

RFWA HISTORY

- **The Richmond Fitness Association became a non-profit society in August 1984**
- **It was one of the first community associations to offer fitness classes in Richmond. These classes were located in the RCAF Forum on Sea Island and had up to 100 participants on a regular basis. Classes also included Pre-natal and a baby sitting service that was like a pre-school and like no other service in Richmond.**
- **At that time the Heart Wellness class was offered as an outdoor walking class for cardiac patients. This was a Phase 3 cardiac class and over the years had a doctor oversee the participants, on a volunteer basis.**
- **As the community started to grow and community centres were built fitness classes were offered within neighborhoods.**
- **The RFA fitness class was moved to the Minoru Pavilion and was expanded to include noon and after work classes as well as daily morning classes with the baby sitting service still being offered.**
- **Classes were also expanded to include Osteofit, Healthy backs and a more comprehensive cardiac class.**
- **The RFA also began offering Instructor Training courses and workshops.**
- **The corporate sector also became a component of our programs. Canada Post became a client and the RFA put together a Train the Trainer program for them. This trained their employees to instruct other employees in a Stretch program.**
- **The Vancouver Airport Authority became a client in 2000 and is a client to this day. A stretch and strength program was provided to them on a daily basis for over two years. During this time their workplace injury rate decreased noticeably. Currently I am visiting their airside Firehall twice a week leading a stretch and strength program to their airfield maintenance and ERS staff.**
- **We have also done lunch and learn, weight room orientation and consultation of weight room equipment.**
- **It soon came time to look at the balance sheet and our more successful programs were helping to pay for our smaller programs.**
- **We were starting to focus on programs that were not being offered elsewhere in the community. This was our passion but**

also proved to be a hard type of class to sell. We did not have the staff and you can only rely of volunteers for so much.

- **At the end of 2001 the board made a decision to dip into our savings and hire a consultant to see what our options were.**
- **After much research the final report was delivered in April 2002.**
- **We had three options: Fund raise like crazy and build or buy a building suitable for a wellness centre, dissolve completely or reinvent ourselves.**
- **Option 1 to fundraise and build or buy was beyond our capability.**
- **Option 2 was really not an option as the board still felt we could do something good in the community.**
- **Option 3 became the choice. We set out and recruited a few new volunteers, met and planned a new strategy.**
- **We discontinued providing programs and became an Advisory board.**

NOTES FOR PRESENTATIONS

- The Richmond Fitness & Wellness Association evolved from the re-organization of the Richmond Fitness Association in 2002.
- The RFWA is a community association under the umbrella of the City of Richmond.
- After some hard work and planning a powerful Mission Statement was developed

The Richmond Fitness & Wellness Association's mission
Is to raise awareness, encourage participation, and champion health and wellness initiatives by identifying, creating and promoting opportunities for healthy living.

- With the development of this Mission Statement came the development of Values

Integrity	We will provide and promote credible, Purposeful opportunities in a Professional manner and in an Environment of mutual trust and respect
Team	We will work with a variety of partners in the community To provide leadership and communicate health and wellness initiatives in a caring and compassionate way to All members of the community.
Innovation	We will use available research tools and resources to Develop and connect the community to innovative Programs, services and information.
Wellness	We will use a holistic approach to empower individuals of Community to attain a healthy lifestyle.

- The RFWA recognizes the importance of a healthy lifestyle for everyone, young and old and it is our goal to give this opportunity to all citizens of Richmond.
- Over the next year we hope to come out to groups like yours to let you know that we are ready to help in anyway to make this happen.
- Wellness is our passion and we would like to create that passion in everyone.
- We will be sponsoring an event of May 6 called "Come Play with Us"
- This is in celebration of Move for Health Day, May 10.
- Move for Health Day is a World Health Organization initiative. All communities in British Columbia are participating to see who is the most active community. This will be tracked on their website.
- Partners in World Health Day include Aboriginal Sports and Recreation Association of B.C./Active Communities/Action Schools BC/ Active Civic Employees network/Arthritis Society/ BC Healthy Living Alliance/ BC Ministry of Health/BCRPA/Canadian Cancer Society of BC & Yukon/Heart & Stroke Foundation/B.C. Lung Association to name just a few.

- The RFWA is sponsoring an event
- Our local event on May 6 is taking place at Minoru Park and Clement Oval
- Our partners include the Hearth & Stroke Foundation, Canadian Cancer Society and the City of Richmond.
- The event will involve participants moving through various stations with their Play Passport. After completion of each station their passport will be stamped and when completed they will be rewarded with a Come Play with us gift bag.
- The gift bag will include a small lifestyle pak, bottle of water, shoe laces and information on bike safety. We would like to ask your help in promoting this event to your friends and family. I have brought along a small promotional handout if you would like to take one.
- Thank you for this opportunity to speak to you today and if there are any questions I would be happy to answer them.