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Media Release - Latest International Trends in Exercise and Health Presented
From: NZ Register of Exercise Professionals



Latest International Trends in Exercise and Health Presented

The annual exercise industry event FitEx (The science and business of fitness and exercise conference) held each year in November in Auckland has just finished, with over 750 personal trainers, instructors and experts from New Zealand and overseas gathered for 3 days sharing and learning about the latest research, trends and information in exercise.

With over 100 sessions, there was a diverse range of presentations including nutrition, wellness and rehabilitation. And while the conference was aimed at exercise professionals, the knowledge gained will be impacting on the health and exercise programmes of New Zealanders over the next year as exercise professionals add and implement new knowledge throughout the country.

Science and trends in exercise and health are being regularly updated as new research leads to more knowledge. It's part of what makes exercise and fitness so exciting; knowing that there are going to be new exercise practices and programmes that will keep you motivated and achieving your goals. It also means that the most current delivery techniques and programme advice will be available to allow you to exercise safely and effectively. When these developments occur, exercise professionals are not afraid to embrace the new facts, study them and then pass on this knowledge to their clients or members.

The FitEx conference is facilitated by the Exercise Association of New Zealand. Their 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. The event is also recognised and supported by the NZ Register of Exercise Professionals (REPs), who are the standard setting body for exercise professionals. REPs recognises exercise professionals that attend FitEx by awarding them professional development points which all exercise professionals are required to earn to remain registered.

So what can you expect from your exercise professional in the next year, as a result of attending the conference?

Research presented at the FitEx conference this year included:

- Supporting clients with health needs and adapting programmes to allow everyone to experience exercise success.
- Straightforward nutritional information that avoids fads and sticks with facts.
- The link between mind and body when it comes to health.

Using an exercise professional that attends professional development events such as FitEx, you don't need to worry that you are getting the best advice and the most up to date training tools.

Did your exercise professional attend FitEx this year? This is a question we strongly encourage you to ask!

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

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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.*

