

NEWS RELEASE



NANAIMO FITNESS PROFESSIONAL WINS PROVINCIAL AWARD

BCRPA presents Gillian Goerzen with award at annual conference.

Vancouver, BC (Saturday, September 10, 2016) – The BC Recreation and Parks Association (BCRPA) has presented Nanaimo resident Gillian Goerzen with one of its prestigious annual Fitness Leadership Awards. Gillian is the recipient of the Fitness Leader of the Year Award for her hard work and dedication as a fitness leader that inspires and motivates the participants in her classes as well as her community as a whole.

As the owner of Super You with over 15 years of teaching experience, Gillian has a very inspirational teaching style that enables participants to find their strengths and challenge themselves. As one of two keynote presenters at the BCRPA's BCFit®'16 fitness conference, she is a sought-after leader both for her motivational words of wisdom and as a fitness dynamo. Gillian has also been one of the BCRPA MEND instructors. The MEND program (Mind, Exercise, Nutrition...Do it!) teaches children and their families how to make positive lifestyle choices by eating healthy and exercising regularly. An avid volunteer in her community, Gillian offers a free weekly running group, leads the warm-up for the annual Terry Fox Run, and is currently organizing a fitness charity event for the Haven Society, an emergency shelter offering emotional support, counselling and advocacy for women, children and families.

"Gillian Goerzen is a wonderful example of a great leader," notes BCRPA CEO, Rebecca Tunnacliffe. "Not only does she provide leadership one-on-one as an instructor to her clients and as a mentor to new fitness leaders, she has excelled provincially by presenting at BCFit®, writing for the BCRPA *FitLifeBC* Magazine and through her online and traditional media presence."

The annual BCRPA Fitness Leadership Awards highlight the outstanding efforts of its top fitness professionals (Fitness Leaders) from around the province. The awards recognize professional commitment through community and industry involvement.

The awards were presented during the BCRPA's annual fitness conference, BCFit® on Saturday, Sept. 10, 2016 at Fortius Sport & Health Centre. The conference brings together hundreds of registered Fitness Leaders from across BC to provide professional development opportunities, and to discuss fitness and health-related topics.

There are currently over 4,000 BCRPA registered Fitness Leaders throughout BC. As a BCRPA registered leader they have met the highest fitness training standards in BC, Canada and Internationally. They work in all public and private fitness settings, including community recreation centres, gyms, pools, health clubs and spas, and outdoor settings. They assist individuals and groups in reaching their health and fitness goals, and promote active healthy living.

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BACKGROUND:

The British Columbia Recreation and Parks Association (BCRPA) is a not for profit organization dedicated to building and sustaining active healthy lifestyles and communities in BC. Established in 1958, the Association is a central resource agency for members and stakeholders of the parks, recreation, physical activity and culture industry, providing leadership, training and support to help meet national, provincial and local priorities. The BCRPA identifies and promotes the highest professional standards for fitness leaders in BC through its Fitness Registration Program. The program is the sole provider of the National Fitness Leadership Alliance (NFLA) nationally recognized fitness leadership performance standards in BC. Through a diverse network of partners and extensive programs and services, the BCRPA actively advocates accessibility and inclusiveness to recreation and physical activity.