



Kiwis Finalists in the Personal Trainers to Watch Competition

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FROM: The New Zealand Register of Exercise Professionals (REPs)

Over 1500 of the top personal trainers from all over the world entered the 'LifeFitness Personal Trainers to Watch' competition earlier this year.

As an international event, it attracts attention from all over the world and receives a very high level of entries. The competition is tough and it's extremely hard to make it to the finals.

In light of this high entrant caliber and standard, REPs is extremely excited to announce that when the top ten finalists were announced recently, 3 New Zealand REPs Registered Personal Trainers were amongst them.

So who are these amazing REPs Registered Personal Trainers?

Cate Grace is based in Christchurch and has traveled a difficult road to become one of today's elite trainers and motivators. She battles chronic health conditions and works specifically with those who have chronic illness, or who have suffered trauma, to get up and move. She inspires people to lead happier, healthier, fitter and stronger lives. "What I am trying to do is bridge the gap for those who despite wanting or needing to be healthy, like I was, need support making the initial leaping off their couch" explains Cate.

Also from Christchurch, Jean Scott is the second woman in the top three. She explains; "I aim to make a difference in the lives of the people I work with and come into contact with." Jean is one of Christchurch's best-known and most experienced personal trainers. She is also a leading group fitness instructor at Les Mills specialising in RPM and Pump, and runs her own successful personal training business from her home.

And finally, representing the North Island is Mish McCormack. In her high-achieving and active life, Mish has been the recipient of the Fitness Life NZ Personal Trainer of the Year three times (an unbeaten record), and last year received the NZ Contribution to Community Excellence Award. Mish has also been awarded numerous accolades for her work in creating innovative workplace, and suburban programmes in Wellington.

The finalists were selected by an industry judging panel taking into consideration the following criteria: Personal statement, education, awards received, tenure as a personal trainer, client experience and third-party endorsements.

All three are off to a global judging event held in London, on September 27th, 2013. The grand prize winner will be evaluated by the judging panel based on participation in an event where the finalists must show just how good they are.

Stay tuned to see how these women go; no doubt they will make us proud having already proven that New Zealand is home to some of the top trainers in the world.

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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) www.icreps.org.

