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Media Release for immediate use – Are You Ready To Take a Fitness and Lifestyle Challenge?

From: NZ Register of Exercise Professionals

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### Are You Ready To Take a Fitness and Lifestyle Challenge?

Fitness and lifestyle challenges, where you set some short term (and long term) goals, and commit for a set length of time (from as little as 4 weeks, through to the most well known Catch Fitness 20 Week Challenge) have gone from strength to strength.

A fitness and lifestyle challenge involves not just exercising, but looking after other aspects of your health such as healthy eating and wellbeing. Participants report enjoying the focused nature of a set time frame, and the fun of working with other exercisers. With the extra support, motivation and the social element that a group exercise challenge provides, you are looked after and encouraged not just by your exercise professional, but also the people around you, who are also getting motivated and rewarded as you reach your goals.

One of the factors contributing to the popularity of challenges is that you know how long you will be committing to, how much it costs and what results you can anticipate. Among the other benefits are the social activities you share, the chance to explore new fitness activities beyond the usual workout you do and the chance to share your success and challenges with a group of like-minded people.

Challenges can be run by just one or a number of exercise professionals, or as part of your local exercise facility or gym. You may do your sessions indoors, outdoors, or a combination of the two. The best option is one that suits you, is easy to get to, matches your personality, and fits your budget.

**Group success:** One of the key components that make challenges so successful is the group element. It's motivating to know you are not on your own. The social interaction makes those tougher sessions worthwhile, and little bit of competitiveness often creeps in which makes you work a bit harder.

**Peer Support:** Your trainer knows what's best as they are the experts and will set your programme and monitor you along the way. But it's good to have the support of others who are on the same journey as you are. Being part of a challenge will give you the regular reminder that you are not alone in this, giving you the chance to not just benefit from others, but support them also.

**Professional Advice:** It goes without saying that to get the best results you need to get the best advice. Nationwide challenges such as the 20 Week Challenge (<http://20weekchallenge.co.nz>) only use REPs registered personal trainers to work with their participants for the simple reason that REPs registration is the independent verification that the exercise professional is suitably qualified to give exercise advice.

**Post Challenge:** By the end of your challenge you will be feeling healthier. So what now? Enlisting the help of your trainer will help you decide on 'the next step'. While the challenge will come to an end, your health and fitness/exercise journey will have just begun, with you being able to take advantage of your increase in energy and some new friends you have made along the way.

For further information on how to choose a REPs Registered Exercise Professional in your area, please go to the website [www.reps.org.nz](http://www.reps.org.nz).

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

