



## **Hands up, who wants to save lives?**

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

If your answer is yes then a career in the exercise and fitness industry could be for you.

The exercise and fitness industry in New Zealand is diverse with the options for employment spanning from working one on one out of people's homes, teaching group exercise classes, through to large groups of people in a big club with thousands of members, or even working in community or sporting facilities.

One of the most rewarding parts of working in this industry is knowing that by being a health and fitness professional, you are improving the lives of every day New Zealanders by offering encouragement and providing safe advice and guidance while they exercise.

Auckland based REPs Registered Group Exercise Instructor Kelly Hadwin shares what she loves about her work "I love being able to help people reach their goals, meeting new people, connecting with people through exercise".

A career in exercise and fitness offers many benefits; you have the opportunity to run your own business or work with some of the industries' best in a club or studio, and with no shortage of jobs available. It's a growing and vibrant industry with a secure future as New Zealanders care more about their health and seek to live longer, and lead more fulfilling lives.

### **Exercise and Fitness Industry Facts:**

- Turnover is around \$220 million per year
- Around 500,000 New Zealanders (approx 12%) have a membership at an exercise facility, with tens of thousands more using facilities on a casual basis.
- The industry employs and supports over 5000 individuals, with approximately 2000-3000 of these in exercise roles.
- There are over 2000 REPs Registered Exercise Professionals. Personal trainers make up 1000 of these, of which two-thirds are operating their own businesses, based in either their own premises or an established exercise facility.

- There are approximately 400 gyms/fitness facilities in New Zealand, with a further 250 or so smaller exercise and personal training studios.

The professionalism of the exercise and fitness industry in New Zealand is very high, with REPs as the registration body ensuring the quality of REPs Registered Trainers and facilities. Becoming a REPs Registered Trainer will allow you to grow your career in exercise and fitness with the best possible support through resources, networks and industry standards.

So who is the right person to work in the exercise and fitness industry? Lou Satherly from Contours Papanui says "When looking for a new team member, we look for awesome attitude. There are so many opportunities in the industry for those who want to work hard and make the most of it."

A good education is the basis for a quality trainer. In NZ we have a number of options for training and up-skilling from online courses, workplace based training, or fulltime courses. Close to 200 facilities in NZ only employ REPs Registered Exercise Professionals so choosing a qualification that is recognised by REPs will make sure you can get a great job in top facilities throughout the country.

Norm Phillips Personal Training Manager from Les Mills Auckland City supports our registration system. "REPs gives you professional recognition that makes you STAND out from the rest of the crowd".

If you are thinking of a career as an exercise professional, there is a handy guide available from REPs, and you can get your copy by downloading it from the REPs website, [www.reps.org.nz](http://www.reps.org.nz) (look for the *Industry Guide out now!* story on the main page).

### **Contact Details:**

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### **What is the NZ Register of Exercise Professionals (REPs)?**

REPs is an independent non profit organisation administering 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](http://www.icreps.org).

