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Media Release – The Benefits of Regular Exercise Testing

From: NZ Register of Exercise Professionals



The Benefits of Regular Exercise Testing

‘To get where you are going with exercise, know where you are at’.

It’s fair to say that moving more rather than less is always a good outcome regardless of what it is, and how often it’s done. But for most people there are other benefits you seek when choosing how you exercise, and before you get started you need to consider things like how often you will exercise, what style, and at what intensity.

Your reasons for exercising may be aesthetic improvements, a reduction in negative health issues, improving your sleep, or being able to keep up with your kids more easily. This is where making sure you are measuring how well your exercise programme is doing its job through regular exercise testing comes in. Using an appropriate range of exercise testing can make sure you are on track to your intended results and to offer guidance if your exercise needs to be adjusted.

Those new to exercise often fear exercise testing as they are afraid it’s going to show exactly how ‘unfit’ they are. There is no need for this fear as the type of tests that are used for new exercisers can be friendly and non-invasive. Don’t worry if the initial results are not what you want to hear, as future re-testing after you have exercised for a period of time will likely be. And that’s what testing is all about.

For those who exercise regularly exercise testing also makes sense. As your exercise levels improve, you can hit a plateau where the exercise you are doing is no longer getting you the results you once got. Targeted exercise testing can highlight areas that can be improved, and results can be tracked even if you cannot see or feel them as much as you did when you started.

Exercise testing has benefits beyond just getting a measure of fitness. It’s also so that you can have your exercise programme review and adjusted as needed. Exercise testing can also motivate you by giving you feedback that your effort is being rewarded. It can also encourage accountability. If you know you are to be tested, you are more likely to stick to your programme.

It's worth mentioning that separate to these exercise tests are health screening checks. These should be completed before you start exercising to ensure any exercise is safe for your current health status, and to allow for modifications if you have any health conditions or injuries. While exercise professionals have a range of exercise tests that you can choose to select from, when it comes to health screening, it's not negotiable as this very important.

The best place to get support with exercise testing and health screening is with a registered exercise professional. One of the core skills registered exercise professionals will have is the ability to do a range of reliable exercise tests. Book an appointment and ask how exercise testing can help your exercise programme measure up.

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.

