

6 July 2021

Media Release – Don't Let weather keep you indoors

From: NZ Register of Exercise Professionals



Don't Let the Cold Weather Keep You Indoors

With a drop in temperature often comes an increase in winter bugs and colds.

It's worth spending some time to make sure you are in the best possible condition and health to make it through winter without succumbing to every cough or cold, especially when getting out and about with a sign of the sniffles can be frowned upon these days.

Maintaining good health and regular physical activity is a great way to cut down on a range of short-term illnesses such as colds and flu, as well as the long-term ones we all know about. Exercise and activity is one form of illness prevention you can rely on.

An exercised and physically active body is a healthy body, and when we exercise regularly, we enhance our overall health and sleep better. In winter this can translate to a better immune system which can reduce the number of winter bugs that lead to days off.

The trouble is that winter comes with cold temperatures, shorter days, and inclement weather, none of them encouraging for getting out and about. It's not unusual for that run or walk getting put off for a hunker down in a warm house. However, there is no better way to stay warm and stop your energy levels slumping mid winter than with a regular exercise session.

If the outdoors isn't calling you the way it did in summer, then make the most of the indoor activities that are available in facilities nearby.

- An exercise facility or studio is a great way to keep moving indoors. There are a huge variety of exercise offerings, so you'll be sure to find one that suits you, even if you've never been to a facility before.
- You might want to consider group exercise classes which are a great way to connect with others while getting moving, and there are classes to suit those just getting started.
- Using a personal trainer is a popular way to help support you with the guidance and motivation to get the most out of your physical activity and exercise. Check out the website www.reps.org.nz to find a personal trainer near you.

If leaving the house isn't tempting you, you will find there are many trainers and classes that now run online, with many of them 'live', or there is also the option of pre-recorded.

If you are keen on heading outdoors when it's cold and wet, make sure you aren't taking any unnecessary risks by making sure you are warmed up properly, and that you are wearing the right gear (including shoes with good grip in the wet).

There is never a better time than today to get started! You will feel the health and wellness benefits both physically and in mind and body by making the investment into yourself.

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

Email: richard@exercisenz.org.nz, telephone: 0800 66 88 11 website: <http://www.exercisenz.org.nz>

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.*

