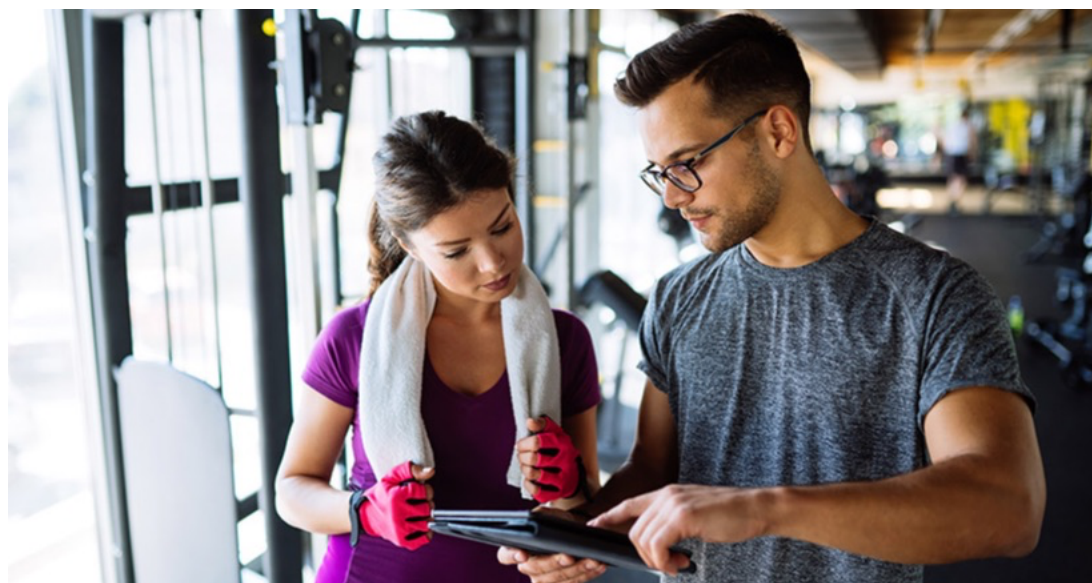


14 September 2021

Media Release – Don't Go it Alone – Getting the Right Exercise Advice

From: NZ Register of Exercise Professionals



Getting the Right Exercise Advice

There is no shortage of health, exercise and nutrition advice available, but not all of it equal.

Whether you log into your social media, chat with friends or speak with colleagues at work and you'll hear a hundred different 'tried and true' reports on how to successfully lose bodyfat, get strong, reduce stress, be a better person, take control of your health, cure any number of diseases.

With recent lockdowns and the seemingly endless stream of information on what the best exercises are, what to eat, and what products to buy have increased. It can be difficult to workout fact from a good sales pitch, or a brilliantly executed celebrity endorsement.

With information so easily gained, it can be positive that you are empowered to be able to educate and help yourself. There is still no magic pill or one off workout you can do that replaces consistent healthy eating and regular activity; don't let anyone tell you otherwise. The key to success is that you follow a plan you can stick to and do well. Success won't come if you can't maintain the recommendations given through not enough time, motivation or finances.

Thinking about supplementing your diet?

There are those that will suggest that lack of exercise and lifestyle choices can be overcome by simply introducing supplements.

Supplements are a food or food based product that are added in order to complete or enhance your food intake. Supplements range from 'superfoods' at one end, which are naturally occurring foods that are said to have high health benefits, through to pills and supplements that bear no resemblance to whole food, but are said to contain health improving elements.

There is plenty of research to indicate that certain foods have higher vitamin and mineral content than others, and in the case of a dietary lack due to illness or circumstance, supplementation can be very beneficial. However, you can't overcome a sedentary lifestyle or unhealthy diet through supplementation, so any gains from superfoods may add to health but will not, in isolation, create it.

Inspired by the stories of social media influencers?

A Social Media Influencer is a person on social media platforms who has a perceived credibility in a specific industry, and has created an income stream from it. The difference between an influencer and a recognised professional within an industry, is that an influencer is more likely to base their expertise on lived experience rather than skill or education. While it can be motivating to see what others are experiencing on a journey to similar goals to yourself, it is important to understand that motivation is important, but it is not a replacement in itself for personalised professional advice.

Looking online to change up your exercise programme or workout?

Getting inspiration for your next workout from an online app or website means you get exciting and motivating ideas at your fingertips. This is perfect if you are in good health already and have some exercise experience. The ideal app or online programme is one that has been designed by someone with an exercise qualification and professional background.

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.*

