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Media Release – Benefits of Exercise & Physical Activity in Times of Change

From: NZ Register of Exercise Professionals



## Benefits of Exercise & Physical Activity in Times of Change

Many New Zealanders have found that while their usual lives have been disrupted under COVID-19, they have been able to maintain a level of physical activity within their bubbles.

A number have even increased their physical activity levels and are enjoying the benefits.

An international study on these activity levels has been prompted by this rise in physical exercise, because that was one of the only excuses for leaving home during the lockdown. While the reasons for many new to exercise is somewhat unique, the benefits experienced will be improving not just their long term health, but also the immediate gains of stress management and better sleep.

As we move soon from level 2 and into level 1, there is a great opportunity for those who have previously been inactive to maintain the health benefits of their new activity and build on it.

The human need for social contact has been brought into light like never before in the last months. Getting out amongst like-minded people has always been a benefit of joining in social exercise activities, whether it's joining a gym or attending a group exercise class. If you are already a member you will be observing how your club is making things safe including sanitiser availability, cleaning schedules and social distancing. As you can now again spend time with close friends and family, it's a great time to share the benefits with them.

For those who have embarked on increased physical activity through lockdown, you may not have had a chance to find information about the range of exercise options and how to exercise safely. Getting moving has countless benefits, and exercising within your limitations and safely is just as important. You can get exercise advice and guidance from registered exercise professionals who have the knowledge and skill to support you by searching the New Zealand exercise register at [www.reps.org.nz](http://www.reps.org.nz)

At level 1 and beyond it is clear that this unprecedented event will continue to lead to changes in our lives. We hope that amongst the uncertainty there is an opportunity for you to reflect on the positive changes you have been able to make to your life.

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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.

