



**International Women's Day Friday 8 March 2013**

## **Celebrating the contribution of REPs Registered Exercise Professionals to the lives of New Zealanders**

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**FROM: The New Zealand Register of Exercise Professionals**

International Women's Day is celebrated worldwide on 8 March each year, and it's a time to focus on the achievements of women and the progress they have made. It is also a time to celebrate the women around us, and in this spirit, we would like to introduce two of the (many) female REPs Registered Trainers that contribute to the health and fitness of New Zealanders.

The women we have profiled here are not only helping other women improve their fitness and health, they are actively supporting other women to also provide even greater exercise and fitness services to New Zealanders.

At the same time we would like to raise our glass (or water bottle) to every woman working in, and around the fitness industry. Your professionalism, your enthusiasm and your support improve not just the health, but also the lives of so many New Zealanders. You work around your families, making time for us when we stumble, you are there for us when we need support and motivation, or just someone to smile at us and tell us we are doing ok. You don't often get the accolades you deserve, but know we think you are the greatest.

And to those women who take time to contribute to their own health and wellbeing through exercise, we think you are the greatest too.

Jean Scott knows a few things about fitness, with a career spanning 30 years she's seen and done it all, and is currently a successful REPs Registered Personal Trainer and group fitness instructor in Christchurch. She was the organiser of the recent charity fun run/walk named Run for Colour held in Christchurch. The event was aimed at bringing colour back to Christchurch and encouraged people to get active, while having fun with family and friends. The entrants started in white T-shirts and at every km they were doused in a different coloured powder. Jean explains "the end result was people being bright in colour and laughing with others. Some people that completed the course were running 4km for the first time ever, and the community had fun while being active, and it enabled people to let the inner child be free for a time. That was pretty rewarding."

Jean has also worked with a number of other Christchurch REPs Registered Trainers to put together a

mentoring scheme to help new trainers coming into the industry. She is also the Christchurch representative of the Personal Trainers Council, a non-profit organisation that offers support for personal trainers throughout the country.

So how has Jean remained in the industry for so long? “I love what I do, and I know I can make a difference in the lives of the people that exercise with me.”

Another trainer with a particular focus on women is Palmerston North’s Lauren Parsons. Lauren started her career as a group fitness instructor and now successfully combines working as a Registered Personal Trainer with running corporate fitness challenge programmes specifically for women, and raising her 2 daughters. Her latest initiative combines her love for helping women exercise with a fundraising effort for the Breast Cancer Society. Her group the Hot-Whitu Chicks, meet at a local suburb called Hokowhitu and complete a 5km walk every Saturday. Like Jean, Lauren also supports other trainers throughout NZ with her work on the Personal Trainers Council.

So why does Lauren do all this work? “I believe that all women are truly amazing, we just don’t always realise it, or live life as if we are, and this needs changing”. She has no plans to slow down anytime soon “My vision is to equip and inspire people to radically boost their health and happiness and I feel really honoured to be able to do this work”.

The excellent work by Lauren and Jean, and the many Registered Exercise Professionals around New Zealand is turning the stereotype of the fitness and exercise industry being about looks and not substance on its head. They are providing world class exercise advice to New Zealanders, and helping to support the next generation of trainers.

#### **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).

