



## Stretch Out To Christchurch - Earthquake Fundraising

### How You can Help Support Christchurch Trainers and Instructors

#### The idea behind this initiative

The vast majority of self employed trainers and instructors in Christchurch have lost the facility they are based from, and/or much of their client base. Almost every major gym in Christchurch is damaged, and many of smaller studios are also out of action for months to come. This means continuing to work in the industry will be a real challenge for many. REPs and FitnessNZ are working together and rolling out a whole bunch of ideas to help trainers during this time - and the funds you raise will be used to help fund these ideas.

Rather than asking you to just donate cash to help affected trainers and instructors in Christchurch, we are suggesting you raise funds by hosting events, or putting on an extra session once a week for 12 weeks.

#### Promotional poster

We have produced a poster for you to promote events you will be running in your clubs and studios. We have 2 options:

- 1) A .pdf that you can print off and write on. For this option please go to <http://www.reps.org.nz/media/Quakeposter5-1%20NZ.pdf>
- 2) A Word document with the poster as a background so that you may type details in before printing the poster off. Please use the blank space to write in details of your particular event. For this option go to <http://www.reps.org.nz/media/Earthquake%20Poster.doc>.

#### Group Fitness ideas

For group exercise instructors, an example of a fund raising idea would be putting on an extra class (for which the instructor donates their time) and charging a gold coin donation to attendees. This is great for classes that are already charged for (such as spin in many clubs) or anything popular and new. Even put on a new special class type just for this event (a "fun" class that has lots of instructors is just one idea). If you are based at a club, both the instructor(s) and the club will need to agree to put on and host the class for free.

#### Personal Trainer ideas

For a personal trainer, we suggest you allocate one "help Christchurch trainers" session per week that you offer to your existing clients (or even new clients). It's important here that any session for existing clients is on top of what they already do with you, and not a replacement for one. You can sell this session at any price you like, but we suggest you TRY to get more than normal for it if you can - some higher income clients may be happy to pay extra for a session if they know that the money is going to help people in Christchurch, but of course you can sell the session for any price you like.

#### Where to send donations collected

In all cases, we ask that you send any money received each week to the specially dedicated REPs Earthquake relief account which is: REPs Earthquake Fund 12-3148-0121312-01. Please include your name in the reference fields. If you email details

#### Need to contact REPs?

[Click Here](#) to email us if you have any enquiries or you can also contact us by either post, phone or fax:

PO Box 22374  
High St Mail Centre  
Christchurch 8142

Phone 0800-55-44-99  
Fax 0800-248-348  
International Ph  
+64-3-373-6391  
International Fax  
+64-3-373-6398

#### Need to earn CECs?

[Click here](#) to view a full list of REPs registered Ongoing Education courses

[FMA Strength Training Level 1 Millenium Institute, North Shore 4th-6th March 2011](#)

[CHEK Exercise Coach, Venue TBA Auckland, 14th-18th April 2011](#)

[CHEK Practitioner Level 1, Venue TBA Auckland, 23rd-27 April 2011](#)

[CHEK Holistic Lifestyle Coach L1, Albany Lodge, North Shore, 2nd-4th December 2011](#)

to [stephen@reps.org.nz](mailto:stephen@reps.org.nz) , we will also acknowledge your contribution.

Please tell your clients/members how the funds will be used - Supporting trainers and instructors to keep in work and delivering exercise for the people of Christchurch!

As the poster explains, the money will ONLY be used to directly help trainers and instructors. No administration costs will be deducted from these funds, nor will any direct cash grants be made to any one person - this is about us working together to help the collective Christchurch fitness industry.

Any questions? Please call REPs on 0800 55 44 99 or email [info@reps.org.nz](mailto:info@reps.org.nz)

On behalf of the Christchurch trainers and instructors, thank you very much for your support.

Stephen Gacsal  
REPs Registrar  
8 March 2011

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