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

### **Why Choose Group Exercise as a great way to stay healthy and keep motivated**

We are social creatures; as kids we play together, as we get older we ditch the play, but many of us engage in team physical activities such as sport, and dancing. Into adulthood our busy lives often dictate that high commitment social physical activities are off the schedule.

If you are looking for an activity fix with company, then group exercise ticks the boxes! It offers a chance to improve and maintain fitness and health, while allowing us to be the social creatures we are. Make sure though you look for a REPs Registered Facility to be certain any classes you do are safe, and will give you results.

Avril Ringrose the National Group Fitness Manager at cityfitness sees members being motivated daily by classes. Group fitness offers many more benefits than working out alone. Research shows that people are more likely to work harder and stay committed to an exercise regimen when they exercise in groups. A treadmill is never going to say “great job, or keep going!”

Back in the old days group exercise meant leotards and jumping up and down, but these days the classes are as diverse as the participants with Yoga and Pilates style classes, dance style classes, as well as the more traditional offerings. One of the main changes we have seen in group exercise is the growth into more functional style training, so just as your workout in the gym is not ‘one size fits all’, neither should a group fitness class. While some classes appeal to those in the mood to dance, many classes don’t require coordination at all.

There are many reasons to ‘get into group exercise’:

**Boredom Busting** - A great group fitness class combines exercise with an experience. The mood is always different, and there is always a great instructor up front to keep you smiling and moving. At a REPs Registered Facility, you can be sure the class you attend is of world class.

**Safety First** - In a class you know you will be getting a safe and effective warm up and cool down, and tips along the way to make sure you remain injury free. Group fitness classes are great for those who are new to exercise, as the instructor will explain everything as the class progresses. Not sure what exercise or routine to do? Try a class. Choose a class that suits your needs, and know that you will get taken through a safe and effective routine to improve your overall fitness and health.

**Part of the Family** - Avril Ringrose from cityfitness is a fan of the social side of classes. She says “Group fitness is a great way to meet others who share similar interests and goals, and forming friendships with other participants creates motivation to come back week after week”.

So where to start?

Many fitness facilities offer classes suitable for those with limited experience or new to exercise. A good example is cityfitness *Group Active*, which incorporates all aspects of fitness and exercise in a supportive training environment.

If you are keen to give group exercise classes a go, simply check out your local REPs Registered Exercise Facility by searching online at [www.reps.org.nz](http://www.reps.org.nz) , or call 0800 55 44 99 for help.

#### **Contact Details:**

For interviews and further information, please contact Richard Beddie Chief Executive, Fitness New Zealand [Richard@fitnessnz.co.nz](mailto:Richard@fitnessnz.co.nz), phone 0800 66 88 11, or Stephen Gacsal REPs Registrar at [stephen@reps.org.nz](mailto:stephen@reps.org.nz) phone 0800 55 44 99. Our website [www.reps.org.nz](http://www.reps.org.nz)

#### **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](http://www.icreps.org).

