

RECOGNITION AND AWARDS

GO FIGURE! FIRST IN SAFETY

BARRIE – A local fitness facility received national recognition for complying with the Canadian Fitness Safety Standards© on March 9. The Standards are guidelines and recommendations regarding fitness-related personnel, emergency procedures, communicable disease, fitness environment, pre-screening and informed consent, and special exercising populations.

Go Figure! at 60 Laidlaw Drive in Barrie, offers an array of personalized and group services for people of all ages to improve their overall health and wellness.

“I am thrilled to be the first fitness facility in Canada to be recognized for our compliance with the Canadian Fitness Safety Standards,” says Nancy Cook, President of Go Figure! Family, Fun & Fitness. “We are a small facility providing professional fitness and wellness programs in our first year of operations. This recognition shows that we strive to meet the highest safety standards for our customers. I hope the awareness this creates will help educate people on what to look for when choosing a fitness facility.”

“We are excited that we have our first Recognized Fitness Facility and that they value the importance of safety for their members,” said Patricia Clark, Executive Director of the Ontario Association of Sport & Exercise Sciences (OASES). Currently in their 3rd edition, the Standards were developed after a lengthy consultative process with fitness facilities across Canada.

As part of the safety recognition package, Go Figure! will receive prominent placement in the CanadianFitnessMatters.ca directory when people search for a fitness facility in and around Barrie. There is a growing awareness of the importance of personal health and safety, and the site aims to help reduce fitness-related injuries and health risks by raising awareness even further through education. Launched by OASES, a non-profit organization, the site is also supported by the provincial government’s Ontario Trillium Foundation.

For more information on Go Figure, visit their Web site at www.gofigurefitness.ca or visit www.CanadianFitnessMatters.ca, Canada’s only online fitness facility directory.