

Update from the REPs Registrar



Firstly a huge thank you for being REPs Registered! You play an important role in leading the growth of our industry, and creating new opportunities as our industry receives the recognition it deserves. With just on **3,300 exercise professionals REPs registered**, this represents over 70% of those delivering exercise in NZ (based on Infometrics independent data) with REPs registration well recognised as the standard.

Are you receiving the recognition you deserve? It was very exciting to hear at the recent awards gala dinner that there had been a 65% increase in the number of entries for the personal trainer categories alone, and that 2018 recorded the largest volume of entries since the awards started in 2005. This is deserving recognition of the great work that those in our industry do to change the lives of New Zealanders. I do strongly encourage you to start thinking now about entering the industry Awards in 2019. As previous awards entrants have commented, going through the entry process alone is an excellent opportunity to reflect on the products and services they are providing, and to truly invest back into themselves. And imagine how it would feel to be a finalist, or an award recipient on the night to be rewarded for the great work you do.

Future industry trends. Please check out the 2018 ACSM industry trends article below for a prediction on the future for our industry. Physical activity and exercise is increasingly well recognised by allied health as an effective tool for health and wellness. Exercise is truly the 'magic pill' providing low cost solutions over medications to many health conditions and illnesses. Registered exercise professionals play an important part in the health and wellness of New Zealanders!

Good to Great in 2019. What does it take to make a good exercise professional move from being good to great, and very relevant?

A commitment and investment into professional development, and lifelong learning. As someone who knows the industry, and gets to meet many exercise professionals and facilities over the year, those who continually invest into their professional development are the ones that I see flourishing in our industry.

Another common theme that comes through is that those who are willing to give a little back into the industry, be it through mentoring those who are new to the industry, supporting students, participation in industry councils and panels, and through a commitment to professional development, are those that really thrive with long and prosperous industry careers.



So for 2019 my challenge to you is to look at ways you can invest into yourself and your career, which will in turn benefit your clients/members, and make you even better (or great) in 2019.

On behalf of the REPs team thank you for your support of registration, and we wish you a very happy Christmas and New Year

Stephen Gacsal, REPs Registrar