



## Been Thinking About Doing a Boot Camp Session?

**It seems like only yesterday that the ‘next big trend’ in exercise and fitness was boot camps; military style, no frills training with groups of like minded people.**

Years on and it appears that this is one trend that is set to stay, with boot camps, or team training as it is often called in more recent times becoming more popular. It’s not hard to see why they have maintained popularity with people enjoying the group atmosphere, the fresh air and the chance to get active and fit.

It’s not uncommon. Walk past a park first thing in the morning or evening and see multiple groups of happy looking people exercising at parks, and beaches all over town. And they seem to be working hard too, lead by a trainer who has the participants running up and down, jumping and doing all sorts of exercises.

The evolution of team training has taken the images the word ‘boot camp’ conjures up of military based operations, with drill sergeants, and far too many push-ups and become something more suited to exercise personalities.

These days team training lead by a trained and qualified exercise professional is more about supporting you rather than making you suffer, and offering exercises that will get results, but not at the risk of injury or overuse.

Just as each gym or class is different, so is boot camp. Most team training sessions will offer cardiovascular fitness (raising your heart rate) as well as strength and flexibility gains, in a medium to high intensity workout. Many exercises use bodyweight or the natural terrain. For the less coordinated, it is worth noting that a session is more like a personal training session, than a group exercise class. While many team training style sessions are held outdoors, it’s becoming more common, especially in the cooler months, for sessions to be available indoors.

Any fitness or exercise activity has some risk, so make sure your session is operated by someone with the right education, has plenty of experience, and who is able to offer you encouragement during and between sessions. If you are new and looking to get started, choose a programme that has ten or less people in it to ensure your trainer can give you the support you need, and their style suits you.

By choosing a boot camp offered by a Registered Exercise Professional, you can be assured your trainer knows their stuff.

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### Contact details for further information about the exercise industry:

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**NZ Register of Exercise Professionals (REPs)** - Independent not for profit quality mark of exercise professionals and facilities. 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 safe 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)

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**Exercise Association of New Zealand** - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

