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**Media Release – Cutting Edge Exercise Research and Science Shared Over Weekend**  
From: NZ Register of Exercise Professionals

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## **Cutting Edge Exercise Research and Science Shared Over Weekend**

It's just been the busiest weekend in the New Zealand exercise industry calendar.

The FitEx conference which features over 100 presentations and workshops on the latest in science and trends for every facet and role within the fitness and exercise industry, has just been held on 21 and 22 November in Auckland. At this year's event, over 700 personal trainers, exercise consultants, group exercise instructors, and other experts joined together to get the latest from close to 50 presenters, educators and academics from all over the world.

Science and trends in exercise, fitness and health are regularly changing. It's part of what makes exercise and fitness so exciting, knowing that there are going to be new exercises and programmes that will keep you motivated and improve your gains. When new developments and research occur, exercise professionals are not afraid to embrace the new facts, and then pass on this knowledge to their clients and members.

While the FitEx conference was aimed at exercise professionals, the knowledge gained, and the biggest benefits will be for clients and members of exercise facilities and studios. This is through improvements to your health and workouts over the next year, as our country's professionals introduce you to the latest in exercise and wellness methods.

As an exercise and fitness consumer, it can be difficult to separate the un-researched fads from the real developments that will make positive change to your health. If you are serious about improving your health, it is important to make sure you work with an exercise professional who takes their role seriously, and attends important industry events like FitEx to keep up to date, and maintain high standards.

The FitEx conference is run by the Exercise Association of New Zealand, whose mission is to grow participation in exercise through quality industry standards. The event is also supported by the NZ Register of Exercise Professionals - REPs, who are the standard body and quality mark for exercise professionals. REPs recognises exercise professionals who attend FitEx by awarding professional development points which all registered exercise professionals are required to undertake on a regular basis.

Research presented at the FitEx conference this year included:

- The continuing development of functional and natural movement
- Exercise specialisation for groups that are often not featured in mainstream exercise
- Understanding that client care goes beyond just an effective exercise programme.

So what can you expect from your trainer in the next year, as a result of attending the FitEx conference? With a trainer that attends events such as FitEx, you don't need to worry. You will know that you are getting the best advice, and the most up to date training tools.

Did your trainer attend this year? You should check by asking your exercise professional to make sure you are getting current exercise advice!

**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 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org)

