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Media Release – Putting the Fun into Fitness

From: NZ Register of Exercise Professionals



### Putting the Fun into Fitness

Exercise, like exercisers themselves, comes in all shapes and sizes, indoors or outdoors, using equipment or bodyweight, going fast or moving slowly.

An exercise session can be serious with the focus on performing the physical activity, but it can also be a chance to focus on fun, with the many health enhancing benefits being a significant by-product.

So, let's focus on the fun part of fitness and look at some opportunities to have a great time, laugh and connect with others, while also getting a great physical workout on the way.

#### Goals are great

Losing weight, getting stronger or having more energy are some of the reasons we decide to start exercising. However, goals are the end result, and it's easier to face the day to day commitment of exercising if what you are doing provides value and enjoyment EACH TIME YOU DO IT. It's easier to find time to do the things we enjoy than those we don't. So, when selecting an activity, choose based on what you enjoy (a little bit at least).

#### Playgrounds

Getting kids active helps them with their physical development helping to build strong bones, muscles and joints, and a healthy heart and lungs. It will improve their balance, coordination and cognitive skills, and it will help them be more confident and socially interactive. The same benefits apply to adults. Whether you are using outdoor areas as a serious workout tool, or making the most of time with the kids, and getting some exercise at the same time, the benefits are limitless. It's also an opportunity to role model that activity and movement don't stop when you grow up.

#### Fun and games

It's not uncommon to walk past a park first thing in the morning or evening and see multiple groups of happy looking people exercising on parks, and at beaches all over town. And they seem to be working hard too, led by a trainer who has the participants running up and down, jumping and doing all sorts of exercises.

The evolution of team training has taken the images of the word 'boot camp', which conjures up military based operations with drill sergeants, and far too many push-ups, and become something much more suited to all exercise personalities. You will just as likely see groups working with balls and equipment that look more like toys than weights, and for a good reason; team activities should be fun.

## Group exercise

A great group exercise class is a great motivator to keep going and push yourself, by combining exercise with an experience. The mood and music varies, and there is a motivating instructor up front to keep you smiling and moving. Bottom line; it's fun.

Many exercise facilities and gyms offer a range of classes big and small, with offerings developed and personalised to the club or facility, or part of a more structured system. More professionally run classes are also popping up in community settings and small studios, so regardless of where you are, in a big city or small community, you should be able to find a range of classes that suit you.

Whether it's fun and games, or a more serious exercise session, it's important to work with an instructor or teacher who knows their stuff, and is appropriately qualified and registered to deliver you a quality experience, that is also safe.

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**NZ Register of Exercise Professionals (REPs)** - Independent not for profit quality mark of exercise professionals and facilities. 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 safe 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)

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**Exercise Association of New Zealand** - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

