

Spice it up with variety!

"Variety is the proverbial spice of a fitness programme" according to trainer John Pidgeon*. Not only is it essential for creating long term participant adherence, but it's also vital for maintaining the motivation and enthusiasm of the trainer.

Studies have reinforced the importance of variety to exercise adherence.

If you're looking to retain more clients in the new year, and to help them achieve more, it may be time to shake up their training.



According to Pidgeon, the best kind of workout variety is a diverse and challenging programme with clear options that you can adopt wholesale or configure to the needs and abilities of your clients. Not only does this kind of 'menu' offer helpful structure and a more enjoyable mix of activity, it can also provide a more extensive, well-rounded training programme.

Variety isn't just the natural antidote to boredom – **it's the best remedy for the inevitable plateau clients hit when they stay on the same track too long.**

*[The element of surprise increase variety for adherence and results \(2013\), John Pidgeon, BA \(PE\).](#)

Resources Library - ePublication of Australian Fitness Network.



Don't be afraid to try new things

If you feel like your programme, class or activity is becoming a chore or you're stuck in a rut, try out the 3 strategies below! It will help you feel more motivated, change things up a gear and get 2018 off to a great start!

1. Change the space, environment or routine

Introduce some new elements if you always use the same piece of grass or indoor area. On a fine day you could take your class outdoors. Decorate the hall or workout area based on different themes (for Easter, St Patricks Day, or Christmas). Use spaces differently – for instance rotate activities over the term or reverse the workout order.

2. Change or introduce new equipment

The use of equipment is another easy way of mixing things up. Transform simple exercises simply by introducing a piece of equipment such as a dynaband, dumbbell or aquabag. Novelty items such as balloons, squeeze balls and hula hoops also add a fun factor. Or perhaps you could run a session using outdoor gym equipment every so often?

3. Network with other trainers and instructors

We all have different skills and specialities. Consider teaming up with another trainer or instructor and exchanging ideas. Everyone has their own style and not only will you grow in confidence but the participants will have fun trying something new. Another great way to network is to get along to one of the Active Canterbury workshops held during the year. Check out the links overleaf for what's coming up!



[Education, Training and Development](#)

Waimakariri Activity Provider Day

Date and Time: Saturday 24th February, from 1 to 4pm.

Location: Rangiora Fitness Centre.

Join us for an afternoon of ideas for activity providers in North Canterbury. This FREE workshop will include opportunities to network with other providers in your community **plus...**

- How Active Canterbury can support you.
- Get the low-down on a NEW Strength and Balance Programme.
- Try out some simple Ageless Grace and Tai Chi routines.
- Hear about REPs and understand the new Health & Safety legislation.
- Get involved! Grow in confidence by taking part on the day.

Training counts as 2.5 CPDs if you attend the entire workshop.

[Register online today for this Active Canterbury workshop.](#)

Community Exercise Foundation Course

Dates: Saturday 7th and 14th April - plus some self-directed learning.

This exciting two-day foundation course is suitable for leaders of group exercise in a community or church setting, plus new or inexperienced leaders – no previous exercise or instruction experience required. Course will cover exercise and group instruction fundamentals. Cost is \$50 per person.

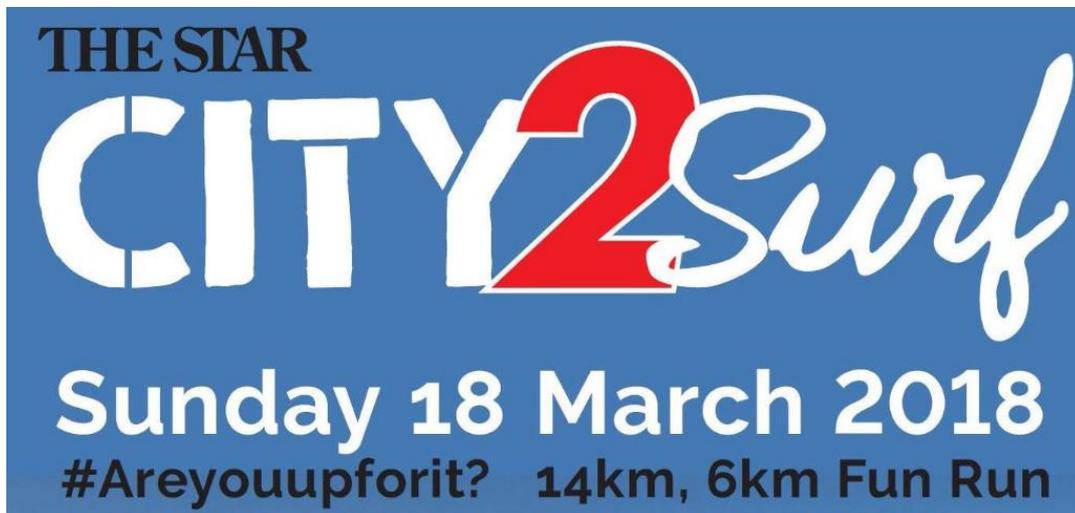
[Get more information on this course, including how to register.](#)

Ready to take your passion to the next level?

The Southern Institute of Technology (SIT) is offering a Level 3 National Certificate in Fitness (Group Fitness Instruction) in Christchurch from 2nd May to 29th August. This REPS registered course covers fitness fundamentals, mechanics of music, group communication and control, creating choreography, delivering a dynamic performance and much more.

This programme is eligible for the Zero Fees Scheme – no tutorial fees. There is a cost for materials (\$586 including GST).

[Find out more about the SIT National Certificate in Fitness.](#)



Exercise and Menopause

Keeping active throughout life is an important part of staying healthy, however as we age and at different stages of life, the type of exercise we engage in will need to change to suit us. This is especially true for midlife women. With this age group experiencing the onset of perimenopause, and then menopause, there are some significant changes that can impact on health, energy levels, sleep and response to exercise.

REPS has just released an excellent overview – based on research by New Zealand menopause and exercise specialist Dr Wendy Sweet – about what trainers and exercise advisors need to know.

[Read the full article from REPS on menopause and exercise.](#)

Source: *What You Need to Know From: NZ Register of Exercise Professionals (January 2018).*

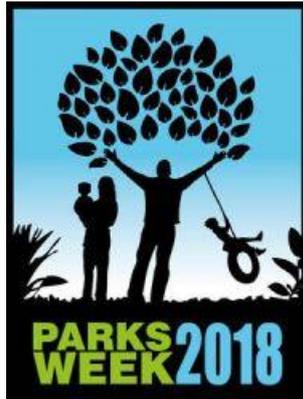


ACSM recently released its annual fitness and exercise trend forecast.

The top 10 trends for 2018 are:

- High-Intensity Interval Training (HIIT)
- Group Training
- Wearable Technology
- Body Weight Training
- Strength Training
- Educated and Experienced Fitness Professionals
- Yoga
- Personal Training
- Fitness Programs for Older Adults
- Functional Fitness

[Find out more about these trends for 2018.](#)



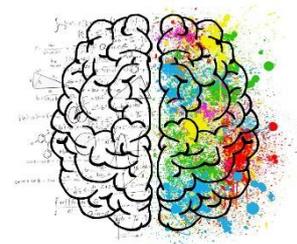
10th to 18th March

Parks Week is an annual celebration of the role that parks play in keeping our communities and natural environment healthy.

[Find out about Parks Week events from the ChCh City Council](#) or how to get involved.

You may also like to check out the following resources and research:

- [Stanford University](#) (video)
- [The Wild Network](#)
- [Department of Conservation](#)



Exercise is even better than thinking for the health of your brain.

[Harvard psychiatry professor John Ratey](#) says "Moving the body, moving the muscles, pushing yourself to do something more than you did before" boosts our capacity for focus and learning and lifts our mood – not unlike the effects of taking a little bit of Prozac and a little bit of Ritalin.

Exercise boosts our levels of brain-derived neurotrophic factor (BDNF) – a substance Ratey calls "Miracle-Gro for the brain".



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We welcome your feedback and comments.

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