

Minutes of meeting 29 April 2011

Location: Balance Point, 27 William Pickering Drive (Corner William Pickering and Piermark Drives)Albany, North Shore – **NOTE CHANGE OF VENUE DUE TO DOUBLE BOOKING. 2pm.**

Meeting begun at 2.10pm

1. **PRESENT:** Kerry McEvoy, Rowena McEvoy, Tommy Bellman, Karen Pillay, Trish Miles, Mike Tipene, Nick Jury, Ryan Hewitt.
2. **APOLOGIES:** Carol Syme, Richard Ellis, Lisa Cook
3. **What have the PT council been up to:**
 - **Facebook – Personal Trainers Council of New Zealand – search and friend/like**
 - **Twitter – PTcouncilof NZ – follow**
 - **Website - Personal Trainers Council of New Zealand – Google. Resources and links needed on the website to promote people to visit.**
4. **REPS, Fitness NZ, and Christchurch. Both REPS and Fitness NZ are operational in Christchurch. Many PTs and gyms have been affected by the Christchurch earthquakes, and are facing a time of significantly decreased income. PT in the Park and Fight back Fridays mentioned as things being done to help the industry in ChCh**
5. **Loss of income insurance, business continuation insurance. Different options discussed – loss of income insurance needs to have four years. Therefore new business cover may be the best option for many PTs who are new to business. Contractors to large facilities need to talk to gym owners about their building and business insurance. Those present agreed to review insurance cover.**
6. **Feedback from Filex from the floor – Trish was the only one in attendance who went to Filex. She was impressed with the professionalism of the event, and the quality of speakers. Agreement that as an industry we are moving towards more ‘evidence based practice’. Emphasis on resistance training for health benefits. Nutritional information moving away from calorie counting, and focusing on type of calories. Childrens health and fitness a priority. Gecko seen as a good model.**
7. **Items from the floor**

Business grow coming up in late June.

Questions over value of REPS to PTs. Also mentioned that facilities are beginning to question the value of REPS. No end user acknowledgement of the value of REPS. No marketing voice. Eg of Fitness Australia using TV ads with celebrity endorsement to show the value of registration.

Skills Active have an upcoming workshop on exercise for obese clients headed by Wendy Sweet.

Net fit are promoting an upcoming workshop on rehab PT by an Australian training business.

Info distributed.

Meeting closed at 3.05pm.