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Media Release – Have you considered Group Training

From: NZ Register of Exercise Professionals



Have you Considered Group Training

One of the fantastic things about gyms and exercise facilities is that styles of training are changing, reflecting the needs of communities.

In years gone by many thought of 'getting fit' as something that was about simply reaching a goal, but we now understand it's more about 'being well', and is a journey rather than a destination.

An emerging trend over the last few years, that looks set to stay is group training and classes. Group training differs from group exercise class. With group training it's more of an individualised workout, with exercise professionals leading the session, in a coaching role. Those participating are finding it's a great way to maximise effort, all while socialising, or competing with like-minded exercisers.

The small group size and format means that participants get to know and trust each other as well as the trainer. Opportunity for one on one attention facilitates a feeling of belonging and the ability to get feedback. Working with a group can also make the session more cost effective. Even those working one on one with a personal trainer might find benefits with the addition of small group training to their personal training. While the benefits of working one on one with an exercise professional are not in question, for those on limited budgets having options for an individualised programme is important.

One of the benefits of group training is the personalisation. It's important to make sure your group training session is operated by someone with the right education, has plenty of experience, and who can offer you encouragement during and between sessions. By choosing a REPs registered exercise professional you can be assured your trainer knows their stuff.

Some things to think about before getting started:

- If you are new to exercise, choose a group training programme that has a smaller group to ensure your trainer can give you the support you need.
- Talk to the trainer prior to signing up to make sure their training style is the right fit for you.

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

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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.

