



MEPA Memo — Third Edition!

January 2010

Volume 1, Issue 3

Chair's Welcome: from Jennifer Onyskie-Marcus

In This Issue:

- Welcome from MEPA Chair, Jennifer Onyskie-Marcus
- Student job shadowing information
- Vision and Building Kinesiology in Manitoba
- CSEP Corner
- MEPA Education Night
- Upcoming conference information
- We'd like to hear from you
- Employment Opportunities



Happy New Year, MEPA members! I would like to wish everyone a warm welcome to 2010!

My name is Jen Onyskie-Marcus and I am the new Chair for MEPA.

I would like to take this opportunity to thank Kristen Braid who stepped down from the Chair position from a 3 year commitment. Kristen made many strides with MEPA over the past 3 years- thank you Kristen!

We are fortunate to have Tina Hamm as treasurer again this year- thank you Tina! I would like to welcome Chrissy Wellman who has taken on the secretary role for this year. We are still searching for someone to take on the Vice-Chair position. Please contact me if you are interested!

Well, I suppose I should start with a little bit about myself; I graduated from the U of W with a BA, continued on to certify in Athletic Therapy and acquired my Exercise Physiologist certificate from CSEP. I am the Manager of Staff Wellness at Health Sciences Centre. To keep my career side balanced; I also do some personal training and contract work on top of everything else! On a personal note; my husband and I are

expecting our first child this April! 2010 will be a very exciting, but also busy year!

On the MEPA side of things, we had 12 members attend our AGM on November 20, 2009. Here are the highlights from the AGM:

- Professional membership fees to stay the same
- Student memberships will be \$10 for the first year then \$25 for remaining student years.
- MEPA e-newsletters will continue on a quarterly basis
- MEPA meetings will consist of a spring meeting and the AGM.
- Education evenings 3-4 to be held on a yearly basis (if you have suggestions- send them in). First one in 2010 at the end of January. These education evenings are to provide mini educational opportunities as well as provide an opportunity for MEPA members to meet and chat!
- Update on Kinesiology Coalition Committee of Manitoba

2010 will be a year of great beginnings! We, the executive team, will strive to bring you great education evenings, excellent information and further promote MEPA at all event and opportunities!

Keep being the motivational change for all individuals in our community; no matter where they are in the stages of change. We are a catalyst for change!

Looking forward to working together this year!

Cheers,

Jen Onyskie-Marcus, MEPA Chair

MEPA Students:

MEPA students:

Friendly Reminder - MEPA is excited to announce that we have launched a new opportunity for MEPA student members - Student Job Shadowing!

I would encourage you as a student member to take advantage of using this opportunity to gain some "hands on" experience in fitness testing. This is a benefit to you for being a student member, there is no fee for the job shadowing. Simply complete the application form found at www.mepa.ca and select your preference and we will place you with an Exercise Professional.

This is your opportunity to ask questions of an Exercise Professional and your first step in gaining some experience and knowledge in becoming a degreed professional.

See www.mepa.ca for more information on job shadowing.

Tina Hamm, MEPA Treasurer





Save the date...

Vision & Building Kinesiology in Manitoba

Tuesday March 2, 2010

6:30-8:30pm

Location: TBD

The Manitoba Exercise Professionals Association (MEPA) would like to invite you to this exciting event as we gather to cast a common vision and plan for the future of our profession.

If you have your degree or are working towards your degree it is essential that your voice be heard during this visioning and goal setting exercise. Please save the date! And please share this information with your colleagues and MEPA friends!

A promotional poster for this event can be found at www.mepa.ca. Feel free to print this and post it in your workplace or download it and send it to your colleagues.

MOVING EVERYBODY through PHYSICAL ACTIVITY

CSEP Corner

Exercise is Medicine Campaign

Did you know.....

CSEP is a Network Member of ACSM's Exercise is Medicine™ campaign? The campaign is "calling on physicians to assess and review every patient's physical activity program at every visit". The guiding principles of the Exercise is Medicine™ campaign are:

- Exercise and physical activity are important to health and the prevention and treatment of many chronic diseases.
- More should be done to address physical activity and exercise in health care settings.
- Encourage ACSM's efforts to bring a greater focus on physical activity and exercise in healthcare settings.



As a Health and Fitness Professional, you can join this campaign! The wide range of resources provided will help you educate your clients about the medicinal benefits of exercise and teach them how to speak with their physicians about physical activity. Just go to www.exerciseismedicine.org to access this great resource.

CSEP Health Screening Tools

CSEP will be releasing the new PAR-Q and PAR-MED X this spring-stay tuned!

CSEP - CEP Course Exam Dates

Written Exam - Jan 26 5-8:30pm, Feb 16 5-8:30pm

Practical Exam - time slots available Jan 30 and Feb 19

CSEP - CPT Recertification Workshops

Coming this winter. MEPA will keep you posted for dates and times.

MEPA Education night:

“Motivating through the Stages of Change” with Tom Hammond.

TUESDAY, FEBRUARY 9th 6-7:30pm

U of M: Frank Kennedy Building.

Room location- TBD

MEPA members free

Non-MEPA members \$5.

*****snacks will be provided*****





Upcoming Conferences:

Ontario Exercise Physiology Conference

Jan 22 - 24, 2010

Holiday Inn, Barrie, Ontario

www.csep.ca

ACSM's 14th Health & Fitness Summit & Exposition

Apr 7-10, 2010

Austin Hilton, Austin, Texas

www.acsm.org/summit

3rd International Congress on Physical Activity and Public Health (ICPAPH): Mobilizing Research for Global Action in Policy and Practice

May 5-8, 2010

Metro Toronto Convention Center, Toronto, Ontario

www.icpaph2010.org

IDEA Personal Trainer Institute **

Feb 25-28, 2010, Alexandria, Virginia

and

IDEA World Fitness Convention

Aug 4-8, 2010, Los Angeles, California

**conference highly recommended by MEPA member

We'd like to hear from you!

Do you have an article you'd like to submit? Have you recently attended a conference that you would highly recommend? Do you know of any continuing education opportunities that are coming up? Contact us at mepa@mepa.ca. We will include the information in our next newsletter.

Employment Opportunities

Don't forget to check the member's only area of our website for current employment opportunities!

If you have a job you would like to post please send it to us at mepa@mepa.ca. We will post it on our website free of charge.

Contact us

Email: mepa@mepa.ca

Website: www.mepa.ca

