

The following article was featured in the Provincial Fitness Unit magazine—The Fitness Informer—in the Fall issue of 2007.

Leader Profile: Amy Risk

Active living has always been a focus for the Risk family—it's no surprise that I ended up with a career in fitness. I don't think there was a day that went by our household without some kind of physical activity. From Jazzercise to a record player with mom and Aerobics at the Veiner Centre with Nana—not to mention countless hours of dance classes and of course cheering on my brothers at the hockey rink. Even now, much of our family's conversation is centered around yet another sport—GOLF! (Way to go on your 3rd hole-in-one Dad and Mom's 1st hole-in-one!)

After high school and the regular discipline of my ballet and jazz classes ended, it didn't take me long to find my way into the aerobics studio. It was a no-brainer to switch my studies from Business to Fitness in my second year when the new Fitness Leadership Diploma program was introduced. Along with my studies came my very first certifications: Strength and Conditioning and Group Fitness Specialties with the AFLCA; and the STFA (Standardized Test of Fitness Appraiser). This certification then became the CSEP-CFC (Canadian Society of Exercise Physiology-Certified Fitness Consultant) and is now CSEP CPT (CSEP-Certified Personal Trainer)—now that's evolution.

The AFLCA CEC requirements have and continue to keep me motivated and current on all the industry's trends. Since 1994 I've enjoyed teaching everything and anything including step, hi-lo, ballet fitness, aqua fit, stability ball, boot camp, box, balance training, dynamic movement, roll and release, hip hop, workplace wellness and my latest passions pilates and yoga. Now, as a certified Yoga Association of AB Teacher and Stott™ Pilates Instructor, I enjoy bringing these two great disciplines to participants of all ages and abilities. It has been a great experience creating classes for target groups like Yoga for Men, Wheelchair based Pilates and Yoga, Gentle Yoga, Yoga for Athletes and Yoga for Kids.

My greatest rewards as an instructor and personal trainer have not come from participant results of most inches lost or max weight bench pressed. The highlights of my career are the smiles, thank you's and hugs from the participants that had fun, learned a little or a lot about themselves and above all—SUCCEDED!

So after 13 years of full time fitness experience—5 years in a private club and 8 years with the YMCA—what's next? I am now excited to be with the Medicine Hat College Be Fit for Life Centre as their Outreach Coordinator. It's been just 3 months and I've been having a blast traveling throughout our region presenting fitness to communities, schools and workplaces. Zakk Morrison (Be Fit for Life Centre and Sport Development Centre Coordinator) and I are especially excited about our "Live Outside the Box" School Yoga Program that we are designing over the summer and presenting to schools in the fall.

Along with my position at the Be Fit for Life Centre, my long time co-worker Krista Olsson-Campbell (an AFLCA Trainer of Fitness Leaders and CSEP-CEP) and I are taking a leap of faith and realizing our dreams as new studio owners. We are beyond ecstatic with the opening of the Blue Butterfly Yoga and Pilates Centre. *web: bluebutterflyyoga.com*

So now the cycle continues as my fiancée Chris and I haul our kids to hockey rinks and soccer fields and yes to the occasional yoga class too! I got jazzercise, my kids get yoga—I wonder what will be inflicted upon my grandchildren...mmmmmm.

*"Let the beauty we love be what we do.
There are hundreds of ways to kneel and kiss the ground."
-Rumi*

