

Jeff Doyle bio:

Jeff Doyle currently works at the BC Recreation and Parks Association as the Fitness Program Manager where he manages the Fitness Certification Program. The BCRPA Fitness Program is responsible for educating and training future Fitness Leaders as well as maintaining industry standards and currently has a membership of over 3400 Fitness Leaders across BC. Jeff holds a bachelor's degree in Human Kinetics and has over 10 years of experience in the fitness industry as a personal trainer, educator, administrator and entrepreneur. His experience includes working with a variety of clientele all the way from cardiac rehabilitation to high performance athletes and everyone in between. This experience serves him well in his current position as the BCRPA Fitness Program Manager to ensure programs and initiatives are relevant, practical and truly engage our population in physical activity.

BOOMER-FRIENDLY BOOT CAMPS

Jeff Doyle

Presentation Description

This session will highlight one of the most recent physical activity initiatives coming from the BC Ministry of Healthy Living and Sport in partnership with the BC Recreation and Parks Association (BCRPA), Boomers Friendly Boot Camps. Learn about how this special brand of boot camp is geared specifically for the needs and abilities of those aged 55-70 to help equip them with injury prevention tools such as balance, coordination, strength, stamina and flexibility. Information about the camps and how they operate will be made available for instructors, facilities and the baby boomer participants. Find out why this initiative is already drawing attention right across the province and how you can get involved. Presented by Jeff Doyle, BCRPA Fitness Program Manager.