



Don't be an egg this Easter - Use a REPs registered Personal Trainer

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FROM: The New Zealand Register of Exercise Professionals

Starting an exercise programme is one of the most significant things you can do for your health and wellness in both the short and long term. Exercise has so many benefits, but in order to make the most of these benefits, it is essential to make sure you are getting advice from someone who knows what they are talking about.

There is plenty of information available on how to get fit, lose weight, tone up, but not all of it is going to get the results you want or be safe, regardless of how much you pay. Having a fit or strong looking body does not qualify someone to provide exercise advice, despite the number of celebrity endorsements of fitness products in the marketplace.

The results of the 2013 ACSM (American College of Sports Medicine) survey should be no surprise then. Each year ACSM surveys its members to gauge trends for the upcoming year. Over 3,300 professionals responded this year and once again they ranked educated, certified fitness professionals as the number one fitness trend. The reason for the trend is clear! After all, as an example you wouldn't let a doctor give you medical advice with no measurable standard of his or her education or knowledge. It is also critical not to leave your physical health and exercise needs in the hands of someone who could have, as far as you know, no recognised qualifications, and simply gained their knowledge through an internet search.

We are fortunate in New Zealand to have a world standard registration body for exercise professionals called the NZ Register of Exercise Professionals (REPs). REPs is the recognised standard to make sure the exercise advice you are getting is safe and effective.

Making sure your club, class, or trainer is a registered professional is easy. You simply go to the REPs website (www.reps.org.nz) and use their search.

Not all New Zealanders get their exercise at a gym, with a number of Kiwis participating in classes in community halls, or have trainers see them in their own home. REPs also registers independent trainers and group fitness instructors, so no matter where you get your exercise fix, you can be sure you are getting the most best exercise advice if your exercise professional is REPs registered.

We all like to think that those who make promises to us in a professional capacity are trustworthy, and in most cases this is true. However using a REPs registered professional means you can rest easy in the knowledge that your trainer has been verified by an independent process as meeting the industry standard, and will continue to do so through regular ongoing education and professional development.

Let's face it; we've heard the horror stories from colleagues or family members who started an exercise programme, and ended up injured or overworked, or a friend on a ridiculous diet plan that a celebrity in a bikini sold them on the internet. Using a REPs Registered Exercise Professional takes all the guesswork out of finding a good trainer.

What using a REPs registered exercise professional or facility means to you:

- You get up to date advice and exercise from the best, most qualified sources. (this is measured through an ongoing education requirement).
- You can rest easy in the knowledge that your trainer has recognised qualifications that ensures you get the best results based training.
- You know your trainer is competent, not just in the 'doing' of an exercise session, but has knowledge in exercise safety, anatomy and physiology.
- In the unlikely event of something going wrong, there is a complaints system so you are not left alone.
- You know your trainer adheres to a Code of Ethical Practice.

Contact Details:

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What 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 an exercise professional and facility meet New Zealand and international standards to deliver exercise advice and instruction. REPs is affiliated globally to over 35 other national exercise professional registers through the International Confederation of Registers for Exercise Professionals (ICREPs).