

Acting President's Report

2016 presented a number of problems to FITT members never encountered previously. Firstly, a new President and also the announcement that FH, Burnaby Hospital Healthy Heart program were dis-associating themselves from a very successful Phase 4 Maintenance (run in association with FITT), leaving some 200 members in a very awkward position. The idea was to create a new model and Agreement with the Bby. Community Centers to run the program as part of their community offerings and transitioning to the program would start immediately.

It's nice to see that we are now all "*transitionized*" (or most of us) and that the "*transitionizment*" was not as painful as first imagined. Certainly it could have been handled better (and perhaps done with a smaller scalpel over longer time) but it "*seems*" to be working. Seven of our eight classes are all under the umbrella of the new FHA model which means we all individually pay our fees directly to associated Community Centers, and depending on their choice of payment options, are paying the same amount or less than before transition. The model expounds providing a program that is "*similar*" but not "*exactly as*" the same as our previous model, but able to provide the "*same weekly*" and the "*same exercise times*" as previously. It is very difficult to change "*attitudes and feelings*" of members who have grown accustomed to the same approaches to exercise for the past 14 years, for something that is "similar". Of course we are encountering "*growing pains*" but complaints have not been as great as some expected (and have been resolved to everyone's satisfaction) as well the new system opens many new supervised methods of exercise to all. Attendance is lagging somewhat, which is probably a combination "of some *participants leaving the program*" and the fact that many of our "*northern geese*" fly south for the winter, but should be returning when the weather becomes oppressively hot in California and Arizona in April.

The only exception to the model is Burnaby South who exercise in a facility that is run by the Bby School Board and Bby Parks and Recreation. The current agreement, run by FITT (on a trial basis only) is for one year and costs individuals in the program much more than the cost associated with the Community Center classes. Be assured that FITT is always looking at alternatives that may arise to better our members benefits.

As most of you are aware, FH and the Hospital , are operating their "*Phase 3*" program at Fortius Sports & Health , located on Kensington Ave in Burnaby, and costing "*who knows how much*" and is "probably based on the "*mystical waiting list*" of 80 Phase 3 graduates waiting to join a Phase 4 exercise program with an up to one year waiting list.

On February first Fortius announced they have started a drop-in program to accommodate Phase 4 within a specified time period, on a weekly /daily basis(perhaps to accommodate graduating Phase 3 people. They have also contacted FITT to see if there is any possibility of forming some sort of partnership. THE FITT board has set up a committee to meet and further explore this possibility.

FITT is also obligated to operate this year's ROL on a scaled down run in September.

Lastly and since I will not be running for re-election at the next AGM on March 29, 2017, I would like to thank the current BOD and all associated Committees and their members for the help and expertise they have provided. I hope to continue relations with Committees I am currently associated with depending on time availability and ability.