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Quality Fitness Leadership Training Since 1988

**FITNESS NEW BRUNSWICK INC.
2017 ANNUAL GENERAL MEETING**

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ANNUAL GENERAL MEETING: AGENDA
October 14, 2017, 12:30 pm
J. Harper Kent Auditorium, WU Convention Centre
6 Duffie Drive, Fredericton, NB

- 1. Welcome and Introductions**
- 2. Thank you to our Sponsors, Partners and Contributors**
- 3. Call to order and Quorum**
- 4. Approval of Agenda**
- 5. Approval of Minutes of last AGM: October 22th, 2016 as posted to membership.**
- 6. Business arising from minutes.**
- 7. Highlights of the FNB 2016-17 Office and Committee Reports.**
 - President**
 - Conference**
 - Membership Services**
 - Marketing & Communications**
 - Professional Development**
- 8. Approval of office and committee reports as posted to membership.**
- 9. Message from the Department of Tourism, Heritage and Culture**
- 10. Presentation and approval of Financial Report as circulated to membership.**
- 11. Election of Officers**
- 12. Simpson Leadership Award**
- 13. Adjournment**

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THANK YOU

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OUR SUMMIT SPONSORS

Student Sponsor



New Brunswick Egg Farmers

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Fredericton Direct Charge CO-OP

University of New Brunswick

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2016-17 PARTNERSHIPS and ANNUAL SUMMIT VENUES



Province of New Brunswick



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SUMMIT DONATORS AND CONTRIBUTORS

Arbonne

Canadian Society for Exercise Physiology (CSEP)

CAA Fredericton

Covey Basics – Prospect Street, Fredericton

Human Kinetics

Marianne Janowicz

Line Marr

Lolë

MONAT with Erin (Fredericton)

NB Egg Producers

NB Trails

Recreation New Brunswick

YMCA (Moncton, Fredericton, Saint John)

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MINUTES of PREVIOUS MEETING



Annual General Meeting

October 22, 2016

Wu Convention Centre, 6 Duffie Drive
Fredericton, NB

In Attendance:

Board Members: Dayna Sinclair, Susi Chamberlain, Sabina Marco, Maureen O'Hara, Krista Kelter Carrie Totten and Rick Fralic.

Provincial Consultant: Jamie Shanks

FNB Staff Present: Marilynn Georgas, Nathalie Hebert-Paul

FNB Members: Mireille Caissie, Danika Coleman, Kathy Cornford, Alina Cress, Bernadette Cunningham, Tobi Desveaux, Janet Downey, Chad Dunn, Donna Durelle, Rick Fralic, Stephanie Galbraith, Bianca Gould, Jason Hadland, Kerrie Hallet, Wendy Hamelin, Crystale Harty, Chelsey Hatt, Jenny Hendy, Tanya Hickey, Stephanie Hines, Megan Hughes, Shelley Kadatz, Leona Laracey, Candace Lavigne, Nadia Lavoie Oullette, Paulette LeBlanc, Terry Leonard, Cindy Levesque, Sue Lorette, Line Marr, Mallory McCarthy, Carol McLaughlin, Shelly Mullin, Sheila Parker, Lisa Paulin, Hilary Pond, Lauren Rogers, Emily Scott, Monique Smith, Beverley Sullivan, Gina Theriault, Emilie Tremblay, Kaitlin Veinot, Paul Ward, Jen Williston, T J McCarthy, Caitlin Doyle, Alex Coffin.

Others: Peter Levidis (Summit Key Presenter)

Meeting Chair: Dayna Sinclair (FNB President)

1. Welcome and Introductions

A welcome was extended to the participants and presenters followed with an introduction of the 2015-16 Board of Directors.

2. Acknowledgments

A thanks of annual support helping to make FNB a successful organization was extended to the Province of New Brunswick, The University of New Brunswick Faculty of Kinesiology, UNB URec, Sport NB and , The Canadian Society for Exercise Physiology (CSEP). The chair also thanked the businesses and organizations for their Summit donations, all members, the Wu Center Conference Staff and the board of directors for their involvement with FNB.

3. Call to order, Quorum

The FNB President called the meeting called to order at 12:25pm
Quorum was met according to FNB Bylaw 7.1

4. Approval of Agenda

Motion: To accept the agenda as circulated.

Moved by: Jason Hadland

Seconded by: Line Marr

Motion Carried

5. Minutes of 2015 AGM Minutes

Motion: To accept the minutes of last year's AGM meeting (October 17th, 2015).

Moved by: Terry Leonard

Seconded by: Alina Cress

Motion Carried

6. Business Arising from minutes

The Amendment to Policy 25001C Requests to Waive Practical Evaluations (as circulated to membership).

This policy was amended and approved by the board November 3, 2014. It was circulated to the membership prior to the 2015 AGM and subsequently presented for approval.

"All FNB certified fitness leaders and personal fitness trainers will be required to maintain their FNB Certified Status as per policy 96001C: Recertification Requirements for Fitness Leaders and Personal Fitness Trainers.

Exception: All previous FNB certified leaders who have had evaluations waived will continue to be exempt and will not be required to fulfil this requirement."

This policy was accepted by the membership at the 2015 AGM. Following the decision, several members contacted FNB with concerns over this new policy and felt the elimination of requests to waive practical evaluations was not fair to long time leaders and personal trainers. With this in mind the FNB Board revisited the policy and fashioned a new policy which was posted on the website in the winter of 2016 and subsequently sent out to the membership in the spring 2016 E-Newsletter.

7. Highlights of the FNB 2015-16 Office and Committee Reports

A summary of the annual reports from the President, the Conference Committee, Membership Services, Marketing & Communications from the Executive Director and the Professional Development Committees was presented. These reports can be read in full detail on the FNB Website. The meeting chair also stated how important it is for all Certified FNB members to sign up for the Public Profile on the FNB Website.

Motion: To approve the President, Office and Committee Reports as a whole.

Moved by: Lisa Paulin

Seconded by: Alina Cress

Motion Carried

8. Consultant, Sport and Recreation Branch, Department of Tourism, Heritage and Culture

Jamie Shanks introduced himself as the temporary replacement for the FNB Consultant Sherry Doiron on leave. It was confirmed that Sherry Doiron will not be returning to Fredericton and the permanent replacement was yet to be determined. Jamie stated that there have been many changes within the Department of Tourism, Heritage and Culture. Fortunately FNB's funding has not changed. The newly appointed Minister and Deputy Minister are The Honorable John Ames and Francoise Roy respectively.

Jamie discussed FNB's continuing commitment to include goals in the strategic plan that align in part with government's health and active living initiatives.

The floor was opened for questions.

Q: Tobi Desveaux. Should FNB be a lobbyist for healthy living?

A: The best way for an organization such as FNB to communicate with the government is to have similar Strategic Goals with government initiatives. The government will logically want to partner with organizations that can help them achieve their goals.

Q: Wendy Hamelin. Why is FNB seeing a drop in membership over the past year?

A: By the Membership Services Coordinator. New membership was down due to a reduction in introductory courses being offered. Members did not renew for various reasons and it was felt that the reduction was part of a cyclical trend. FNB reaches out to non-renewed members on an annual basis. It was pointed out that a major concern is that there are no national regulations for the Fitness and Personal Training industry. With no official regulating body people are free to teach or train without a license.

Many suggestions were heard and a general agreement among the FNB members is that a strong Marketing campaign would help to educate the public and potential Leaders/Trainer as to the importance of certification.

9. Presentation and Approval of Financial Report

Susi Chamberlain (Treasurer) reviewed the Financial Report as circulated to the membership and posted on the FNB Website.

Motion to Accept Financial Report as presented.

Moved by: Rick Fralic

Seconded by: Terry Leonard

Motion Carried

10. Presentation and approval of Strategic Plan 2016-17: Mission, Vision, Values and, Goals.

The summary of the Strategic Plan 2016-17 as circulated to the membership and posted on the FNB website was reviewed. The Mission, and Vision were updated and Values were added. The main goals of each section were also presented.

STRATEGIC PLAN 2016-17

MISSION: "Fitness New Brunswick contributes to a healthy New Brunswick by promoting the benefits of an active lifestyle and ensuring safe, effective approaches to physical activity through certification and continuing education of fitness and exercise professionals."

VISION: "Healthy, enriching physical activity for every New Brunswicker, every day."

VALUES: Excellence, collaboration, integrity, inclusion, safety.

GOALS:

Certification: FNB will provide current evidence informed certification programs to meet the needs of our members and the public.

Continuing Education: FNB will provide continuing education that provides relevant current information and looks ahead for future trends.

Promotion of Physical Activity: FNB will identify evidenced informed benefits of physical activity and will use well defined change management processes to promote the benefits to New Brunswickers.

Organizational Effectiveness: FNB will be an effective organization by ensuring strong operational processes are used in all aspects of our work.

Marketing of Our Organization: FNB will continuously market itself to New Brunswickers as an authoritative organization on the benefits of physical activity and the training and certification of leaders.

Motion to Accept the Strategic Plan 2016-17

Moved by: Stephanie Hines

Seconded by: Lauren Rogers

Motion Carried

11. Election of Officers

The 2015-16 FNB Board of Directors Dayna Sinclair, Susi Chamberlain, Richard Fralic, Marianne Janowicz, Krista Kelter, Sabina Marco, Maureen O'Hara, Mathieu Stever and Carrie Totten were thanked for their support and contributions.

Returning Board members Dayna Sinclair, Marianne Janowicz, Sabina Marco, Krista Kelter and Carrie Totten completing their term to 2017 were acknowledged.

Dayna Sinclair offered to continue as FNB president for the remainder of her term. Put forward to the membership for approval.

Motion to Accept Dayna Sinclair as FNB president for the 2016-17 year

Moved by: Line Marr

Seconded by: Paulette LeBlanc

Motion Carried

5 Positions available for 2016-18 term.

Re offered for a second term: Susi Chamberlain.

Nominations received: Shelley Swift.

Nominations from the floor: Terry Leonard, Thandiwe (TJ) McCarthy

Nominations closed.

Motion to accept: Susi Chamberlain, Shelley Swift, Terry Leonard and, Thandiwe (TJ) McCarthy as board members for the 2016-18 term.

Moved by: Mallory McCarthy

Seconded by: Sheila Parker

Motion Carried

12. Simpson Leadership Award

After a very inspiring and heart felt introduction Dayna Sinclair presented the Gina Simpson Award to Rick Fralic. Rick Fralic is a Fitness Leader in the Fredericton area. He has been teaching classes for over 20 years and is admired by all.

13. Adjournment

Motion to Adjourn the AGM Meeting

Moved by: Maureen O'Hara

Seconded by: Lauren Rogers

Motion Carried

AGM Meeting adjourned at 1:25pm.

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BUSINESS ARISING FROM MINUTES

No business arising from the minutes of the previous meeting

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ANNUAL REPORTS

PRESIDENT

CONFERENCE COMMITTEE

MEMBERSHIP SERVICES

MARKETING AND COMMUNICATIONS

PROFESSIONAL DEVELOPMENT

**SPORT and RECREATION BRANCH:
TOURISM, HERITAGE and CULTURE**



2016-17 PRESIDENT'S REPORT

As President of Fitness New Brunswick I would like to welcome you to the 23rd Annual Fitness NB Personal Training and Fitness Summit.

This year's theme is "The Future of Fitness". The fitness industry is at an exciting time as more and more people, no matter what age, are realizing that being active is important to a long, healthy lifestyle. As fitness leaders, we are seeing more active seniors joining our classes. Many people are looking to become more active so that they can help boost their energy, maintain their independence, protect their heart, and manage symptoms of illness and pain as well as help manage weight. Regular exercise is also good for mind, mood and memory. People at all ages, are also very interested in functional fitness so as fitness leaders you tend to plan your workouts with those things in mind for your clients either as a personal trainer or group fitness instructor. People also have busy lives so they are looking for a quick, fun, effective, intense workout so that they do not have to spend hours in the gym. Our goal as fitness leaders is to provide programming that will meet their needs so that they live independently for as long as possible, increase self-confidence and to help motivate people so their future is healthier.

I would also like to take this opportunity to thank the Province of New Brunswick – Sport and Recreation Branch through the Department of Tourism, Heritage and Culture for their continued financial support as without the grant that we receive, Fitness NB could not exist. To our sport consultant, Jamie Shanks, who has guided Fitness NB so that we strive towards similar goals that the government is trying to achieve and to continue to strive to meet Fitness NB's vision – "Healthy, enriching physical activity for every New Brunswicker, every day."

Thank you to all the staff and fellow board members of Fitness New Brunswick for all of their hard work and dedication over the past year. I would like to thank our Board members for all of their time and valuable feedback and work over the past year and wish you continued success in the years to come.

Thank you to all of the Fitness Instructors and Personal Trainers for all of the work that you do throughout the province. Your dedication and hard work is greatly appreciated. New Brunswickers are becoming healthier and better educated about the importance of being active because of you. You are great role models throughout the province and we thank you for contributing to a healthy New Brunswick. Thank you for being here today as certification and continuing education is so important. We hope you enjoy the 23rd Annual Fitness NB Personal Training and Fitness Summit and this summit motivates you to revolutionize the "Future of Fitness."

To the Future,

Dayna Sinclair, President

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2016-17 CONFERENCE REPORT

A warm welcome to "The Future of Fitness"

The yearly FNB conference is always a work in progress. We are continuously looking for up to date information, top notch and knowledgeable presenters, and a suitable venue.

As a non-profit organization, it is challenging work, aiming to please and cater to everyone. This year, we are fortunate to have secured one of the best presenters in the industry: Krysta Popowych.

For future conference, we are also considering a permanent venue, somewhere that can accommodate us with minimal disruption of the Board volunteers and at a cost that we can actually absorb. We understand that it will not please everyone, however we have to consider all aspects of organizing a conference and that includes cost of the venue, payments for the presenters, the main meal, snacks provided and lastly, moving equipment from one location to another. We are trying to keep the cost of the conference as low as possible, and these are the steps that we have had to take to assure continued viability. Your input is welcome!

As you enjoy the conference, please feel free to share your ideas and give us constructive feedback on presenters that you would like to see.

Have fun!

Line Marr, Chair

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MEMBERSHIP SERVICES MARKETING AND COMMUNICATIONS PROFESSIONAL DEVELOPMENT

Membership Services: Our office staff of a full time Executive Director and a Part time Membership services Coordinator serves 200 FNB members located in New Brunswick and Prince Edward Island. As a Canadian Society for Exercise Physiology (CSEP) certified Bronze Affiliate we also offer communication and educational support to over 200 of the CSEP Certified Personal Trainers and Exercise Physiologist across Atlantic Canada. FNB was fortunate to be given a grant through the Canada Summer Jobs program to hire a student for an 8 week placement. We were pleased to have employed Jordan Townsend, a UNB Kinesiology student fill this position to assist with the increased support required during the summer months.

Marketing and Communication: FNB is pleased to continue to provide services to Affiliate and Individual Members in both official languages where possible. Our training courses are presented with English materials; however; we provide bilingual course conductors where requested. We are striving toward providing the specialty performance standards and written exams in both official languages.

The FNB Website was updated this year to include a public search for FNB certified exercise leaders and personal trainers. The FNB website is also linked to the National Fitness Leadership Alliance (NFLA) and The International Confederation of Registers for Exercise Professionals (ICREPs') to allow National and International access to our certified members. FNB is also refreshing the look of the website and streamlining the content to make it more accessible and user friendly. A members Forum in the login will also available for members to post questions and receive answers related to Fitness, Exercise, Health and Wellness.

Professional Development: The FNB certification criteria is the NFLA standard for exercise leaders across Canada. Our courses contribute to our mission by teaching future FNB fitness leaders and personal trainers the skills and the knowledge they need to lead safe, effective approaches to physical activity. We are fortunate to have partnerships with The Saint John Aquatic Centre, the UNB Faculty of Kinesiology and The STU J.B. O'Keefe Fitness Centre who all allow us to utilize their space to run our courses at a reduced rate. Over the past 5 years FNB and UNB URec have progressively worked together to train and, certify fitness leaders and personal trainers who are now employed within the New Brunswick communities. FNB is working towards streamlining the specialty courses by providing updated and relevant course notes. So far we have completed notes for the Resistance Training, the Older Active Adult and the Yoga Fitness specialty courses.

Funding: Fitness NB thanks the Province of New Brunswick who continues to provide us with annual funding through the Sport and Recreation branch of the Department of Tourism, Heritage and Culture. This funding along with the guidance from our consultant Jamie Shanks has been essential in helping us maintain our programs and improve our organization in ways that supports the New Brunswick community and our membership of exercise and fitness professionals.

Board of Directors: Fitness NB has a working board of directors who volunteer considerable time and invaluable effort which helps to progress our organization. The office staff is grateful for their support and we look forward to working with the returning and new directors in the upcoming year.

Yours in fitness and health!

Marilynn Georgas, Executive Director



SPORT and RECREATION BRANCH: TOURISM, HERITAGE and CULTURE

On behalf of the Sport and Recreation Branch, I would like to bring greetings to the members, volunteers, staff, and Board of Directors of Fitness New Brunswick. I would like to take this opportunity to say thank you to Fitness New Brunswick for the valuable work you do for our sector as well as to contribute to a healthy and physically active New Brunswick.

This past year, I had the pleasure to work with the Board of Directors and staff to update the 2016 strategic plan and develop a new 3 year plan to take Fitness New Brunswick to the end of 2020. Much work has been done by the board and staff to ensure this plan will build on past achievements but also continue to build organizational strength of Fitness New Brunswick and to effectively meet the needs of its membership. I encourage all members and volunteers in assisting to action this plan in order to not only meet its objectives but to exceed the objectives.

New Brunswick's Recreation and Sport Policy Framework

You may or may not be aware of the renewal process of the *1994 Sport and Recreation Policy for New Brunswick*, that has been in process since the Spring of 2016. The new *Recreation and Sport Policy Framework* will convey a set of concepts, principles and roles to guide the use and evolution of New Brunswick's recreation and sport system into the next decade; and will build the relationships needed to ensure that individuals, families and communities benefit fully from the system's impressive potential to enhance quality of life. It should be stated that this is not a "government policy" it is a recreation and sport policy framework that is to be used by all within the system as well as all partners and stakeholders of the system.

Policy Framework Status Update

- The document is close to becoming a final public draft. This Policy Framework will supersede the 1994 Sport and Recreation Policy for New Brunswick.
- The document transforms the 1994 Sport and Recreation Policy for New Brunswick to:
 - Align with the Canadian Sport Policy 2012 and the Framework for Recreation in Canada 2015;
 - Modernize and clarify the fundamental principles upon which the provincial recreation and sport delivery system is based;
 - Strengthen the understanding amongst delivery system partners and stakeholders of the varying roles and responsibilities each have;
 - Heighten overall awareness that the recreation and sport delivery system exists to play a part in the achievement of key goals in a wide variety of policy fields;
 - Help guide the further development of recreation and sport in New Brunswick;

What does the New Brunswick's Recreation and Sport Policy Framework mean for Fitness New Brunswick? In a nutshell, this document will serve two primary purposes:

- 1) It will clarify, guide and coordinate roles and responsibilities and influence the work of recreation and sport delivery system and its partners in order to improve the lives of New Brunswickers; a system that fitness and active living are definitely part of;
- 2) It will guide all recreation and sport stakeholders and partners when developing their own policies, strategies and programs and support collaboration.

In closing, I encourage you to celebrate the great work Fitness New Brunswick has accomplished this past year, and our branch looks forward to continuing our work together in the coming year.

Respectfully submitted,

Jamie Shanks

Consultant / Conseiller

Sport and Recreation Branch / Direction du sport et des loisirs

Tourism, Heritage and Culture / Tourisme, Patrimoine et Culture



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FINANCIAL STATEMENTS

APPOINTMENT OF AUDITORS

The firm of Shannon & Buffet, LLP Chartered Accountants were hired for a four year term to prepare a full audit for 2015-2016 and unaudited financial statements for the years ending March 31, 2017, 2018 and 2019.



FINANCIAL REPORT 2016-17

Statement of Revenues and Expenditures

	<u>Fiscal 2016-2017</u>	<u>Fiscal 2015-2016</u>
REVENUE		
Funding (Provincial)	\$ 65,000.00	\$ 65,000.00
Funding (Federal)	\$ 2,556.00	\$ 0.00
FNB Membership	\$ 12,941.00	\$ 10,261.00
CSEP Affiliate Services	\$ 7,875.00	\$ 11,025.00
FNB Group Fitness Insurance	\$ 3,960.00	\$ 3,750.00
Certification/Recertification	\$ 36,816.00	\$ 18,635.00
Other Income	\$ 1,391.00	\$ 221.00
Conference	<u>\$ 11,100.00</u>	<u>\$ 11,758.00</u>
Total Revenue	<u>\$141,639.00</u>	<u>\$120,429.00</u>
EXPENSES		
Salaries and Employee Benefits	\$ 58,886.00	\$ 60,003.00
Office Expenses	\$ 21,219.00	\$ 15,770.00
Website & IT services	\$ 3,646.00	\$ 7,927.00
Annual Audit/Review	\$ 2,400.00	\$ 3,375.00
Meetings	\$ 2,619.00	\$ 2,560.00
FNB Leadership Insurance	\$ 4,620.00	\$ 2,753.00
FNB Certification/Recertification	\$ 24,569.00	\$ 16,138.00
Conference	<u>\$ 9,711.00</u>	<u>\$ 15,128.00</u>
Total Expenses	<u>\$127,670.00</u>	<u>\$123,654.00</u>
Surplus of revenue over expenditures	<u>\$ 13,969.00</u>	<u>(\$ 3,225.00)</u>
Net assets, beginning of year	<u>\$ 57,683.00</u>	<u>\$ 60,908.00</u>
Net assets, end of year	<u>\$ 71,652.00</u>	<u>\$ 57,683.00</u>

Susi Chamberlain, Treasurer

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BOARD of DIRECTORS: 2016-2017

FNB would like to thank the 2016-17 BOD for their service over the past year and extend an additional thank you to members Sabina Marco and Dayna Sinclair who are not returning for another term.

DAYNA SINCLAIR: PRESIDENT

SUSI CHAMBERLAIN: TREASURER

MARIANNE JANOWICZ: PRESIDENT ELECT

KRISTA KELTER: DIRECTOR

TERRY LEONARD: DIRECTOR

SABINA MARCO: DIRECTOR

LINE MARR: DIRECTOR (CONFERENCE)

THANDIWE (TJ) MCCARTHY: DIRECTOR

SHELLEY SWIFT: DIRECTOR

CARRIE TOTTEN: DIRECTOR

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BOARD of DIRECTORS: 2017-2018

Returning Board Members

MARIANNE JANOWICZ: DIRECTOR
Re offering for (2017-19) President (2017-18)

SUSI CHAMBERLAIN: TREASURER (2016-18)

TERRY LEONARD: DIRECTOR (2016-18)

SHELLEY SWIFT - DIRECTOR (2016-18)

THANDIWE (TJ) McCARTHY - DIRECTOR (2016-18)

LINE MARR – DIRECTOR (2016-18)

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BOARD of DIRECTORS: 2017-2018 ELECTIONS

PRESIDENT

MARIANN JANOWICZ: Put forward for membership approval.

Committees:

The appointed directors will chair or co-chair their choice of one of the following committees, which will consist of FNB volunteers.

Please consider either volunteering for the Board of Directors or as a committee member.

- Marketing and Communication
- Professional Development
- Conference

4 Positions Available

Re offering for 2017-19

KRISTA KELTER: DIRECTOR, 2016-17
CARRIE TOTTEN - DIRECTOR 2016-17

Nominations Received:

TOBY PEARDON (PEI)
MARILYN "CHRISTINE" TITUS

Nominations from the floor: No nominations received from the floor

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SIMPSON LEADERSHIP AWARD

At the 2009 Fitness New Brunswick Annual General Meeting, a new recognition award was unveiled in honour of Gina Simpson.

The Simpson Leadership Award will be given to the fitness leader who has demonstrated outstanding leadership, contribution and commitment to the fitness industry.

Each year Fitness NB will seek nominations of individuals who have made significant contributions to the promotion of health and fitness through outstanding leadership in their community.

This award is presented every year at the Fitness New Brunswick Annual General Meeting.

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GINA SIMPSON LEADERSHIP AWARD RECIPIENT

Our recipient of the Gina Simpson award this year is Alina Cress who believes in the Future of Fitness. She believes in always learning and keeping up with the research to develop programs for the community she lives in. She is a great mentor and leader in her community and she loves to share her knowledge with everyone – participants, co-workers and trainees alike. Her easy smile, approach and kindness makes her a world class leader and presenter.

Alina promotes physical activity and encourages others to be active, helps guide them to the right classes for themselves and is attentive to everyone's needs. Here is a quote from one of her nominees – "No matter my mood on a particular day, through her encouragement and enthusiasm, and most of all caring attitude, I always look forward to attending a session. Afterwards I am always enthused and invigorated. She explains how our exercises and postures affect our body and muscles and encourages each participant to work at their own pace respecting how their body feels. Her individual attentiveness to every participant brings a positive atmosphere to the class."

Alina has been invaluable to FNB as well. She is an instructor and course conductor for FNB in Portable Equipment, Indoor Cycling and Older Adult Fitness. She has revamped the course notes and developed a PowerPoint presentation for the Older Adult Specialty course in her spare time. She also mentors many students to become FNB certified here at the University of New Brunswick as the Program Coordinator of Recreation Services. She is a CSEP-CPT, a Yoga Teacher, Functional Aging Specialist and Bone Fit trained through Osteoporosis Canada and is working on her Masters in Exercise Science through the University of New Brunswick.

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GSL Nomination Letters

September 15, 2017

I nominate Alina Cress for the Gina Simpson Leadership Award for her outstanding work in the fitness industry and for her participants. She promotes physical activity and encourages others to be active, helps guide them in the right classes for themselves and is attentive to everyone's needs.

I have met Alina 6 years ago when I moved to Fredericton and join the URec team as a fitness instructor. Since then, Alina has grown in her role at Recreation Services (URec), from Strength Centre & Training Coordinator to Program Coordinator where she now oversees all fitness programs and classes. Since becoming the coordinator, she was able to form a fantastic partnership with FNB where she willingly and with great enthusiasm developed a mentoring program which is designed to help and train future instructors to complete their certifications once a course is completed. She also takes the time to train instructors one on one as required. She generously shares her time and knowledge to help in the personal growth of all her trainees. Her gift of easy delivery and mentorship abilities are well appreciated by all who has the pleasure of working with her.

In her "spare" time, she also worked tirelessly at revamping the Older Adult fitness program manual and is also a trainer for this program.

Alina has a wealth of knowledge in many branches of fitness that she shares openly with all her participants, co-workers and trainees alike! Her easy smile, approach, kindness makes her a world class leader and presenter. We are lucky to have her!

Sincerely, Line Marr

Linemarr@hotmail.com 506-206-1933



I am happy to endorse the nomination of Alina Cress for her support of people's quest for fitness. She regularly uses her deep knowledge and wisdom to first guide individuals to the best classes for them and then to adapt exercises to match each participant's capabilities.

No matter my mood on a particular day, through Alina's encouragement and enthusiasm, and most of all caring attitude, I always look forward to attending a session. Afterwards I am always enthused and invigorated. She explains how our exercises and postures affect our body and muscles and encourages each participant to work at their own pace respecting how their body feels. Her individual attentiveness to every participant brings a positive atmosphere to the class.

Sincerely,
Barbara St-Laurent

Gina Simpson Leadership Award

I would like to endorse the nomination of Alina Cress by Line Marr for the Gina Simpson Leadership Award for her outstanding leadership and dedication to improving the health and well-being of all her students and by leading her team of fitness instructors to strive to give their best when they conduct a fitness class.

I first met Alina when she taught the indoor cycling instructor course that I attended. Having many years teaching and assessing students in my previous profession, I know the time and preparation it takes to deliver a successful class. Alina far exceeded the standard requirements of the theory and practical content of the course. She would share her professional experience with the class and explained the complex portions of the course so that all the students could understand and grasp the content. When I see Alina, I see a true leader who is always smiling and having fun in her field. Her welcoming demeanor invites anyone to ask her tough questions to which she always has the answers. I have sought her expertise on many occasions when I was seeking guidance on how to address certain issues that I experienced in my indoor cycling classes, specifically, with students who had medical issues and could not carry out the same drills that the remainder of the class could do. She was quick to show me alternate ways to teach my class to participants who had mobility issues. She has demonstrated on numerous occasions that she can take the most complex things and break it down so that it can be easily understood. Alina is an excellent mentor.

Alina strives to give 110 percent in everything that she does. She is the conduit for senior adult fitness training and she is well respected by all her students, staff and colleagues. Her caring attitude for the health and well-being and treatment of the elderly that attend her classes goes above and beyond. Her *joie de vivre* persona, sense of humour and bubbly personality are contagious and always lifts the spirit of anyone who is around her.

She is quick to share any new fitness practices with her staff and offers everyone the opportunity to sit in on any one of her specialized classes to enhance their knowledge. Her meticulous work ethic and staying current in her field speaks volumes to her professionalism and dedication as a fitness instructor. She leads by example and does not expect her staff to do anything that she couldn't do herself. She always has her students' health and well-being at heart and takes the time to recognize any limitations or concerns they may have.

My positive and enjoyable experience as an instructor at Recreation Services (URec) is due to the inspirational leadership of Alina leading the team. She is the main reason that I teach at there. Coming into a welcoming environment makes it fun to teach and I aspire to become an instructor as knowledgeable and charismatic as Alina. Alina Cress is a deserving nominee for the prestigious Gina Simpson Leadership Award.

Kit Charlebois
Certified Indoor Cycling Instructor, FNB

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