

Taranaki Personal Trainer Council Meeting 16th March 2011

Present: Jan, Chanel Smith, Heidi, Fiona Ross, Hilary

Apologies: Claire Winzar, Caroline Ramage

Introductions of who's who.

Introduced the PT council to the group, who we are, what we do. Where to find us on the internet (web address given out) and also on facebook.

www.ptcouncil.co.nz

<https://www.facebook.com/pages/Personal-Trainers-Council-of-New-Zealand/169414156418864?ref=ts>

Consensus from group is that the web page is easier to use and find and keep track of than facebook and also a longer term option. Place notice of new articles on facebook to help direct traffic to the website.

Locally our aim is to get a group together for regular networking and education (bringing speakers to the region, to save time, \$ on travel and accommodation for Auck, Wellington etc

It is also thought increasing professionalism of PT's and assisting with business growth and development is important, networking well with the medical professionals so they are aware of our abilities is important. Important as a group (NZ wide) but also as individuals.

Registration in NZ compared to Australia – Australia better with clear distinction between levels eg gym instructor versus Personal Trainer, also good that if you are not registered there it is illegal to work.

REPS needs to be far more widely known to the public for everyone to benefit.

Agreed that future meetings (day/time) could be worked around with enough notice, for trainings longer than a few hours weekends are best.

Hilary will contact Richard (dietician) to see about talking to us, also Anita (physio) in the future.

Fiona Ross and Lisa Yates are doing a session for incontinence group about pelvic floor and it's importance for everyone, trainers will be welcome to attend (Price TBA), this will take place on sat 18th June.

Hilary to find about gaining CEC for local sessions?? With REPS, for ongoing education. Marketing, injuries from PT's (physio) and dispelling myths (nutritionist) are topics to look at.

Hilary talked about Christchurch trainers and the initiatives being undertaken to help them

Meeting closed at 3pm