



The Manitoba Fitness Council (MFC) is the local organization that represents the National Fitness Leaders Alliance or NFLA. MFC offers this nationally recognized program to potential fitness leaders in Manitoba. MFC has also been endorsed by the Province of Manitoba to provide approved fitness leadership certification.

The Manitoba Fitness Council is a non-profit organization that has been certifying fitness leaders since 1986 and currently has over 500 Fitness Leader members in the Province of Manitoba.

The Manitoba Fitness Council provides its members with ongoing educational opportunities through workshops, conferences and newsletters.

MFC is an organization that strives for excellence both in the programs that we provide and the leaders that we send out in to Manitoba Communities. Our leaders are Physical Fitness Ambassadors who help lead our communities towards better health and well being.