

WHAT TO LOOK FOR IN A PERSONAL TRAINER

EDUCATION
EXPERIENCE
ENCOURAGEMENT



NZ Register of
Exercise Professionals

The quality mark of exercise professionals



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EDUCATION

Why a qualification isn't enough.

Personal training courses can range from 1 day to 3 years, so all courses are not equal.

Are they registered with REPs?

The important thing is to choose a REPs registered trainer who will hold qualifications mapped to New Zealand and international standards. They must also upskill each year and are bound to a code of ethics giving protection when using them.

In New Zealand there are no laws setting minimum standards for a personal trainer. So anyone can call themselves a trainer, with or without appropriate qualifications.

EXPERIENCE

Do they have the relevant experience to support you?

Personal trainers will have a range of experience and knowledge. Some will also specialise in certain areas (e.g post natal, diabetes), or specific results (e.g weight loss, injury recovery).

Look for a trainer that can meet your needs.

The best advice is to ask questions - Explain your situation along with what you want to achieve, and ask the trainer how they will support you.

ENCOURAGEMENT

The right level of support and encouragement

Feeling comfortable with your personal trainer is very important. Some people will want a trainer who drives them, others want a more nurturing style. The best way to choose the right trainer for you is to book a consultation and discuss your needs. Consider purchasing a session or two with them to start.

How to find REPs Registered Trainers

Don't take the risk - only use a REPs registered personal trainer.

It's easy to find them online at www.reps.org.nz or phone 0800 55 44 99



REGISTRATION GLOBALLY

REPs is a member of the International Confederation of Registers for Exercise Professionals (ICREPs) which represents over 210,000 exercise professionals globally. www.icreps.org

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