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Media Release – How to Choose the Right Exercise Professional

From: NZ Register of Exercise Professionals



How to Choose the Right Exercise Professional

With spring heading into the warmer summer months, for many this means it's time to be thinking of summer clothing and the desire to be as healthy as possible for holiday activities.

The proliferation of online media, blogs and information means getting advice and ideas on exercising is more available than ever before. However, whether in the online space, or face to face, it's important to make sure you are getting the right advice. Everyone comes with unique circumstances and factors, including health and injury history. That means when it comes to putting exercise intention into action, getting the right information is important to set you up on the right track, and also to avoid health or injury problems that will slow you down.

If you have the right experienced and qualified person at the start who sets you up with exercise and a lifestyle plan, this can add years to your life, help prevent an array of lifestyle diseases, and contribute to both mental and physical health. In order to do these things, they should know what they are talking about. Choosing health through regular exercise is absolutely the right choice to make, just make sure you get the right advice from an expert.

The things for you to think about when choosing the right exercise professional are:

Are they qualified? A trained exercise professional will have completed a qualification in exercise and health related study. In order to give you the right exercise advice, your trainer or instructor needs to know more than what exercises you could do. They need to know how the human body works, and what can be done to prevent injury. While what you look like on the outside may motivate you to exercise, your trainer or instructor needs to know what's going on inside your body to get good results safely. A professional who knows their stuff will be able to adapt exercise to suit you and make it safe.

Is your trainer or instructor up to date? Exercise is a science and developments are continuing, resulting in changes in the types of exercises we do, and how we do them. A good trainer or instructor will stay up to date by reading widely, attending professional development workshops, and up skilling their knowledge.

How do I find a qualified exercise professional? It's actually quite easy to choose a qualified and up to date exercise professional or instructor. In NZ we have the New Zealand Register of Exercise Professionals (REPs). Registration with REPs is the recognised standard to ensure New Zealanders receive safe and effective exercise advice.

Exercise facilities and studios also register with REPs undertaking to only use staff that are registered, and who agree to a set of ethical practice in the work they do. and individual trainers can also be registered so by choosing a REPs registered professional you are making the right choice.

It's easy to find out whether someone is registered. Just head to the website www.reps.org.nz and use their search function.

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

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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.*

