

**16 December 2014**

**Media Release for immediate use – Christmas Holiday Exercise Tips for You**

**From: NZ Register of Exercise Professionals**

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## **Christmas Holiday Exercise Tips for You**

It has been great having you exercising with our REPs Registered Exercise Professionals this year. We know the benefits of keeping active, and are glad our registered professionals could share them with you.

We also appreciate that NZ is a country full of top quality REPs Registered Facilities, and some pretty awesome Registered Exercise Professionals, and we love the fact you choose them.

While Christmas is traditionally the time for over indulgence, for those of you who have made great gains over the last year through regular exercise and healthy eating, the last thing you want to do is to indulge away the gains you have made through hard work at the gym, or with your trainer.

But tis the season to be jolly, and if there was a time and place for allowing yourself a few treats, then Christmas would be the top of the list. Just remember 'all things in moderation'.

One of the benefits of being in the southern hemisphere is that the holiday season comes with perfect outdoors exercise weather (fingers crossed). Even if you are travelling and away from your normal exercise routine, you can still get your heart rate up, and your body moving.

Our holiday tips for you:

1. If you are staying close to home you may be able to keep up some of your regular exercise regime or sessions. Make sure you get a copy of your exercise facilities holiday hours, or find out when your trainer is working. Who knows, you may be able to sneak in a PT session between Christmas and New Year.
2. If you are away, aim for maintenance of your exercise levels. So rather than seeking to improve, aim to maintain your current level. This is a great goal for the holiday season.
3. Let your exercise professional know if you would like exercise tips for while you are away. They will be happy to create a holiday programme for you to do while away as they know first hand the effort you have put in, and want you to keep improving.

4. While the range of unhealthy temptations on offer increases over Christmas, your willpower doesn't need to with careful planning. The principles you follow throughout the year can still be maintained, especially with the abundance of seasonal fruit and treats that can be adapted to suit your nutrition plan.
5. If you don't want to squeeze in a structured session, then there are plenty of other ways to keep some level of activity including a walk on a fine evening, or playing with the kids.
6. Don't wait until the new year to plan your exercise and fitness resolutions. Book your first session back NOW! Don't let it drag a week or two into the middle of January or later.

If you are not a regular user of a personal trainer, then the New Year is a perfect time to treat yourself with a session to get yourself re-motivated.

When you are exercising with your registered professional, they know about your injuries, and keep your sessions safe, and your workout area free from hazards. But when on holiday out of your normal environment, whether it's in an unfamiliar gym, or out in an open area, the risk of injury can increase significantly. If you are heading to a fitness centre or gym at your holiday destination, make sure they are a REPs Registered Exercise Facility ([www.reps.org.nz](http://www.reps.org.nz) for details), and if you are exercising in the great outdoors, use sunscreen, and keep your cellphone well charged.

Whether you are staying close to home or travelling, have a safe and merry Christmas, and your REPs Registered Exercise Professionals look forward to working with you in the New Year.

#### **Contact Details:**

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#### **Who 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 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](http://www.icreps.org)

