

31 October 2017

Media Release – Pelvic Floor Safe Exercise Advice – Who Can Help?

From: NZ Register of Exercise Professionals



Pelvic Floor Safe Exercise Advice – Who Can Help?

The exercise industry is one that is known for embracing new ideas, and being at the front of change in exercise and health related issues.

It's not unexpected then that after many years of women simply accepting incontinence as part of the package of having babies, and of ageing, that it would be a new perspective from exercise professionals that has led to a change.

Bladder weakness and continence issues are not the most common health topics talked about, and can cause embarrassment for sufferers, despite being common. However, many exercise professionals across the country now have these issues front and centre amongst their services, and taking a topic often spoken on the quiet to one that is openly discussed. It is a topic that does need to be discussed as it's not a problem that will go away by itself, even with regular exercise and self-care. The good news is that with the right advice and education pelvic floor weakness can be managed or even better, prevented.

Qualified exercise professionals understand that while exercise is an essential part of living a healthy and productive life, they also understand that one size does not fit all, and that different exercise modes can cause health or harm, depending on individual circumstances. They also understand that not all exercises are pelvic floor safe and that some exercise options can contribute to pelvic floor problems. When it comes to looking after your pelvic floor muscles, not all exercise is created equal. It's not about having to step back from your favourite exercise, but rather learn how to make it pelvic floor safe.

So how do you know you are making the right choices when it comes to pelvic floor friendly exercise?

Good advice is to do some research. Many qualified and registered exercise professionals have specific pelvic floor safe exercise programmes for those who need them. They understand it's not a topic that is easily discussed so will be able to educate you without embarrassment. They may also refer you to a physiotherapist that works specifically in this area.

There is no compulsory registration of exercise professionals in NZ, so some personal trainers and exercise facilities could be offering sessions that involve exercises that will have a negative impact on continence, and some potentially more extreme exercise options can cause real damage. Using an exercise professional that is REPs registered means you know they meet an industry recognised standard.

The NZ Register of Exercise Professionals has developed educational resources with a handy 'Tell Me More' brochure available on Core and Pelvic Floor information. You can request this brochure from your local registered exercise professional.

You can also get more information through the www.pelvicfloor.nz website.

Contact details for further information about the exercise industry:

NZ Register of Exercise Professionals, Registrar Stephen Gacsal

Email: stephen@reps.org.nz telephone: 0800 55 44 99 website: www.reps.org.nz

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

Exercise Association of New Zealand, Chief Executive Richard Beddie

Email: richard@exercisenz.org.nz, telephone: 0800 66 88 11 website: <http://www.exercisenz.org.nz>

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.*

