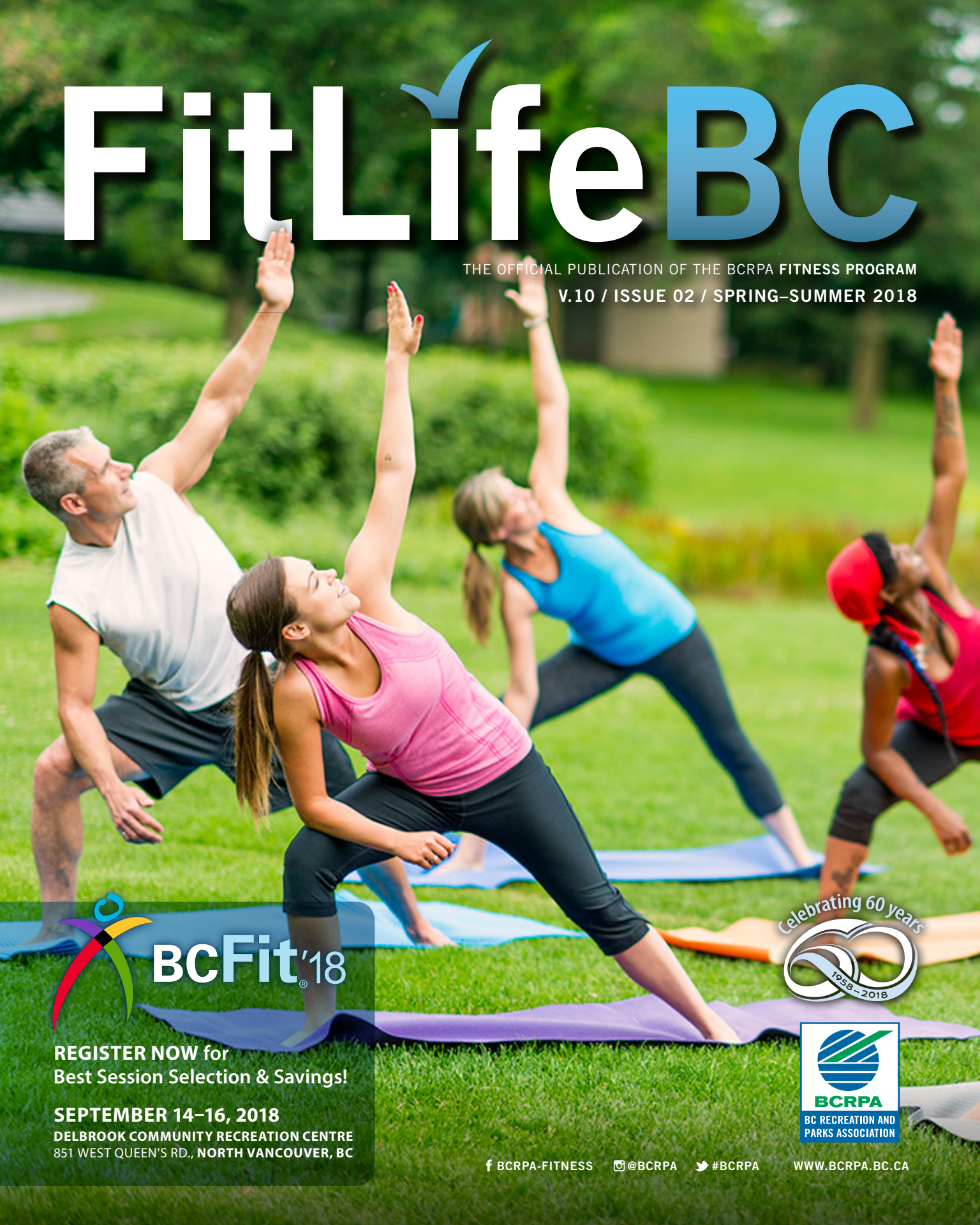


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V.10 / ISSUE 02 / SPRING-SUMMER 2018



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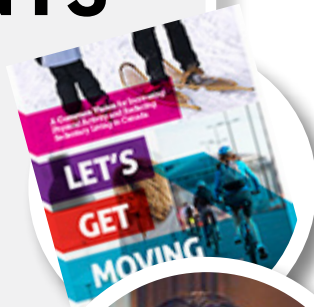
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BCRPA VISION:

Recreation and Parks are valued
as essential to active, healthy, and
connected communities, and to
improving the quality of life of
every British Columbian.

BCRPA PURPOSE:

To lead the enrichment of
individuals and their communities
through the power of recreation
and parks.

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MESSAGE FROM BCRPA



REBECCA TUNNACLIFFE
CEO



CATHY PATERSON
Physical Activity Programs Manager

With temperatures across BC this spring a little warmer than average and the summer months now upon us, our physical activity is increasing. But the harsh reality of physical activity and sedentary living in Canada is that physical activity has largely been designed out of our lives.

No longer is physical activity a basic human function required for daily living. Today, our work tends to be less physically demanding, we rely more and more on automation and have become dependent on motorized vehicles to move us. We have started to believe that we have to go out of our way to be physically active – that it's something done only during leisure time, at a gym or on a sports field. There is a societal shift away from physical activity that has been building over the decades. The good news is, this trend is reversible. It will take

time, but we can return to a more active society.

The federal, provincial and territorial governments responsible for sport, physical activity and recreation have been collaborating to support this trend reversal. Together they recently released a ground breaking, Canada-wide, policy, "*A Common Vision for increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving.*"

This report is Canada's first ever singular policy focused on physical

activity. The policy is an invitation for organizations, communities and leaders with a stake in physical activity and reducing sedentary behaviours to come together and commit to collective action.

BCRPA continues to uphold our leadership role in enriching and improving the lives of British Columbians by fully embracing the Common Vision as a guide to get British Columbians sitting less and moving more. As leaders and ambassadors of physical activity in your community, we invite you to explore how the [Common](#)

"Learn how to keep our communities moving is by learning from the industry experts at BCRPA's BCFit'18."



CANADA'S FIRST EVER SINGULAR POLICY FOCUSED ON PHYSICAL ACTIVITY

[Vision report](#) can help you and your community become more physically active.

Inside this edition of FitLifeBC, our fitness professionals will continue to encourage you to keep moving through their tips and advice on active, healthy living. Read about sleep and brain function, voice health, falls prevention programs, and stress resiliency. Fitness expert Brian Justin will help you understand what is behind the term 'somatics'. And why not have some fun testing some of Kristy's

'liquid yoga' moves on the water this summer? We hope these articles will inspire you and your community into action.

And of course, the ultimate opportunity to learn how to keep our communities moving is by learning from the industry experts at BCFit'18 – BCRPA's annual conference for fitness professionals and fitness enthusiasts. Taking place September 14 – 16 in North Vancouver, BCFit'18 offers an exciting selection of 24 active and educational sessions as well as seven pre- and post-conference

workshops. There is something for everyone at BCFit'18! [Click here](#) for more details.



Join us in support of the Common Vision's call to action and ***Let's Get Moving!***

Rebecca Tunnacliffe, CEO

**Cathy Paterson, Manager,
Physical Activity Programs**

SHARPENING THE SAW



BY BRIAN JUSTIN

SHARPENING THE SAW FOR SELF-RENEWAL

Sharpening the saw is habit seven in Stephen Covey's highly acclaimed book the "Seven Habits of Highly Effective People". This habit focuses on self-renewal. Self-renewal has four dimensions: physical (exercise and stress management), spiritual (values clarification & meditation), mental (reading, planning, and visualizing), and emotional (service, empathy, and synergy).

Over the past 25 years working as a trainer, presenter, author, university kinesiology instructor, and international presenter, the one thing I have noticed is that trainers spend so much time helping their clients at the expense of their own needs. I have heard of trainers teaching an excessive number of high intensity classes in a day and overall in a week. Many of the personal trainers I consult with have chronic pain conditions, excessive muscle tightness, and muscle

"Somatic Education is the use of sensory-motor learning to gain greater voluntary control of one's physiological process."

imbalances many of which are volume-based and recovery-deficient induced.

What we can do to help fitness professionals (and our own over worked selves) out? Enter in Hanna Somatics education created by Thomas Hanna Ph.D. Somatic Education is the use of sensory-motor learning to gain greater voluntary control of one's physiological process. It is "somatic" so the learning occurs within the individual as an internalized process (Peterson, 2015). It considers the person as a "soma". Soma refers to totality - the whole person. It is everything about life - how we interpret and respond. This unity is built into our nervous system when you consider that there are nerves that bring sensory information in and motor nerves that carry out a response to self regulate.

Why is this important? Dr. Hanna identified a condition known as sensory-motor amnesia. Sensory Motor Amnesia (SMA) refers to a condition

in which muscles become habitually tight in response to injuries (e.g., soft-tissue injuries), physical shocks (e.g., falls or blows), repetitive use (e.g., overtraining) or on-going stress. Those afflicted with SMA lose their ability to **release and relax muscles and move freely**. SMA occurs in reflexive, full body patterns of contractions that alter voluntary coordination and balance, tighten joints and cause muscular pain.

In SMA, the feedback loop between the brain and muscles goes into what can be described as "cruise control" or "auto-pilot," and makes it difficult to control these muscles freely. Typically, all the muscles along that specific kinetic chain tighten in compensation. There are 3 main reflexes: green light, red light, and trauma reflex. The green light involves your posterior muscles, the red light involves your anterior muscles, and the trauma reflex your lateral muscles. These reflexes occur in response to stress (emotional and physical) and injury.

"It is everything about life –
how we interpret and respond."

HOW DO YOU KNOW IF YOU HAVE SMA?

SMA has occurred when:

1. The muscles are so tight that they won't relax.
- and/or
2. Massage/chiropractor/physical therapy/heat and cold/ won't help for the long term.

The brain is the target organ to alleviate this! The movements used in somatic education sessions help the user to learn how to regain control of their muscles. It also provides me-time which in Dr. Chatterjee's new book, "How to Make Disease Disappear" is identified as an essential pillar to achieving wellness and reducing the risk of disease (Chatterjee, 2018).

The somatic education movements are gentle and allow the person doing them a chance to check in with their body to see which muscles the brain has lost control of. The movements themselves are called pandiculations. A pandiculation is different from a stretch. It involves a three-step process:

1. Tighten a specific muscle or muscle groups tighter than it already is.
2. Slowly lengthen and release that muscle(s) to their full comfortable length.
3. Completely relax the muscle(s). This is when the brain learns!

An interesting fact is, animals pandiculate when they get up from rest roughly 42 times per day. We need to be learning from Fluffy and Buffy!

A simple practice of 10-15 minutes or more of somatic movements can be a game-changer to add to your physical activity regimen. It will improve your training and your recovery from training. You will also learn more about yourself in all four dimensions because there is not one thought or emotion that your body hasn't felt.

Feel free to come out to the Sharpen the Saw workshop at the BCFit@'18 Conference and learn about Hanna Somatics and its role in self-care for the trainer or group fitness instructor.

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"...the feedback loop between the brain and muscles goes into what can be described as "cruise control" or "auto-pilot," and makes it difficult to control these muscles freely."

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Peterson, M. (2015) –
Move without Pain.

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How to Make Diseases Disappear.

BRIAN JUSTIN, MKin, CEP, CSCS, CES, PES, CSE-4, CAFS Exercise Physiologist and Movement Specialist. Brian is a full-time tenured Kinesiology Instructor at the University of the Fraser Valley in Abbotsford and Chilliwack BC. He earned his Masters and Bachelor degrees from the University of British Columbia. Brian's areas of concentration are exercise physiology, strength and conditioning, injury management, and exercise testing and prescription. Brian is passionate about spreading the word on the benefits of physical activity for health, performance, and injury prevention.

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JOURNEY TO GROUP FITNESS



BY CHRISTINE WOODINGTON

JOURNEY TO GROUP FITNESS

Three years ago I decided it was time to take control of my weight, and like most people the logical thing to do was join a gym or try a new diet. I chose to join a gym, and little did I know that it would take me to where I am today: a BCRPA-registered Group Fitness Leader.

As a child I knew I wanted to be a teacher, and many times throughout my career I have been given opportunities to lead, train and inspire. Those moments brought my soul the most joy; I was helping others to grow and avoid potential pitfalls, and providing them with the tools and knowledge to be successful.

But instead of pursuing a career as a teacher, I chose a path to the corporate world as a Chartered Professional Accountant. Don't get me wrong - I love my accounting career. But it does involve sitting for most of the day with my eyes glued to the monitor, mindlessly snacking and growing a gluteus that was reaching its maximus!

From that place, I would have never thought I would find myself here. So, for anyone thinking of taking the leap and becoming a group fitness instructor, here are some tips and tricks I have learned along the way.

FIND A MENTOR

Who better to help you along the journey than someone who has been in

your shoes? I was lucky enough to find a mentor at the gym I had joined. Not only was I already a fan of her classes, but having her as my mentor inspired me and helped me to create achievable goals. She was also living a similar schedule to mine: a corporate full-time job, not only making time for her own fitness, but also teaching 8 classes each week. They say, if you want to be the best, train with the best!

Every time I struggled during the fitness theory course or tried to make sense of layering in my class choreography, she would be there to encourage me to build, grow and never give up. She also allowed me to step into all her classes so I could be

exposed to a variety of class formats and audiences. It's beyond words how much I appreciated her time and support. I hope to pay it forward to a budding instructor in the future.

TAKE OTHER INSTRUCTORS' CLASSES

Even after being registered as a BCRPA Group Fitness Instructor, I attend other instructors' classes, but with fresh eyes and a different perspective. I had always wondered what the method was to the madness of why we did squats, and then inchworms. I am happy to say I can now really appreciate the planning and thought process behind every count, movement and circuit! Along with getting a great sweat I am

"As a child I knew I wanted to be a teacher, and many times throughout my career I have been given opportunities to lead, train and inspire."

"It takes bravery to stand in front of a group of members and guide them through a workout "

"I am no longer just doing the movements, but making the mind to muscle connections, thinking of new ways to cue safety, and gaining education and understanding to keep members engaged.."

now also constantly learning and taking mental notes; would this work for my teaching style and my attendees? I am no longer just doing the movements, but making the mind to muscle connections, thinking of new ways to cue safety, and gaining education and understanding to keep members engaged.

PERFECTION ISN'T MANDATORY

I can't even count the amount of times I passed on the opportunity to do practicum hours, or to even start the journey to becoming a Group Fitness

Leader because I felt that either I didn't learn enough, or that not being in tip-top shape would disqualify me from being hired. A good friend of mine introduced me to a TED Talk by Reshma Saujani that I found applicable not only to life, but to being a Group Fitness Leader. What I realized was that I needed to be brave, not a perfectionist.

It takes bravery to stand in front of a group of members and guide them through a workout when you have thoughts running through your head like, 'Is it my left leg and their right leg?', 'Was that a smooth transition?', 'Is the master beat coming up?', 'Will they come back next time?' or just looking in the mirror and thinking, why would anyone trust me as a Fitness Leader when my own physical fitness is still a work in progress?

I have to remind myself to be brave. I'm being brave by showing that the struggle is real, but it is also possible, and I did this to inspire myself and encourage other people to reach their goals. We can and will do this together in a group environment with no judgement. It is in that moment of bravery that the noise in my head drops down to more of a light whisper.

It took me approximately six months from the time I started the Fitness Theory course to my ICE (Instructor Competency Evaluation). When I think back on my journey to registration as a Group Fitness Instructor, I wonder why more people don't do this. Is it because they need

to find an amazing mentor? Have they only just used the machines, or have they experienced a group fitness class? Or do they struggle with the need to be perfect?

SUPPORTING EACH OTHER IS EVERYTHING

I can't tell you how full it makes my heart when you talk to another instructor and explain the journey it took to be registered. Especially instructors who have been a part of my fitness journey over the past three years. Over the past five months of being officially BCRPA registered, any instructor I have crossed paths with has been so supportive and their encouragement goes far beyond the walls of the group fitness studio. I get it: the passion they have for fitness is infectious and I have definitely caught the bug!

.....
CHRISTINE WOODINGTON is a BCRPA registered fitness leader since December 2017. She currently teaches group fitness and cycling at Steve Nash Fitness Clubs in Richmond and working on her Aquafit module. Instagram: @christineworksout



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YOUR VOICE



BY ANITA KESS

YOUR VOICE – PROJECTING IT AND PROTECTING IT

There is a wealth of information available to us today on the topic of injury prevention – especially for the muscles and joints we need to exercise and move safely. But we often forget about the larynx or voice box. Overusing the voice can lead to problems that are both inconvenient and hard to treat. Good speakers and instructors can be sidelined by a vocal injury just as easily as by a torn Achilles tendon.

WHAT'S A LARYNX ANYWAY?

Your larynx is a small structure in your throat. It may be tiny, but it's also complex. The larynx consists of various cartilages and muscles that control the pitch of your voice, as well as the two tiny vibrating bands of tissue called the vocal folds.

The vocal folds vibrate as air is expelled from the lungs, and the pitch is higher or lower depending on the length of these bands and how tightly they are stretched. Loudness is controlled mainly by the force of the air from the lungs. The folds touch briefly during every vibration – an average of 200 times per second.

BUT I USE THE MIC...!

Overusing the larynx persistently can lead to irritation or even a callus-like growth called a vocal nodule.

Abusing them by excessive yelling (Go, Canucks!) can cause vocal polyps, another form of vocal lesion.

Even instructors who use voice amplification for every class can find themselves with persistent hoarseness because of the many other demands on their voices. We talk at work, at home, and in social settings; usually we aren't even aware of how much we use our voices.

HOW CAN I TELL IF MY LARYNX IS OVERWORKED?

The first signs of an overworked voice box are subtle – they include persistent hoarseness and a feeling of weakness in the voice. It is easy to blame hoarseness on allergies or a recent cold virus, but if the symptoms persist, you may have irritated your larynx through overuse.

"Good speakers and instructors can be sidelined by a vocal injury just as easily as by a torn Achilles tendon."

"We aren't even aware of how much we use our voices"

HOW TO PREVENT VOCAL IRRITATION AND NODULES

There are a number of things you can do to prevent problems with your voice, but the first and easiest is to be aware that your larynx needs rest and proper technique to stay healthy – just like other physical structures do.

1

Take “voice holidays.” Plan times when you can be alone and not speak to anyone – in person or on the telephone - for several hours.

2

Get enough sleep. During sleep the larynx totally relaxes.

3

Avoid smoke and pollution.

4

Manage stress. Stress increases tension in the shoulders, neck, and throat.

5

Warm up your voice before a class by humming or speaking.

6

Use belly breathing while you speak. The belly should go out as you fill the lungs.

7

Breathe BEFORE you speak. Make sure you have the power of breath behind your voice.

8

Slow down your speech to ensure adequate breathing.

9

Keep hydrated by taking sips of water frequently. A dry larynx is more prone to problems.

10

Reduce alcohol and caffeine to avoid dehydration.

11

Open your mouth widely and let the sound out.

12

Be “larger than life.” Use your voice, face, hands and body to communicate rather than just speaking louder.

13

Cue with hand signals when possible.

14

Reduce ambient noise; don't yell over the music.

15

Arrange your space so that no client is too far from you.

WHAT TO DO IF YOU HAVE VOICE PROBLEMS

If you have hoarseness for more than a few weeks, ask your doctor for a referral to an otolaryngologist for assessment. If vocal lesions are starting, it is best to get treatment right away. Severe vocal lesions can require surgery, but most cases will resolve with vocal rest and better voice awareness.

.....
ANITA KESS, MA, Dip. App. Ling.

Retired from a busy career as a linguistics researcher, writing instructor, and English Department chair at Camosun College, Anita Kess is now focused on fitness. She has been a fitness instructor in Victoria and Saanich since the 1980s and currently specializes in aquatic fitness at the Saanich Commonwealth Place.

STRESS RESILIENCY



BY CARITA (CARI) M. PLOTNIKOFF

STRESS RESILIENCY

When one thinks of reducing stress, it's a no-brainer that the go-to biggest stress reliever that crosses people's minds is likely some form of physical fitness. After all, it seems every day we are advised to move more and be more active. And rightfully so; we should be doing what our bodies are designed to do and that is ... move!

Physical exertion has undeniably been proven to reduce cortisol levels as well as epinephrine and norepinephrine, those 'flight or fight' catecholamines that contribute to heart disease, atherosclerosis, and hypertension – Canada's leading causes of disease and illness.

But are there other ways we can combat stress, reduce negative feelings, and foster psychological hardiness? How can one become more **stress resilient** without spending hours on the treadmill, lifting weights, and sweating it out – as wonderful and awesome as all that is!

"Are there other ways we can combat stress, reduce negative feelings, and foster psychological hardiness?"

First, let's break things down. When I think of the word stress I think of my body tensing up, and my heart rate and breathing rate increasing. My ability to process information effectively declines and my memory is not as sharp as it usually is – despite my peri-menopausal brain! I also think of feeling scattered, irritable, angry, overwhelmed, and unhappy.

However, when I think of the word **resiliency**, I somehow feel empowered. I stand taller, feel stronger, and have a positive frame of mind and an overall sense of calmness.

When you pair these words together it's a bit of a paradox. At one end of the pendulum you have an entity breaking you down while at the other end another entity representing a pillar of strength! Interesting.

There's no denying that life presents daily events that trigger us in a multitude of challenging ways, causing our blood pressure to skyrocket and our

mood to shift. From those little transgressions during rush hour traffic, to the frustration one feels over not being able to find a favourite pair of comfortable shoes for a night on the town.

And maybe we are battling even more challenging, difficult, or catastrophic life events. It's those experiences that remind us to be a bit more present, that life is precious and we only have so much time here in this body, with this mind.

Which brings me to this question: what if we could decrease stress and increase resiliency by doing virtually *nothing*?

I mean, like doing absolutely *not-a-thing*. Now, I can hear you say, 'What? Excuse me? How would doing *nothing* build stress resiliency, reduce negative feelings, and foster psychological hardiness?' Interesting.

This is what I call **quasi-meditation**, a term I coined when you're somewhere between being in that restorative non-REM power-nap position and having a full-

"We should be doing what our bodies are designed to do and that is ... move!"

on meditative, present-moment experience. You don't need to feel guilty for nodding off during the day for those 20 minutes, nor do you need to feel shame for not being 'successful' and silencing your mind during a meditation ritual.

Imagine allowing your body to be still and allowing your mind to wander wherever it may choose to go. Simply allowing yourself the space to not do anything. Here there is no right or wrong. It just is and you just are.

Let's be clear! I'm not talking about nodding off at the wheel whenever you felt like it. Nor am I talking about taking naps, as lovely and beneficial as they can be. I'm also not referring to meditating or getting in touch with your chakras, or performing breathing practices, body scans, or implementing any other relaxation techniques, again as wonderful as all of those approaches are.

"...what if we could decrease stress and increase resiliency by doing virtually nothing? I mean, like doing absolutely not-a-thing."

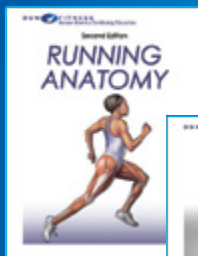
Counterintuitively, by allowing yourself to stop doing, to stop engaging, to stop performing, to stop worrying about what you're worrying about, and yes, to stop moving, you can just **allow yourself** to be. As much as the term **stress resiliency** is itself a paradox, so, in fact, is the way to foster it. And the best part, is there is nothing to feel guilty about.

.....
CARITA (CARI) M. PLOTNIKOFF, B.A.,
BCRPA TFL - Inner-Strength, Health and Fitness Consulting. I am BCRPA TFL having over two decades of experience within the fitness industry teaching invarious roles

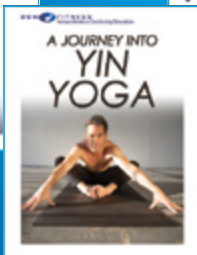
and for a diversity of populations: group fitness, TRX, ICE, mature adult and cardiac rehabilitation. I have a SportsScience Diploma from Douglas College, a Bachelor of Arts Degree majoring in Psychology and minoring in Kinesiology from Simon Fraser University, and an Addictions Counseling Certificate from Vancouver Community College. In addition, I have worked for the Steve Nash Fitness World organization for 24 years, the City of Surrey for 14 years, and currently teach health and fitness courses at Douglas College in the Continuing Education Department.

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FALLS PREVENTION PROGRAMS



BY PATRICIA BARLOW

FALLS PREVENTION PROGRAMS – NECESSARY FOR WHO?

When was the last time you heard about someone's grandparent falling? Or the last time you experienced the consequences of an older adult's fall? As an Osteofit instructor, I fell in love with falls prevention and it continues to be my passion 20 years later.

In Ontario, falls prevention is funded by the provincial government to keep older adults in their homes safely for longer. I found a contract to teach a falls prevention program in Ontario, and was able to use my Osteofit and Older Adult instructor skills to enhance my facilitation. Through this experience I have found falls prevention to be a necessary, fulfilling and rewarding specialization.

OLDER ADULTS' ATTITUDES TOWARDS FALLS PREVENTION PROGRAMS

Starting out, the attitude of many older adults towards falls prevention programs really surprised me; there were a number who were simply not interested! Period! Why were there so many older adults – even those who used a walker or a cane – who were dismissive of falls prevention programs? What was I missing as an instructor, and how could I access this pool of older adults who, in my estimation, could only benefit from a falls prevention program?

WHAT IS 'OLD' FOR AN OLDER ADULT?

What I now know is that older adults often do not perceive themselves as old. This explains people in their 70s or 80s riding bicycles or still climbing up tall ladders to fix things. At what point do we as individuals consider ourselves old? Does that occur as a result of the perceptions others impose upon us, or from a decision we make for ourselves? Though older adult and falls prevention instructors may see certain behaviours as increasing the likelihood of falls, perhaps the individuals undertaking those behaviours do not see the same risks. In fact, perhaps being up on that tall ladder is what enables an older person to continue doing what they do, and stopping this and similar behaviours points to a life of decreased physical activity. We know all too well where that can lead.

BEING CAREFUL

In some cases, older adults may perceive falls prevention programs as unnecessary because they believe they are aware of, and working hard

at, being careful. They may be careful on a rickety toilet seat because it had previously caused a fall, or careful to walk around their pet's food bowls instead of moving them. Here being careful may translate into an older adults' perception of keeping themselves safe and in charge of their own environment, but they may in fact still be missing things.

"The reality is, falls prevention programs are important for all older adults and can serve to promote and extend a person's health and well-being."

"Being sensitive to this will help us all be better care providers for the elderly."

PERCEPTIONS OF FALLS PREVENTION PROGRAMS

Being an older adult and seeing the need to participate in a falls prevention program is complicated for some. This recognition perhaps coincides with coming to terms with being in the later stages of one's life. Older adults can often see falls prevention programs as necessary, but more for others, especially those that are older, than for themselves.

Some individuals may also refer to their current level of activity as sufficient and feel that because they are active they don't need to participate. There are also individuals who, even after a fall, feel that fall prevention programs, though important, aren't necessary to participate in themselves.

The reality is, falls prevention programs are important for all older adults and can serve to promote and extend a person's health and well-being.

CONCLUSION

We need to keep this big-picture understanding in the forefront of our minds as we interact with older adults. For leaders of falls prevention classes, it is important to appreciate that for older adults, attending these programs is not a simple or particularly easy decision. Whether a participant is in our class because they are proactive about their independence, because they have been referred by a health professional, or strongly urged to participate by a family member, their decision was not

"What I now know is that older adults often do not perceive themselves as old. This explains people in their 70s or 80s riding bicycles or still climbing up tall ladders to fix things."

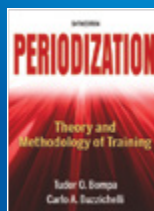
like an easy one. Remembering and being sensitive to this will help us all be better care providers for the elderly.

.....
PATRICIA BARLOW is a BCRPA older adult fitness instructor and is Osteofit certified. Patricia graduated from McMaster University with a Master of Arts in Social Gerontology in November, 2017. Her graduate research focused on older adults and falls prevention programs. She lives in Ontario, where she applies her research to the older adults she has the privilege of leading in falls prevention classes.

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RECIPE CORNER



BY ANDREA MCDONALD

EAT YOUR GREENS!

AS WE HEAD INTO SUMMER MONTHS we tend to gravitate toward lighter, fresher ingredients that we can find at our local farmers market. But the leafy green salads we'll make, using those colourful add-ons we've discovered, might not fill us up.

This filling broccoli and edamame-based salad might just do the trick. One of the healthiest greens on the planet, vitamin and mineral-rich broccoli, is touted for strengthening our immune and cardiovascular systems, optimizing liver function and removing toxins from the body. It even gives our cognitive function a boost.

Edamame, meanwhile, is a powerful plant-based protein with similar immune and cardiovascular benefits. It's also rich in calcium, phosphorus, iron and vitamin E, all critical for healthy bones. A rich source of fibre essential to our digestive health, edamame is high in protein, yet low in calories, which is great for the waistline.

The combination of broccoli and chopped almonds packs an energizing and hormone-balancing punch of vitamins and minerals that can fight inflammation and may even help prevent cancer.

Green salads don't need to be lettuce-based. Add the broccoli almond protein salad to your summer meatless Monday menu — and reap the benefits of satisfying plant-based nutrient density.

.....
ANDREA MCDONALD, R.H.N. is a Vancouver-based sports nutritionist. Follow her on Instagram and Facebook @andreamcdonaldnutrition





BROCCOLI ALMOND PROTEIN SALAD

6 CUPS BROCCOLI
(CHOPPED INTO SMALL FLORETS)

3 FROZEN EDAMAME
(SHELLED)

6 GREEN ONIONS (SLICED)

3/4 CUP ALMONDS (CHOPPED)

1/3 CUP ALMOND BUTTER

1 1/2 TBSP RICE VINEGAR

1 1/2 TBSP TAMARI
or **COCONUT AMINOS**

1 1/2 TBSP MAPLE SYRUP

1 1/2 TBSP SESAME OIL

1 1/2 GARLIC (CLOVES, MINCED)

3 TBSPS WATER

DIRECTIONS

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well.

Serve immediately, or let sit for a few hours before eating. Enjoy!

NOTES

Leftovers keep well in the fridge up to 3 days.

NUTRITION

Calories	374	Cholesterol	0mg
Fat.....	25g	Sodium	290mg
Carbs.....	24g	Vitamin A	1279IU
Fiber	11g	Vitamin C	88mg
Sugar.....	8g	Calcium	208mg
Protein	19g	Iron	4mg



KRISTY WRIGHT SCHELL

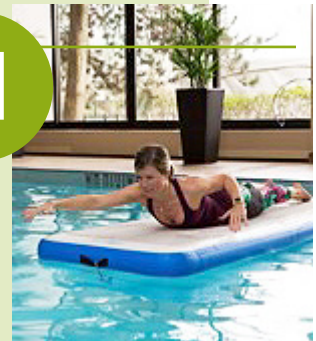
LIQUID YOGA/LIQUID FIT ON THE AQUAMAT PART II



In this handout, the second exploring the hot new trend - Yoga and fitness on water, we go back to the roots of the Aquamat and incorporate surfer pop-ups and a yoga mainstay – the Sun Salutation.

SURFER POP UP

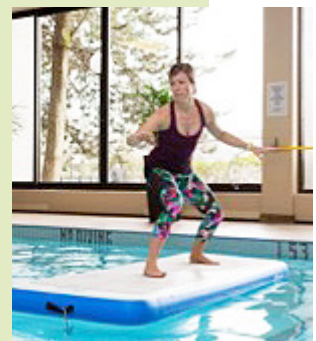
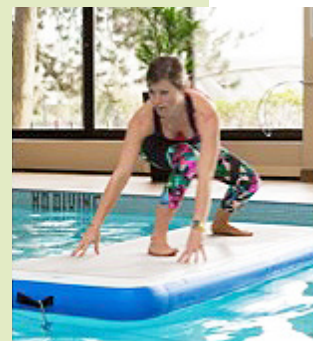
LEVEL 1 From a prone position create a low cobra or chest lift while using the arms in a paddling fashion to build shoulder strength and core stability to keep the mat level. Place the hands under the shoulders, press up the chest with toes tucked, hop or step one foot forward between the hands on the imaginary center line of your mat, both feet should point the same direction slightly angled to the side, keep knees bent and bring hands up – one forward and one back like a surfer on a surf board!



LEVEL 2 Take your front hand to your back knee – tap, then take your back hand to your front knee.



LEVEL 3 Take your front hand to your back toes – tap, then take your back hand to your front toes.



HANDOUT COURTESY OF BCRPA

LIQUID YOGA / LIQUID FIT ON THE AQUAMAT PART II CONTINUED

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.



TADASANA
Position 1

YOGA SUN SALUTATION

Yes, we can perform a full Sun Salutation on the water and it truly is a beautiful way to find your Flow. Tadasana, Forward Fold, Half lift, Chaturanga, up dog to downward dog.

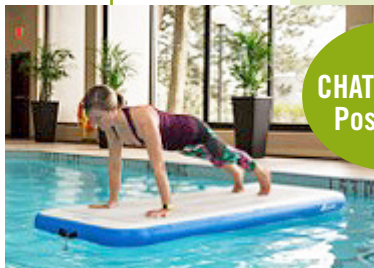
Doing each movement individually and then linking them together – while modifying where needed (knees down to lower to little surfer or cobra and using knees to get back to downward dog).



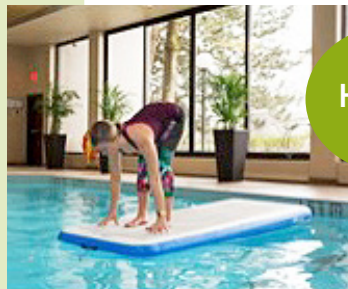
TADASANA
Position 2



FORWARD FOLD



CHATURANGA
Position 1



HALF LIFT



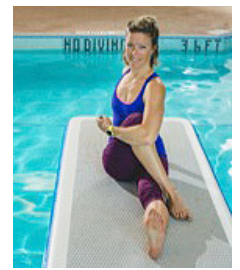
CHATURANGA
Position 1



UP DOG



DOWNWARD DOG



KRISTY WRIGHT SCHELL is the owner of Just Add Water Yoga Ltd. and a Stand Up Paddle Instructor Trainer & Athlete. Kristy teaches this program in Vancouver at the Westin Bayshore Hotel and offers Instructor Trainings across Canada to support facilities in creating a powerful program that caters to all levels. For more details on the Aquamat by Aquam or Liquid Yoga and Liquid Fit Instructor Training or regular classes please contact: Kristy@standuppaddlevancouver.com

Photo Credit: Moonrider Pro & The Westin Bayshore

Clothing: Body Glove & Lululemon

HANDOUT COURTESY OF BCRPA

CEC ARTICLE QUIZ

THE FOLLOWING CEC QUIZ IS BASED ON THE ARTICLE:

“SHARPENING THE SAW FOR SELF-RENEWAL” BY BRIAN JUSTIN

Please note that questions may require you to apply information from the article and not simply recall it. This page is for reference only. The quiz itself is to be completed using the online form - click the button on the right. Deadline: Aug. 31, 2018. CEC credits earned will be inputted directly into The Registry® of Fitness Professionals by Sept. 28, 2018, NOT PRIOR. This quiz is worth 1.0 BCRPA renewal credit. A passing grade of 80% (8/10) must be achieved. CECs are only available to currently registered Fitness Leaders.

TAKE THE
ONLINE QUIZ

1. “Sharpening the Saw” is habit seven in Stephen Covey’s book, Seven Habits of Highly Effective People. This habit refers to:

- a) Self-assurance.
- b) Self-direction.
- c) Self-sustainability.
- d) Self-renewal.

2. Somatic education is defined as:

- a) The understanding of fitness as a holistic model.
- b) The use of the isometric movements to stimulate larger muscle groups and avoid burnout.
- c) The use of sensory-motor learning to gain greater voluntary control of one’s physiological process.
- d) The study of movement as a method of pain prevention.

3. Many trainers tend to experience chronic pain conditions, excessive muscle tightness and muscle imbalance as a result of:

- a) Overuse.
- b) Not enough recovery.
- c) Spending time with clients and participants without taking time for their own self-care.
- d) All of the above.

4. In somatic education, the “soma” refers to:

- a) Totality, meaning the whole person.
- b) The person as a physical being.
- c) The concept of self-renewal.
- d) Meditation and spirituality.

5. The condition in which muscles become habitually tight in response to trauma, repetitive use or ongoing stress is referred to as:

- a) Somatic Motor Aphasia.
- b) Sensory Management Affliction.
- c) Sensory Motor Amnesia.
- d) Significant Movement Ataxia.

6. According to this article, SMA occurs in:

- a) Small muscle groups that are not engaged properly.
- b) Intentional movements.
- c) Reflexive, full-body patterns of contractions.
- d) Joints that have been exposed to repetitive high-impact movements.

7. SMA involves main reflexes with three major groups:

- a) Posterior muscles, anterior muscles and lateral muscles.
- b) Muscles in the sagittal plane, frontal plane and transverse plane.

c) Visual reflex, auditory reflex and tactile reflex.

d) Immediate reflex, secondary reflex and delayed reflex.

8. The main organ involved in alleviating SMA is:

- a) The brain.
- b) The heart.
- c) The major muscle groups.
- d) The spleen.

9. The three-step movement used in somatic education sessions are referred to as:

- a) Contractions.
- b) Somatic reflexes.
- c) Pandiculations.
- d) Secondary muscle relaxation (SMR).

10. To improve training and increase recovery, Brian recommends a somatic movement practice of how long?

- a) 5 minutes a day.
- b) 10-15 minutes.
- c) 20 minutes at first sign of injury.
- d) Only under prescription from a physiotherapist.

ANSWER KEY TO THE WINTER 2018 QUIZ

1. C 2. D 3. B 4. A 5. C 6. A 7. D 8. A 9. B 10. B



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- Promote and validate the status of registered BCRPA Fitness Professionals

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