



MEDIA RELEASE

LONGTIME VICTORIA TEACHER OF FITNESS PROFESSIONALS WINS PROVINCIAL AWARD

BCRPA presents Christina Truscott with annual fitness award at conference in Richmond, BC

Richmond, BC (October 6, 2024) – BC Recreation and Parks Association (BCRPA) has presented Victoria resident and longtime teacher of fitness leaders Christina Truscott with its most prestigious annual Provincial Fitness Leadership Award. Christina is the 2024 recipient of the Fitness Professional of the Year Award for her outstanding contributions to BC’s fitness industry.

BCRPA’s Fitness Professional of the Year Award recognizes a Fitness Leader who has demonstrated strength in bringing individuals and communities together and has made outstanding contributions to fitness leadership in their community and BC by motivating, educating, and influencing active and underactive individuals to commit to a physically active lifestyle.

Christina is a BCRPA Registered Fitness Leader who has dedicated over 42 years to the field of fitness in BC. Christina’s influence extends far beyond the walls of any gym. She has been a champion and trailblazer for the BC fitness industry, with a passion for teaching those new to the industry. She is the Founder and Director of Body Blueprint Fitness Education that she started in 1986 which provides an extensive range of fitness courses and workshops, covering everything from Fitness Theory and Group Fitness to Aquatic Instruction, Older Adults programs, and Personal Training.

Christina has written and presented courses and workshops on self-esteem, body image, positivity, menopause, aging gracefully and 80 more empowering topics. Her courses have reached students as far away as England, Scotland, the Netherlands, the US, Saudi Arabia, Japan and Malawi. While her manuals and course materials are being used across Canada in Nova Scotia, New Brunswick.

Christina’s legacy is one of transformation—she has dedicated her life to helping others become the best version of themselves. She empowers people to believe in their potential, embrace their strength, and cultivate a deeper sense of self-love. Her motto is “If you have an opportunity to make someone feel special – take that opportunity”.

Today, Christina’s legacy lives on with the support of her daughters, who help her manage Body Blueprint Fitness Education. They also ensure that she takes time for herself—to tend her garden, enjoy life with her husband of 46 years, spend cherished moments with her grandchildren, rescue animals, and escape to Mexico during the winter months.

“Christina is an exemplary fitness leader who has dedicated her life to motivating, educating, and influencing individuals to be physically active and connected. Her enthusiastic and unwavering dedication to teaching and training new fitness leaders as well as providing top class professional development opportunities for existing leaders in BC have made a significant impact to improving the

health and wellness of thousands in this province” said BCRPA CEO, Katie Fenn. “We are honoured to recognize Christina’s outstanding contributions with this award.”

The award was presented during BCRPA’s BCFit®’24 Fitness Conference on Sunday, October 6, 2024, that took place in Richmond, BC. BCFit®’24 brings together Fitness Leaders and enthusiasts from across BC to provide them with high quality professional development, training, and the opportunities to learn the latest in fitness and health-related issues and trends.

There are currently 2,600 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, promote active healthy living and act as mentors within their community.

-30-

Images available

Background included below.

For more information:

Connie Mah

Operations and Sustainability Manager, BCRPA

p) 604.629.0965 ext. 258

cmah@bcrpa.bc.ca

BACKGROUND:

British Columbia Recreation and Parks Association (BCRPA) is the voice of public recreation, parks and fitness and inspires and connects professionals to build healthy and resilient communities.

The British Columbia Recreation and Parks Association (BCRPA) is a not for profit organization that plays a central role in leading the enrichment and improvement of the quality of life of British Columbians and their communities. We do this by championing the power of recreation and parks. Our work as a not-for-profit organization focuses on creating community connectedness and well-being based on the knowledge and recognition that recreation and active living, as well as access to parks and the natural environment, have significant impacts on our physical and mental health.

Since 1958, the BCRPA has provided leadership, training, and support, fostering the principles of accessibility, equity, diversity, and inclusion to help its members meet provincial and local mental health and physical activity priorities.

www.bcrpa.bc.ca/about-us/