

What to look for in a Personal Trainer

• education • experience • encouragement •



@REPsNZ



NZREPs



New Zealand Register of Exercise Professionals
Ph: 0800 55 44 99 Web: www.reps.org.nz

What to look for in a Personal Trainer

EDUCATION

Why a 'qualification' or 'certification' isn't enough.

Personal Training courses in New Zealand can range from one day through to three years. All courses are not equal, and even some of the three year courses do not meet the requirements of the role. The quality of the trainer therefore varies greatly dependent on their training and knowledge.

Are they registered with REPs?

All REPs registered trainers not only hold a qualification mapped to internationally benchmarked standards of competences and knowledge, but also specific to their role. They also must continue to upskill each year to maintain their registration. In addition, they are bound by a code that gives you protection when using them. You would expect your doctor to be registered, and even your plumber – so make sure the person dealing with your body and exercise is as well.

In New Zealand there are no laws setting minimum standards for a personal trainer. So this means anyone can call themselves a personal trainer with or without appropriate qualifications. Don't take the risk - only use a REPs registered trainer.

For a list of registered trainers in your region, visit the website www.reps.org.nz

EXPERIENCE

Do they have the relevant experience to benefit you?

Personal Trainers have different levels of experience based on their years of practice, knowledge and skill. Some trainers also specialise in certain groups of people (e.g. post natal, or specific age groups), and/or in certain activities (e.g. sports conditioning or outdoor training) or even in particular types of results (e.g. weight loss or muscle gain). Look for a trainer that can meet your needs, as well as understand what you enjoy doing – remember it's your body, and your workout.

The best advice here is to ask questions – explain your situation and background, along with what you want to achieve, and ask how the trainer would respond to that.

ENCOURAGEMENT

Will they give you the right level of support and motivation?

When choosing any role that involves personal interaction, connecting and feeling comfortable with the trainer is very important. Some want their trainer to drive them hard, others want a more supportive and nurturing role, and every trainer, just like every client, is different.

The best way to see if the trainer is right for you is to book in for a consultation with them and discuss your needs. If you want to take it further, then try a workout session or two with them.

How to find REPs Registered Trainers?

It's easy. Online www.reps.org.nz, or call REPs on 0800 55 44 99 for support.



REPs is the quality mark of exercise professionals and facilities in New Zealand. REPs Registered Exercise Professionals abide by a strict Code of Ethical Practice, and undertake continuing professional development to ensure they continuously deliver safe and effective exercise advice for you.

REPs New Zealand is a member of the International Confederation of Registers for Exercise Professionals (ICREPs) which represents over 70,000 exercise professionals around the world.

