



Need to contact REPs?

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

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Fitness New Zealand and REPs Earthquake Response - Update

REPs has been working closely with Fitness New Zealand to explore various options to help find PT's 'homes' to operate their businesses (both temporary and permanent).

While we have been relatively successful in finding premises for one or two trainers at studios and clubs that are open, many of the other options we explored have proven to be unfeasible (these ideas included renting space on behalf of trainers, setting up marquees in parks, and even buying buildings to set up studios).

Another more viable alternative is to support trainers in setting up studios in their own homes and spaces which they have access to, such as garages or a room in their own home. Fitness New Zealand is very mindful that each of these scenarios require careful planning, and each location will have specific needs and therefore a simple check list may add limited value. What REPs has negotiated with Fitness New Zealand is that they will provide one on one support to personal trainers at the contractor level to help them develop both a business plan and a venue plan for setting up operations in a new venue.

To take advantage of this opportunity, please contact REPs (stephen@reps.org.nz) by the end of May so that Fitness New Zealand can allocate times.

Fight Back Friday Workshop - Saturday 28 May 2011

Dave Liow & Ian O'Dwyer - Fascia Fun and Movement/Improving your Finance Sales and Marketing

To book your place now please go to <http://site.fitnessnz.co.nz/earthquake-response-training-for-trainers/>

Book now for the next workshop with two top of the line presenters who have generously given their time to help support Christchurch exercise professionals.

This is a must attend event, and free for earthquake affected exercise professionals so don't miss this opportunity! (a workshop of this caliber would normally cost 100's of dollars!)

Dave Liow and Ian O'Dwyer (OD on Movement) from Queensland aren't fans of floods, cyclones or earthquakes. They are big fans of rebuilding, inspiring and educating the pants off your business.

Ian will deliver a cutting-edge workshop on Fascia, Fun, and Movement showing you how to use mobilisers, exercise and games to train the fascial lines.

Dave will look at how to move forward with your business to improve your finance, sales/marketing, and operations

PT in the Park - 1st and 3rd Saturday through to the end of July 2011

Local PT Council representative Jean Scott has organised in conjunction with Christchurch trainers for the PT in the Park to continue over coming months. The first event was held on Saturday 2 April and you can view photos of this event by visiting <https://picasaweb.google.com/104369566103226285822/PTINTHEPARK2APRIL2011#>.

Jean has done a fantastic job of getting the PT in the Park off the ground and cemented now as a regular event over coming months! A big thank you also goes to Jeans husband Derek who has generously given his time to put up promotional signage around the various parks.

The PT in the Park provides a win-win opportunity for all involved giving trainers the opportunity to interact with the public, and to encourage and motivate the people of Christchurch to get back into exercise. The event also provides trainers with a fantastic networking opportunity with other trainers, and to help avoid feeling isolated which can so easily happen during these more challenging times.

Fitness New Zealand and REPs are providing support with promotional posters and signage, media releases, and attractive REPs Trainer branded vests to ensure that REPs Registered Exercise Professionals are clearly distinguishable and recognisable.

To view a copy of the media release follow this link <http://www.reps.org.nz/media/earthquake/Press%20Release%20-%20PT%20in%20the%20Park%20May%202011.pdf>. You are also invited to share this with anyone who you think would benefit from participating in this event.

If you would like to be involved, then you are warmly welcome to email either Jean Scott (dandjscott@xtra.co.nz) or REPs directly (stephen@reps.org.nz).

Christchurch Polytech CPIT - Support for their past graduates

We have been contacted by course supervisor Russell Graham who has advised us of some generous support they are providing for their past Certificate in Fitness graduates who have been affected by the earthquake.

These graduates can now use the CPIT recreation centre to train their clients, with only a small payment required (\$5 per client on a casual basis, or \$40 for 10 client session visits if booked and paid in advance). There is also an arrangement available for small groups of 3 or more.

To take advantage of this opportunity, you must contact Russell Graham directly by either email (Russell.graham@cpit.ac.nz) or mobile 0274 376-417.

We would like to thank the Christchurch Polytechnic for this wonderful gesture and do hope any of their earthquake affected graduates will take advantage of this opportunity to continue operating.

Business Grow - PT half day summit Christchurch Monday 20 June 2011

Early bird closes Wednesday 11 May

Just a reminder to take advantage of the early bird rates which closes on **Wednesday 11 May 2011**.

With rates as low as \$49, this is a very low cost way to learn how to grow your business further by thinking outside of the box!

For full details and to view the brochure online, please http://issuu.com/fitnessnz/docs/business_grow_brochure

To go straight to the booking page and to book now please http://www.businessgrow.co.nz/book_now_2011.php

Both REPs and Fitness New Zealand are committed to supporting you and our industry with the earthquake recovery ahead of us all. Please do not hesitate to contact us if we can provide any support at any time.

Best wishes

Stephen Gacsal

REPs Registrar

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