



## The Latest Trends in Health and Exercise

It's great that exercise and the exercise industry has the ability to change in response to the latest science and innovation. This means New Zealanders can access the latest research and trends in exercise. But it is very important to make sure that before you jump on the 'next big fitness and exercise thing' that you can be confident it is not just a fad, but more of something that is likely to stand the test of time.

Looking at developments here and internationally in the last year, we have created a list of some of the trends that we think could contribute to your health. These contain a combination of research partnered with expertise, to get you moving, and to you keep moving in the long term.

Exercise NZ CE Richard Beddie sees New Zealand at the forefront. He says "historically New Zealand has always punched above our weight when it comes to innovation in the exercise industry. Everything from Les Mills, now a global brand with more than four million regular users every week, through to New Zealand exercise professionals who are globally regarded as some of the most employable and desirable worldwide".

A new innovation in exercise is more likely to lead to long term results when it comes with the assistance of a qualified, experienced and registered exercise professional - here's a few trends to watch:

**Strength training** - While our physiology stays the same, the methods by which we gain strength and muscle mass are growing. Simple is still popular, with bodyweight training standing the test of time. But with new research, the way we use body weight is becoming more innovative. We are also seeing more use of intensity, meaning cardiovascular training (exercise to raise the heart rate) is no longer separate to strength training.

**Integration of mind body principles into the mainstream** - While yoga has been around for over 4000 years by some estimates, the integration of mind body principles into mainstream health and fitness has been relatively recent. With more information around the benefits of physical exercise on our mind, we are also seeing the effects of mindfulness on our bodies. It's about looking after the whole person, to take care of mind and body.

**Rise of alternative exercise facilities** - Traditional gyms or fitness clubs remain strong, but we are also seeing growth in yoga, 24/7 facilities and specialist studios. It's about getting the right fit for your individual needs. Knowing that while there is no choice that is fundamentally better than another, there is one that is a better for you.

**Growth in the role of the exercise and wellness professional** - Being an exercise professional is not just about giving advice on weights equipment, or delivering a group exercise class. The role of an exercise professional involves understanding that getting and being healthy and active is not just about time spent in physical activity. Motivation, support and care are all important aspects of great health and exercise support, and we are seeing more exercise professionals branching out, and developing their skills in other health areas to complement their physical training, and to support clients better.

If you want to embrace new trends in your path to health and wellness, it is important to make sure you are getting safe and effective exercise advice from one of the 3000 plus REPs registered exercise professionals spread across New Zealand. They have the knowledge skill and experience to support you in your journey.

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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.*

