



Personal Trainers Council of New Zealand

Canterbury/ Westland meeting
06.05.11
Chaired by Jean Scott

In attendance:

Di Lauder, Amy freeman, Janna Tami- Smith, Barbara Millar, Sara Faith Hudson and Pascale Battrick

Discussion:

PT In the park.

Clarifying for the new PT in the park trainers how it all worked, How to use it to promote good health and wellness. Keep it simple and keep it fun, ensure that options are given.

Outcome:

PT in the park went ahead with appalling weather .Big thanks to all the trainers that went to the 4 locations. Let's hope for better weather on the 21st of May.

Summer attendance 0 North Hagley 4, Woolston 4 and one person went to the wrong park, Broad 0

I had after PT in the park quite a lengthy discussion with Di and Fiona about how we can get people new to exercise to come to the park.

Encourage the trainers of Christchurch to bring their personal training clients. They know how it feels to be fit they can sell to friends.

I will try to come up with an award for the trainer that gets the most people over the 5 remaining sessions.

I have asked Di to draft a letter similar to the one she sent this time. Thanks Di, as soon as I get this I will email to trainers and get the ball rolling.

What's in it for the trainers?

If they can get non exercisers to come to the next 5 sessions they will start to feel better, have fun and will be want to continue. They may decide to stay with their friend's trainer or use a PT trainer in the park.

Ask them to bring Friends and Family and then after the session have a social cuppa or coffee.

Network Coffee:

Barbara suggested we have a catch up for trainers once a month.

Decided to do this on the first Friday of each month at 11am, I would organize the first Network coffee and then pass on to another trainer.(Di for the following month)

The only thing that needs to be done is organize a café and get an email sent to trainers.

I can send the email to trainers once I know which Café.

We will still continue to have regular PT council meetings .

Fight back Series

Feed back, it has been outstanding, beneficial, and informative and the speakers have all been great.

Would it be possible to run another series?

REPs, Fitness NZ and Kris Tynan

All of the trainers have been impressed with the total support they have had from REPs and Fitness NZ in regards to the fight back series and PT in the park.

Special thanks to Kris for putting the fight back series together.

Meeting closed 1.30pm