



## REPs Christchurch Earthquake Support Update – Wednesday 6 April

### In this issue:

- Fight Back Friday Workshops
- Christchurch Facilities Update
- Temporary Facilities for Affected Christchurch Facilities
- PT in the Park

I am very pleased to update you on the latest support initiative from REPs/Fitness New Zealand, in conjunction with the PT Council. I strongly encourage you to take advantage of and attend the Fight Back Friday workshops. Top class New Zealand and Australian presenters have very generously given their time to help support you to get back up and running after the earthquake. Please read on for full details.

### Fight Back Friday Workshops - Start this Friday!

Register today to attend go to <http://site.fitnessnz.co.nz/earthquake-response-training-for-trainers/>

#### Helping Christchurch exercise professionals rebuild their business and support their clients.

The workshops will provide you with a wealth of take away knowledge and tools, including practical advice on how to rebuild your business after the earthquake.

The series of workshops are funded by FitnessNZ to support quake affected trainers in Christchurch. All funds raised will be used to deliver further support to these trainers.

The sessions are being held in April and May with a top notch line up of presenters including Dave Liow, Ian O'Dwyer, Ish Cheyne, Mish McCormack, Kris Tynan and Jean Scott.

**The Workshops are heavily subsidised (and free for some) for REPs registered trainers, and those who work for the Christchurch City Council** (this is because the CCC are currently in the process of registering all of their exercise professionals). If you work for the CCC, then please select the REPs registered rate and note that you are a CCC exercise professional in the notes section of the booking form below.

To book to attend the workshops please go to <http://site.fitnessnz.co.nz/earthquake-response-training-for-trainers/> .

### Christchurch Facilities Update

The good news is that more Christchurch facilities have reopened. These are:

- Christchurch City Councils Pioneer and Jelly Park Fitness Centres
- Shoreline Fitness Centre in New Brighton

Les Mills have also announced that they are close to opening a temporary facility.

We are also working closely with City Fitness and will keep you updated on progress with their Moorhouse Avenue facility.

To view the status of facilities in Christchurch, please go to the Fitness New Zealand facility map by following this link,

### 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](#)

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=200105403722367894565.00049e02128e1d2a3fcb&ll=43.471404,172.555737&spn=0.348815,0.583649&z=10&source=embed>

## Temporary Facilities for Affected Christchurch Trainers

Fitness New Zealand and REPs are currently working on options to provide temporary facility access for Christchurch trainers. We hope to have further information for you in the next fortnight. So please watch this space!

Fitness New Zealand are keeping their facility status list updated regularly, but invite you to provide any new information as facilities re-open, or any temporary space opportunities you become aware of for trainers to operate in the meantime. Please feel free to call (0800 55 44 99) or email me directly at [stephen@reps.org.nz](mailto:stephen@reps.org.nz).

## PT In the Park – Future Events

The PT in the Park event held on Saturday proved to be a great way for trainers to support Christchurch people to get back into exercise. It was great to see Jean Scott on the Breakfast show last Thursday promoting the event and how Christchurch Trainers are doing their bit to support the public of Christchurch.

We have also received a lot of really positive feedback that the vests for trainers looked great. Most of the signs produced made it back for future use (we expected the odd one to be stolen or end up as some teenager's trophy!).

To view photos of the event please go to the following link,  
<https://picasaweb.google.com/104369566103226285822?feat=email>

Would you like to be involved with the PT in The Park over coming weeks/months? This would be a great opportunity for trainers to interact in a fun way with the public and their own clients. Fitness New Zealand and REPs are very keen to provide support and promotion of the event with press releases, signage and event coordination.

Fitness New Zealand/REPs and your local PT Council representative Jean Scott are meeting to look at how the first event could be built upon further, and any ideas on how to make the PT in the Park event even more beneficial for all involved.

To be involved in future PT in the Park, or to give any feedback, if you could please email Jean Scott at [dandjsscott@xtra.co.nz](mailto:dandjsscott@xtra.co.nz)

If we can provide any assistance, please do not hesitate to contact me or the REPs and Fitness New Zealand teams. We are here to help and support you to get through the earthquake.

Best wishes

Stephen Gacsal  
REPs Registrar



## Highest Quality Health & Fitness

*"Leaders in Advanced Fitness Education"*

[FMA Strength Training](#)  
[CHEK Exercise Coach](#)  
[CHEK Holistic Lifestyle Coach](#)  
[CHEK Level 1](#)



HIGHEST QUALITY HEALTH & FITNESS  
Ph 09 478 2111 Toll Free 0800 552 8789  
[www.hqh.com](http://www.hqh.com)

