



**Waikato Meeting  
17 September 2010**

**Chaired:** Alison Storey  
**Attended:** Louisa Mahutariki-Horner, Lynne O'Malley,  
**Minutes Recorder:** Vicki Hale

**Meeting Start: 2.10PM**

**OPENING DISCUSSION**

[PT Council – What is it? / Purpose of Meetings / PT Council Website.](#)

- Alison talked to what PT council is and the vision and purpose behind it – act as common voice of trainers to Fitness NZ on current topics and ways we can help each other increase the professionalism of the industry
- Lynne commented that PT council website is good – clear and fresh and easy to navigate

**AGENDA ITEMS**

**1. [Trainer's thoughts on REPS and benefits?](#)**

- Each region needs their own data base of REPs trainers so that the PT Council can contact and distribute information direct to the regions trainers
- Information getting out to trainers as to benefits of being REPs registered needs to be a priority if it is to grow
- Notice of this meeting needs to go to all training facilities that are training future PTs – Wintec didn't have notice

- PT Council meetings can be about having the opportunity to meet with experienced trainers who are in the industry and know how things work in the real world. (very important for those starting out) Sharing ideas and business knowledge is paramount
- Opportunity of Forum to discuss topics/issues

There followed involved discussion in regards to Qualifications vs. Experience and how REPS could work out a system that is fair and covers all possible situations to differentiate the ability of trainers. The current levels do not differentiate enough.

Some of the points identified as increasing level of REPS registration;

- baseline working experience
- years in industry
- hours worked with clients
- tiered system
- Degree or equivalent study

## 2. Where will the PT industry be in 10 years?

- That the Publics view on how they see health and fitness is different than how things are today as people are still moving towards being larger / obesity epidemic is not lessening
- Getting people motivated into the healthy way with exercise and nutrition – needs more professional focus
- More information for people on how to fit it all in to a busy lifestyle as that's always an excuse
- PTs need to be more networked with other health professionals; - people listen to doctors so need to listen to Personal Trainers as they have the experience in areas where doctors may not have such specialized knowledge.

- Getting people to fix themselves rather than looking at the quick fix solution – e.g. drugs.

### 3. What would you like it to look like?

- New graduates having access to professionals who are in the industry and understand the way things work from the day they graduate instead of being left in the cold.
- Getting industries/roles that overlap to work together to achieve a common goal.
- Having professionals in health industry come in and have talks to PTs in the industry as well as those that are starting out – workshops/lectures?
- Having a PT Council rep to come and talk to graduates as to what is available when going into workforce and the benefits of being registered – Alison to communicate with Lynne about visiting her Wintec class to talk to them in the near future

### 4. Ways for PTs to get value from meetings?

How you want to meet?

Face to face meetings are better than email or Skype

To be communicated with?

EMAIL -Well in advance, not at short notice like this meeting, didn't get email reminders until just before meeting.

Which day works best?

Doesn't matter as you will always have people who cannot make it for one reason or another. Friday was quite good.

What time works best?

Afternoons

### Possible discussion topics for Regional Meetings?

- Where things are at in regards to issues that get raised at regional meetings. (follow ups)
- Hold meetings once a month to discuss issues or have a guest speaker come in from the health profession.

**MEETING CLOSED: 3.17PM**