

October 5, 2017 [Awards](#)

# Debbie Cheong awarded British Columbia Recreation and Parks Association Educator of the Year

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Communications Officer



Debbie presented with the award by Rebecca Tunnacliffe, CEO of BCRPA (L to R)

Congratulations to Debbie Cheong for receiving British Columbia Recreation and Parks Association (BCRPA) Educator of the Year! Debbie is the provincial coordinator of BC

Women's Osteofit program, an education program that incorporates fall prevention exercise for people with low bone mass and those at risk of falling.

Debbie has worked at BC Women's for the last 12 years since the inception of the program. A true champion of the program and advocate for exercise among seniors, Debbie has co-authored the BCRPA Osteofit training manual and holds workshops and presentations across the province on the benefits of activity.

The award recognizes one's commitment to their own learning, creation of unique and innovative teaching strategies to inspire students, demonstrated leadership within the fitness education community, and significant contribution to the professional credibility and promotion of fitness leadership in B.C.

Nominated by her fellow colleagues, Debbie encompasses all the above attributes that motivate fitness educators and students about the importance of movement and physical activity to improve one's quality of life. Check out the [flash mob routines](#) Debbie orchestrated among seniors in assisted living, as an example of the work she does within the community.

Thank you, Debbie, for your contributions and passion for the Osteofit program and congratulations on your well-deserved award!