



Pelvic Floor Dysfunction Affects Almost Half of all Women

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FROM: The New Zealand Register of Exercise Professionals (REPs)

Did you know that almost half of women will experience pelvic floor dysfunction at some time in their lives?

In practise that means 46% of women will at some point experience incontinence. If you have visions of people in retirement homes having bladder issues think again, as some women will experience this issue as early as their teens, and many more after giving birth.

New Zealand personal trainers and facility owners have been privileged to be educated on the latest information and research on women's health over the last 2 weeks. Marietta Mehanni from Melbourne, Australia toured the country lecturing on pelvic floor health, incontinence, and the implications for exercise. And while the statistics are alarming, Marietta has shown that this is an issue that can be significantly overcome with the help of trained professionals.

Marietta Mehanni is a world-renowned presenter and lecturer for several training providers in Australia. She is also the Pelvic Floor Ambassador for the Continence Foundation of Australia, where she has been an integral part in the development of pelvic floor awareness in the fitness and exercise industry. Marietta's role is to reduce the number of men and women who experience pelvic floor dysfunction as a result of inappropriate exercise regimes.

Incontinence is a topic often spoken in hushed tones amongst friends, and one which many men and women find difficult to discuss. With the assistance of Marietta, the conversation is now starting to happen amongst our country's best personal trainers as pelvic floor dysfunction has been openly discussed and solutions offered.

The result? New Zealand REPs Registered Trainers and facilities have at their fingertips the very latest research.

Some statistics from Pelvic Floor First:

1 in 3 women who have had a baby will experience Pelvic Floor Dysfunction (NCMS 2003)

50% over 50 will suffer prolapse (Tinelli A et al 2010)

46.2% of women have some major Pelvic Floor Dysfunction in their life (MacLennan et al 2000)

Pelvic floor education is important as women realise that this is a problem that they do not have to put up with, or manage themselves, and that with appropriate professional care they can restore their pelvic floor strength.

As a member of a gym, or a client of a personal trainer, it is essential to know your trainer is keeping up to date with the sort of developments and research that Marietta has brought to New Zealand. To ensure you are getting the safest and most up to date advice, it is essential to make sure you use a REPs Registered Trainer, and join a REPs Registered Exercise Facility. These are facilities that only use appropriately qualified and experienced REPs Registered Professionals to provide the public of New Zealand with safe exercise advice.

REPs registered facilities and professionals are committed to a continued relationship with Mehanni in the coming months as she returns to NZ to further educate exercise professionals throughout the country. Mehanni will also be presenting at the New Zealand exercise science FitEx Conference in Auckland this November as she shares the message to help the men and women of New Zealand to significantly improved pelvic floor health and awareness.

Contact Details:

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

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the “Warrant of Fitness Check” that an exercise professional and facility meet New Zealand and international standards to deliver exercise advice and instruction. REPs is affiliated globally to over 35 other national exercise professional registers through the International Confederation of Registers for Exercise Professionals (ICREPs) www.icreps.org.

