



# How to choose the right coach

# Guidance from the largest independent public register for the Health and Fitness Industry

## What is a coach?

Coach is a broad term for anyone leading physical activity and in this context we are referring to it in the form of health and fitness coaching:

Instructor

Teacher

Personal Trainer

Fitness Coach

## Questions to ask

There are some crucial factors to consider when choosing a new or different fitness regime.

Here are 3 important questions you should ask that will help provide you with the assurance that you are putting your body under the instruction of an appropriate health and fitness professional:

### 1. Is your coach qualified?

Sounds a surprising question but because the various titles listed above are not protected by law it is very important to ask and check. Health and fitness industry qualifications provide the skills and underpinning knowledge for health and fitness professionals to provide safe and effective sessions to help their customers achieve their goals.

### 2. What do their qualifications mean?

With the plethora of training methods and brands in the health and fitness industry it is important to ensure that the coach has completed a qualification that meets UK (and international) standards. The best way is to **check that the coach is registered with the Register of Exercise Professionals (REPs)**.

Since 2002 membership of REPs has provided employers, customers and health care professionals with the assurance and confidence that registered instructors and trainers have the knowledge, competence and skills to perform specific roles – meeting the all-important standards set by the industry.

REPs registration ensures the coach has the recognised and approved qualification(s), remains up to date, and is appropriately insured.





### 3. What are their specialisms, and do their qualifications match your requirements?

There are a variety of reasons someone may start an exercise regime but if you have any special requirements your coach should have a category of registration on REPs to show not only that they have the underpinning knowledge to coach the general population, but they have the specialist knowledge and skills to coach you. The categories of REPs registration are listed below, along with the specific medical conditions that REPs members can be qualified to instruct:

#### Categories

Level 2 Gym/Exercise to Music/Aqua/  
Physical activity for children Instructor

Level 3 Personal Trainer/Advanced Exercise  
to Music/Exercise (or GP) Referral

Level 3 Exercise and Movement/Pilates/  
Yoga Teacher

Level 4 Strength and Conditioning Specialist

Additional categories of working with older  
adults/disabled/ante and post-natal

#### Medical conditions

Cardiac disease

Falls prevention

Stroke

Mental health

Lower back pain

Obesity/diabetes

Chronic respiratory disease

Cancer rehabilitation

Long term neurological conditions

### How to find a qualified coach

To be confident in the coaching you receive, check the members list on our register at [exerciseregister.org/members-directory-listing](https://exerciseregister.org/members-directory-listing), which you can search by name, location and/or skills.

**Take your pick from over 20,000 REPs members today!**

**Find a coach near you at [exerciseregister.org/members-directory-listing](https://exerciseregister.org/members-directory-listing)**

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