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Media Release for immediate use – How to Get Safe & Effective Exercise in New Zealand
From: NZ Register of Exercise Professionals



Receive world class exercise advice

How to Get Safe & Effective Exercise in New Zealand

Not all exercise advice is created equal.

While there are changes to the science of the way we exercise and how our body can get the most effective workouts, any new theories or ideas need to be put through rigorous assessment and testing before they are deemed to be safe and effective.

Often the exercise advice that is out there has gained popularity through the less than rigorous sharing on social media. While this speeds up the spread of knowledge and new facts, it just as often leads to the spread of misinformation and part-truths.

There will always be new trends and ideas, especially in an industry so dynamic as exercise and health, but it is a case of buyer beware. Just because something has gained popularity doesn't mean it's safe or effective.

To help keep you safe on your way to health and fitness, here's some 'advice' **you may want to ignore.**

“Bladder leakage during a high intensity workout (or any work out) is ok, in fact it's a sign you are working hard enough”.

Bladder leakage during exercise is not a sign of a good workout; it is a sign of weak pelvic floor muscles. The right exercise will contribute to stopping this BUT high intensity resistance training with incorrect technique or loads that are too heavy will make the problem worse. This is not something you can exercise through, or fix by 'toughing it out'. The NZ Continence Organisation recommends that one size doesn't fit all when it comes to exercise. So if you have pelvic floor concerns, it's important to speak to a REPs (Register of Exercise Professionals) Registered Exercise Professional and tailor your exercise programme to suit your needs.

“This one simple and fast trick will get you 6 pack abs”.

There are no simple and fast tricks to tone, tighten or reduce a specific muscle group. A well-balanced exercise and lifestyle programme however will get you the results you want, with the benefit of your whole body looking and feeling better.

2013 New Zealand Fitness Industry Awards Up and Coming Personal Trainer of the Year finalist Amelia Hoffman gives this advice - “Make sure your workout includes compound exercises not just isolated exercises. This way your heart rate is elevated and you are using multiple muscle groups to help burn fat”.

“Lose weight without exercise”.

Many fad diets promote fast fat loss without exercise by just sticking to their diet plan. Many of these diets are very restrictive and are difficult to stick too, often missing out important nutrients. While reducing energy intake drastically will reduce body fat in the long term, it does not address the health risks on sedentary lifestyles, or offer a long term health based approach to maintaining a healthy weight and improving wellbeing. Exercise assists in maintaining a healthy weight with the added bonus of reducing the risks of inactivity; an independent risk factor for a range of diseases such as cardiovascular disease, type 2 diabetes and osteoporosis.

One of the best motivators for exercising regularly is access to up to date knowledge and new ideas that make the most of your workout and make it more fun and effective.

However, not all exercise advice is created equal. There is one simple way to make sure you are getting the right advice- work with a REPs Registered Exercise Professional.

References:

<http://www.continence.org.nz>

<http://www.health.govt.nz>

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.

