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Media Release – Thinking of Exercising at Home? Things to Consider Before Getting Started

From: NZ Register of Exercise Professionals

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## Thinking of Exercising at Home? Things to Consider Before Getting Started

### Get the low down before you started.

Are you struggling access a local exercise facility, and thinking about investing in some equipment, or a trainer to get you moving at home?

Many people find working out in their own space is a brilliant way to get their exercise, saving time and allowing them to work out more privately.

A number of Register of Exercise Professionals REPs Registered Personal Trainers are specialising in home based workouts providing professional support and advice for their clients.

For those thinking of working out at home, the most common questions are those around what equipment should be purchased, and then what exercises you should do.

While there are plenty of options for equipment, you may not need any equipment at all, as many exercises use only body weight as resistance, or simple equipment such as an exercise mat, and elastic resistance.

If you are keen on making a bigger purchase, then it's worth doing some research, or getting expert advice. While an all-round workout machine such as those advertised in infomercials can seem like a good deal, there are concerns around the results promised. Many of these machines promise unrealistic results in a short amount of time, with a restrictive diet plan that is not a safe or effective way of improving fitness or losing weight.

The sort of exercise equipment you should use are the sort of items that exercise professionals use rather than celebrities. The type of equipment recommended by exercise professionals is likely to also have the added advantage of being better value for money, and less likely to end up being used as a clothing rack than that fancy celebrity endorsed machine. If you are working with a personal trainer in your home, they are likely to bring their equipment with them adding variety and saving you money.

When it comes to exercise selection you will need to know what results you are after, how much time you are able to invest, and to make sure your programme is safe and effective. The best way to do this is to get advice from an exercise professional, so someone who can either set you up with a programme to do on your own, or meet with you regularly to take you through a workout.

The best trainers will be REPs Registered with the NZ Register of Exercise Professionals, and thus hold recognised qualification, as well as committing to regular upskilling. They will also hold a first aid certificate, and know what to do on the rare chance that something goes wrong.

Unfortunately there are people offering personal training services who are not qualified, and this means you could unknowingly be exercising with someone who does not hold the training required to deliver exercise safely to industry standards. This is also likely to have a major impact on the results you want to achieve. Worst-case scenario is that working with them will expose you to the chance of injury, or worse.

It's not worth the risk; ask any trainer you are planning to work with if they are REPs registered, or you can verify this as REPs publicly searchable register at [www.reps.org.nz](http://www.reps.org.nz).

The benefits of exercise can be achieved at home, just make sure you use the right equipment and get the right advice.

#### **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 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org)

