

# **NEWS RELEASE**



## **RICHMOND FITNESS PROFESSIONAL WINS PROVINCIAL AWARD**

*BCRPA presents Lynn Walters with award at annual conference.*

**Vancouver, BC (Saturday, September 16, 2017)** – The BC Recreation and Parks Association (BCRPA) has presented Richmond resident Lynn Walters with one of its prestigious annual Fitness Leadership Awards. Lynn is the recipient of the Fitness Leader of the Year Award for her hard work and dedication as a fitness leader who inspires and motivates the participants in her classes as well as her community as a whole.

Lynn Walters has been a BCRPA registered fitness leader for over twenty years. At the same time, this long-time Richmond resident and recently retired nurse, has been a wife, mother of three, and an active volunteer. She has completed 26 Marathons, including the Boston and New York marquee events, and has presented wellness workshops at national conferences. An avid volunteer in her community, Lynn started a weekly running and walking group, the Richmond Spirit Runners, which is now celebrating its 20th year. She enjoys leading the warm-up for numerous annual fun and charity runs, organizing marshals for various running events, and with her exceptional choral skills, she has been known to sing the national anthem at many opening ceremonies and special events. Throughout her long career, she continues to learn and acquire new skills, recently completing her yoga certification and performing in *Dancing with the Richmond Stars 2017*.

“Lynn Walters is a wonderful example of how our fitness leaders affect the lives of those not only in their classes but throughout their community as well,” notes BCRPA CEO, Rebecca Tunnacliffe. “The continued waiting lists for her immensely popular classes are a testament to the enthusiasm and commitment she brings to all that she is involved with. We are very proud that she has been part of BCRPA throughout her fitness ‘career’.

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. 16, 2017 at the Delbrook Community Recreation Centre. The conference brings together hundreds of Fitness Leaders from across BC to provide them with valuable professional development, and the opportunity to discuss and learn about fitness and health-related issues and trends.

There are currently over 4,000 BCRPA registered Fitness Leaders throughout BC. BCRPA registered leaders have met the highest fitness training standards in BC and Canada. . They work in 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.