

## Finding a Registered Exercise Facility or a Registered Exercise Professional near you

160+

In New Zealand there are over 160 Registered Exercise Facilities that only use the services of Registered Exercise Professionals (and there are over 1400 registered professionals!).



To find a Registered Exercise Professional or facility near you just call REPs on 0800-55-44-99 or visit the REPs web site at [www.reps.org.nz](http://www.reps.org.nz)

*Our advice to the public is to only use the services of Registered Exercise Professionals. The simplest way to ensure you are using a registered professional is to go to a Registered Exercise Facility. REPs can provide you with a list of facilities near you by calling 0800-55-44-99.*

### How to become a Registered Exercise Professional

Your first step in becoming a Registered Exercise Professional is completing a course that is registered with REPs (courses are available throughout New Zealand). For a list of courses, and more details, visit the REPs web site [www.reps.org.nz](http://www.reps.org.nz)

### How to Contact REPs

The New Zealand  
Register of Exercise Professionals  
PO Box 22-374 Christchurch  
Ph: 0800-55-44-99  
Fax: 0800-248-348  
[www.reps.org.nz](http://www.reps.org.nz) [info@reps.org.nz](mailto:info@reps.org.nz)

REPs Partners:



# How to get safe and effective exercise advice.

*In New Zealand there are standards for both individuals and facilities delivering exercise advice.*

*Read inside for more details on how this can benefit you.*



## What is the Register of Exercise Professionals (REPs) ?

In New Zealand the recognised standard for individuals delivering exercise advice is registration with the New Zealand Register of Exercise Professionals (REPs).

REPs is an independent organisation, set up as a charitable company, whose sole purpose is to set recognised standards for exercise professionals in New Zealand.

REPs not only sets and administers standards for individuals, but also exercise facilities and education providers who train the individuals. This means that members of the public can be assured that all individuals and facilities registered with REPs meet strict standards, and that most importantly, they can deliver safe and effective exercise advice.

*In effect, verifying an individual's or a facility's registration with REPs is your "Warrant of Fitness Check" that industry standards are being met.*



## What is a REPs Registered Exercise Professional?

An individual that successfully registers with REPs is called a Registered Exercise Professional. This means that they meet strict industry standards to deliver exercise advice and/or demonstration. In addition, to maintain registration an individual must continually upskill to keep up to date with the latest trends and developments in exercise delivery.

To protect the public, all registered exercise professionals are bound by a code of ethical practice, that covers professional standards and conduct of the individuals. REPs has a complaints process to deal with any breaches of the code.

All REPs Registered Exercise Professionals are issued with both a registration card and a certificate to enable easy identification.

*In the same way that you would use a registered Physiotherapist for injury treatment, using the services of a REPs Registered Exercise Professional is the only recommended way to ensure your exercise advice is both safe and effective.*

## What is a REPs Registered Exercise Facility?

REPs has made it easy for the public to find a Registered Exercise Professional, by also registering exercise facilities. ***A Registered Exercise Facility only uses the services of Registered Exercise Professionals.*** In other words, by going to a Registered Exercise Facility, you can be assured that every individual there that gives exercise advice or demonstration is registered at the level appropriate to their role.

A REPs Registered Exercise Facility is also bound by the Fitness New Zealand industry code of ethics, which offers many protections to users of the facility (details can be found on the REPs web site — [www.reps.org.nz](http://www.reps.org.nz)).

***Our advice to the public is simple — only use the services of REPs Registered Exercise Facilities. You can find a list of facilities near you by calling REPs on 0800-55-44-99.***

***Just as the best way to receive safe medical advice is to visit a GP Clinic, the best way to receive safe and effective exercise advice is to use a REPs Registered Exercise Facility.***