

Why Register as an Exercise Professional?

REPs is **THE** registration body for the exercise industry, with the majority of exercise facilities in New Zealand **ONLY** employing REPs Registered Exercise Professionals. Registering with REPs is the expected and right thing to do with around 2000 exercise professionals already registered in New Zealand.

Recognition: REPs registration gives you immediate recognition as an exercise professional and is your annual "license to operate" in the industry.

Differentiate Yourself: Registration clearly enables exercise professionals to differentiate themselves from the 'cowboys' of the industry who have little or no training. We all know of the individuals who claim to be 'qualified', but give incorrect and potentially dangerous exercise advice. REPs message to the public is very clear – use **ONLY** the services of REPs Registered Exercise Professionals!

Portability: Registration with REPs also gives you immediate recognition in over 35 other countries (Australia, The United Kingdom and the European Union).

Do the Right thing: If you are a professional working in any industry you should register with your professions registration body. This ensures that the registration body can collectively promote the benefits of using professionals in that industry – which in this case is you!

Added Benefits: Although these not the principal reason to register, REPs registration also provides you with a range of valuable additional benefits and services which add extra benefit to your registration. Please read on for further information.

Additional Benefits for All Exercise Professionals

International Portability of Registration – Registration is now expected internationally with more and more countries developing registers. We often hear the horror stories of unregistered exercise professionals moving overseas and unable to work and having to spend thousands of dollars to prove that they are able to perform their role. If they had simply been REPs registered in New Zealand, they could have avoided these problems.

Your New Zealand REPs registration is recognised by our 35 plus partner countries through our portability agreement. For further information on portability, visit www.reps.org.nz.

Network Australia E-Membership for Free Worth over \$100 - This membership provides you with a valuable e-magazine and quality online resources for both trainers and group exercise instructors. The membership also gives you access to the FILEX conference in Sydney at the special members' rates.

Industry News and Events - Keep up to date with receive regular information on key industry news and events through newsletters and our own REPs E-news.

Ongoing Education Savings - Discounts for a wide range of ongoing education courses and training.

Industry Conference 50% Discount - The GetNZActive Conference run by Fitness NZ is the not to miss annual industry event! The conference has an amazing line up of presenters and speakers bringing you the latest updates, research and information on group exercise, personal training and exercise in general. You will receive a substantial 50% discount of the registration fee to attend (saving you up to \$250!).

Special Exclusive Deals and Offers - Access to specially negotiated discounts on products and services including mobile phone plans and other services.

Additional Benefits for Personal Trainers

Use the power of your REPs registration to promote yourself - Promoting your own professionalism as a REPs Registered Exercise Professional is a very powerful message to share with current and new clients. By adding REPs branding to your business cards, profiles, website, and the forms you use with your clients, you are able to promote 'to the world' that you meet the New Zealand and international standards to operate as an exercise professional.

To access the REPs logo, you can download this directly from www.reps.org.nz/logo.

REPs Resources and Tools for Trainers - You have access to a range of stylish and practical tools to help you operate your business, while at the same time promoting the benefits of using REPs registered trainers.

REPs has just released a new range of cards for trainers to use with clients (appointment, planning, goal setting, referral), pre screening forms and other client forms. These tools are free in some cases or at a nominal cost and are ONLY available for REPs Registered trainers.

The new tools provide trainers with a clear point of difference in professionalism and marketing.

Professional Risk Insurance Included - Personal Trainer Contractor registration includes public liability, statutory liability and professional indemnity insurance offering peace of mind and protection for the trainer, their clients, and any facility from which they operate. This insurance cover can be very expensive to purchase elsewhere, but is included with PT Contractor registration.

Free Online Profile Page - It is very simple to create your own publicly searchable profile page with an email link on the REPs website. Create an online presence and ability to promote yourself 24 hours a day, seven days a week for free. To get started, simply log on to the REPs website and select edit profile to get underway.

The profile page also provides Personal Trainers with the ability to add a photo, information on their services, and an easy email link for members of the public wishing to enquire about using their services

Professional Email Address for FREE – It is essential that Personal Trainers **MUST** have a professional email address (no more hotmuscles999@hotmail.com!). You can have your own personal email @registeredtrainer.co.nz for free! Simply choose your preferred email address user name on the application form to become a registered exercise professional.

Credit Card Processing Exclusive Savings – REPs has negotiated a heavily discounted Visa and Mastercard processing scheme which allows trainers to charge clients by credit card. No need for an eftpos terminal as the scheme includes complimentary online access for payment processing.

REPs Online Yellow Pages Advertisement – REPs owns the New Zealand wide banner advertisement at www.yellow.co.nz in the categories of health and fitness, weight loss, personal trainers, Pilates, and diet and nutrition. REPs message in our advertisement is clear – use **ONLY** REPs Registered Exercise Professionals. If you have your own yellow pages advertising, by mentioning REPs in your advertisement you will gain leverage and benefit through your professional registration with REPs.

Personal Trainers Council of NZ - Free Membership – The council gives trainers the ability to network and share ideas. Many trainers have commented on how they can feel quite isolated dealing with the many issues and challenges that can crop up from day to day while operating their business, so the council is an excellent mechanism for supporting each other.

The council is a non profit organisation and membership is FREE for REPs Registered Trainers. Further details can be found at the council's website which is www.ptcouncil.co.nz.

Need further help or assistance?

For further information, please contact REPs directly on 0800 55 44 99. To obtain a registration form on line, simply go to our website which is www.reps.org.nz and visit the “How to Register” section.

A Sample of some of the new REPs Resources

Trainer Profiles

Introducing your REPs Registered Exercise Professional:

Firstname Surname

Personal Trainer

SPECIALTIES

- Short, fun, effective workouts for results you want to see
- Workouts designed just for you
- Improve flexibility
- Fat loss
- Boost energy and lower stress levels

PHILOSOPHY
As a personal trainer I promise to help you achieve YOUR goals:


- Personalised programs
- Create a motivating, fun, healthy atmosphere
- Constant monitoring and checking on progress

QUALIFICATIONS

- 14 years dancing experience-competition and exam level
- NCEA in nutrition
- SPARC certificate in basic coaching
- Certificate in Personal Training
- REPs Registered Personal Trainer

CONTACT

- Phone: 03 123 4567
- Mobile: 027 123 4567
- Email: name@extra.co.nz



All New Zealand Registered Exercise Professionals are bound by the REPs Code of Ethical Practice www.reps.org.nz



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Pre-Exercise Screening Form

Pre-Exercise Screen

Approved and recommended by the NZ Register of Exercise Professionals.

Please tick **yes** or **no** to the following questions:

Yes No Do you have any medical conditions that we need to be aware of? e.g. high blood pressure, heart conditions, diabetes, high cholesterol, epilepsy etc.

Details:

Yes No Do you have any bone, muscle or joint injuries or conditions? e.g. lower back, knee or hip problems, arthritis, strains, sprains

Details:

Yes No During exercise do you feel pain in your chest, get headaches, feel dizzy or faint?

Yes No Have you had any surgery or operations in the last 5 years?

Yes No Do you take any kind of medication? (excluding birth control pills)

Yes No If female, are you pregnant or post-natal?

Yes No Do you have any allergies?


Details:

Name: Contact name and number in case of emergency:

D.O.B.:

I acknowledge that the information provided above is true and correct. Should my health status change I agree to inform my registered exercise professional. I understand that I exercise at my own risk.

Signed: _____ Date: ____/____/____



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Reminder Cards

PLAN AHEAD... STICK WITH IT!



If you think ahead and plan when you will exercise on a daily basis, you are sure to be more successful than if you wait for a spare 30 minutes or so to materialise in your already busy day. Prioritise your workouts and treat them as you would a business appointment or a date with a friend.

Plan it, diarise it, do it!

PS. Put this card somewhere visible to remind you.



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Planning Cards



REMINDER

Registered by:



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SESSION PLANNER							
	MON	TUES	WED	THURS	FRI	SAT	SUN
Early							
Morning							
Lunchtime							
Afternoon							
Evening							

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REMINDER

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