

22 April 2014

Media Release for immediate use - Make Exercise Part of Your Children's Life Now
From: NZ Register of Exercise Professionals



Make Exercise Part of Your Children's Life Now

People that exercise regularly know it helps them live healthier and longer lives. Those that are also parents know there is no better time to start their children on the same path of health and longevity than when they are young and have all the time and energy to invest.

Active parents are looking at keeping kids active from childhood through to adulthood to avoid the pitfalls of a sedentary lifestyle sneaking into their kids' future.

What better way to keep kids active than to include active time together, showing them that having fun and staying active is something that is part of life, rather than something to be endured. With the school holidays here and the weather becoming less welcoming, programming in kids active time is more important but needn't be overwhelming.

The Ministry of Health recommends **children and young people** should be kept busy with at least 60 minutes of **moderate to vigorous intensity** physical activity every day. And with their recommendation that **all ages** should limit sedentary activity, and be as physically active as possible, there is no excuse for parents to sit on the sidelines.

In just an hour each day, a child will benefit from more than just improved energy and an earlier bedtime, the Ministry of Health reports benefits including:

- Developing strong muscles, bones and joints
- The ability to move with balance and flexibility
- Development and maintenance of a healthy heart and lungs
- Maintenance of a healthy weight
- Building self-confidence and social skills.

Corinne Austin is a REPs (NZ Register of Exercise Professionals) Registered Exercise Professional at one2one fitness in Whangarei, and Mum to two daughters, and has a few suggestions to include activity as a family:

- Explore nature's playground - for example, visit a local beach, collect seashells, and have races along the sand.
- Go to the park - be a monkey yourself. Your energy will become their energy.
- Buy some basic props - skipping ropes and hoola hoops provide hours of entertainment.
- For birthday parties do something active - rock wall climbing or ten pin bowling.
- Let the kids make up their own game. Be actively involved.

Make exercise a part of every child's life by encouraging exercise and activity.

Be a role model and show kids what an active lifestyle looks like by getting involved with activities and showing them that even grown ups can have fun

Make being active a family affair; let the kids see you doing your exercise as well as getting involved in theirs.

Just as you use the knowledge of a REPs Registered Exercise Professionals with recognised qualifications and skills, make sure your kids are exercising safely as well using the New Zealand guidelines on children and younger adults exercise developed by the Exercise Association of New Zealand.

Other Information

The Exercise Association of New Zealand have developed **Guidelines for Children in Exercise Facilities** to ensure your child has fun in a safe environment when they use gyms or recreation centres. Only **REPs Registered Exercise Facilities** are required to follow these guidelines, so it is important to choose a REPs Registered Exercise Facility. You can find a list of these facilities at www.reps.org.nz.

The guidelines recommended that all facilities that provide exercise programmes to children have systems and processes in place to ensure they are safe and supervised at all times. Supervision ratios vary depending on the age and activities of the children. Everybody involved in the delivery of exercise programmes to children should be qualified and registered with the New Zealand Register of Exercise Professionals (REPs). Registration requires staff to be trained to understand children's exercise needs and includes a range of other requirements.

Contact Details:

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Who 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 exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org.

