



## **Is your Personal Trainer Up to Date with the latest Exercise Research and Techniques?**

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

The exercise industry is known for its ability to embrace the changes that come with development of science and research. There are practices that even 20 years ago would have been popular that are now no longer accepted practice. Top personal trainers, exercise instructors and facilities across the country seek to make sure the exercise they prescribe, and the tools they use are safe, effective and up to date.

The NZ Register of Exercise Professionals (REPs) understands the need for those offering exercise advice to keep up to date and supports this through its globally recognised standards for registered exercise professionals.

REPs acknowledges it is very important that as a professional dealing with the health and fitness of clients and members, that trainers up skill to keep up to date with the latest and most effective methods in our industry. This means that much as you would want a doctor or teacher to be giving safe and efficient advice, the public can be sure they get the same standard from their exercise professional.

REPs Registered Professionals do this by committing to undertake Continuing Professional Development (CPD) each year, as well as holding current first aid/CPR. This verification process occurs annually, so is like a "warrant of fitness check".

Increasing exercise levels and improving your health and wellbeing through exercise has many benefits, but you need to make sure in order to receive those benefits that any advice you get is going to be current, effective and safe. Just because someone calls themselves a personal trainer does not guarantee that they have a recognised qualification, or are up to date with modern technique and safety. The only way to be certain is to make sure your exercise professional has REPs registration. This means they have a recognised qualification and just as importantly, that they keep their knowledge up to date through regular education.

A quick first aid response can mean the difference between life and death, or can reduce the severity of an injury. All workplaces in New Zealand have legal requirements for first aid training to make you safe as you work, but what about when you work out? When you are out and about training in a park or studio it's important to know that those you are trusting your exercise can also respond in a medical emergency. REPs Registered Professionals hold the relevant first aid or CPR certification, so will be prepared should the worst happen.

It's important that if you are working with a personal trainer to make sure they are able to offer you safe, effective and up to date advice. By choosing a REPs Registered Exercise Professional, or joining an exercise facility that is REPS registered, this is your instant verification that they meet the New Zealand standards.

All REPs Registered Exercise Professionals are issued with a certificate to enable easy identification, and listed on the REPs online database ([reps.org.nz](http://reps.org.nz)). Registration status can also be verified by contacting REPs (a persons registration status is public information).

### **Contact Details:**

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### **Who 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 exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org).

