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Media Release – Are you Keeping Up With the Latest in Exercise and Fitness?

From: NZ Register of Exercise Professionals



Are you Keeping Up With the Latest in Exercise and Fitness?

Every year The American College of Sports Medicine undertakes a global survey to find out just what innovations and old favourites are making waves in exercise and fitness.

Rather than looking at fads that come and go, they look at the areas that have a long term and sustainable impact on health and fitness.

This year, losing their place amongst the top trends this year are stability ball, Pilates, indoor cycling and balance training.

So what made it to the top 5?

1. Bodyweight training

You don't need fancy equipment to get a safe and effective workout. While bodyweight has always been used as a form of resistance, with the gain in popularity of 'bootcamps' and training out of traditional equipment filled gym settings, it has become a serious tool, getting serious results.

2. High Intensity Interval Training (HIIT)

Alternating short intervals of high intensity with lower intensity rest periods makes HIIT a fast and effective way to improve fitness levels, and popular with those short of time, or who find long workouts unappealing. While the chances of injury when working at high intensity can increase, so long as you are working with an appropriately qualified and experienced exercise professional, your risk is minimised.

3. Educated, Certified and Experienced Fitness Professionals

Consumers have caught on to the fact that not all trainers are equally qualified. If you are going to invest time and money into your health and fitness, you want to ensure you are getting safe and effective advice.

In New Zealand there are no government laws that specifically protect who can and cannot call themselves a personal trainer or exercise professional, and this exposes New Zealanders to risk. We are fortunate in New Zealand to have a world recognised registration system called REPs (NZ Register of Exercise Professionals), so choosing the right trainer and exercise facility is easy.

Just as you wouldn't let a Doctor advise you on your health and medical matters with no measurable standard of education or knowledge, it is sensible not to leave your physical health and fitness in the hands of someone who could have, for all you know, gained their knowledge through an internet search.

4. Strength Training

The benefits of improving and maintaining strength are seen across a wide range of people including young and old, and those with chronic conditions. Individuals who are not able to participate in more active movement can often still get the benefits of lifting weights.

It's also becoming more common for cardiovascular rehabilitation and metabolic disease management programmes to include weight training in their exercise programs.

And for the average exerciser? The strength gains, aesthetic improvements and fitness benefits of strength training are well documented.

5. Personal Training

There is no slow down in the growth of personal training as participants see the results of having a programme tailored to their individual needs and circumstances, and enjoy the motivation and focus of having the attention of an exercise professional working with them one on one.

Personal trainers are no longer just seen in gyms and fitness facilities, but are working in community organisations and groups.

It is important though to make sure your personal trainer fits the criteria outlined in number 3 above.

It's interesting to note that while the more high intensity forms of exercise feature in the top 10, there are also a variety of more gentle forms of exercise with the top list being filled out with the following:

6. Exercise and weight loss.
7. Yoga.
8. Fitness programs for older adults.
9. Functional fitness.
10. Group personal training.

It's great that exercise professionals and the exercise industry has the ability to change to reflect and embrace incoming science and innovation.

Just make sure that before you jump on the 'next big fitness thing' that you make sure it is not just a fad, but is likely to lead to long term results and is completed with the assistance of a qualified, experienced and registered exercise professional.

References:

http://journals.lww.com/acsm-healthfitness/Fulltext/2014/11000/WORLDWIDE_SURVEY_OF_FITNESS_TRENDS_FOR_2015_.5.aspx

Contact Details:

For interviews and further information, please contact Richard Beddie Chief Executive, Exercise New Zealand richard@exercisenz.org.nz, telephone 0800 66 88 11, or Stephen Gacsal REPs Registrar, at stephen@reps.org.nz telephone 0800 55 44 99 - www.reps.org.nz

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 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

