



Want to know about the latest science and global trends in exercise?

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

One of the highlights of the New Zealand fitness and exercise industry calendar is the annual FitEx convention, and this year is no different. Previous events have been very successful with almost 400 facility owners/managers, personal trainers, group exercise instructors, and other industry professionals attending the convention over 2 days. At the 2013 event, which is held in Auckland on the 23rd and 24th of November, over 500 attendees are expected.

FITEX is an opportunity for trainers, instructors and exercise professionals to up-skill and get the latest science and trends in exercise so that they can deliver the best possible service to their clients and members. The event features the latest in science and business for every facet and role within the exercise industry, from facility owners, through to exercise professionals (personal trainers, group exercise instructors). The weekend is so much more than this though; it is a celebration of the exercise industry, and a chance to catch up with colleagues old and new.

The weekend combines the convention with the annual New Zealand Fitness Awards, which is a formal event designed to recognise those making a contribution to the health and wellness of New Zealanders through exercise and fitness.

REPs Registered Exercise Professionals are required to remain abreast of changing exercise trends and commit to ongoing education, and the attending the annual conference is part of this commitment. An exercise professional that has attended this conference is able to offer clients and members the latest, safest and most effective exercise advice.

In 2012 the fitness convention was rebranded as FITEX. It was previously known as the GetNZ Active Conference and has always featured many world-class presenters, almost 100 sessions, and offered unique benefits to those that attend. The new look conference maintains the high standard along with the introduction of a research focus. The change has had an impact on the whole event, with this year's convention looking to be the best yet.

International presenters return each year to present on the latest topics at the NZ conference, and this year they are joined by a range of new presenters to FitEX. The range of topics includes group exercise, sports science, rehabilitation and business. The calibre of the world-class presenters at the convention is legendary, but along side international faces, local New Zealand talent and experts in their field are featured.

The convention begins with it's keynote address by much sought after international public speaker Derek Barton who was responsible for helping build Gold's Gym into the largest international co-ed gym chain with locations in 27 countries. His keynote address 'Dear Brand, Let's get naked, Love Customer' will launch the conference, that will entertain, educate and inspire the exercise and fitness industry.

The conference is open to those working in, or considering a career in the exercise and fitness industry, and further details can be found online at www.fitex.co.nz . This is truly a not to miss event for those interested in exercise and fitness.

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) www.icreps.org.

