



Who we are, what we do



The Australian Health and Fitness Industry

Never before have Australians been more aware of the importance of a fit and healthy lifestyle and the fitness industry plays an important role in facilitating Australians to experience a better quality of life through regular exercise.

Fitness Australia

Fitness Australia is the national health and fitness industry association, representing over 27,000 registered exercise professionals, fitness service providers and industry suppliers Australia-wide.

Our vision is “a Fitter, Healthier Australia” and our role is to create an environment where the fitness industry is empowered and better equipped to engage more people in regular exercise through safe and high quality fitness services.

Our Industry

The Australian fitness profession operates under a system of voluntary regulation. The system aims to safeguard the health and interests of people using fitness services and to provide standards and policies that will promote best practice across professional and business services.

The national regulatory mechanisms in place include the [Register of Exercise Professionals](#) and the [Business Registration Scheme](#), which are governed and administered by Fitness Australia.

As the peak industry association, Fitness Australia has a mandate from the industry and recognition from government at local, state and federal levels.

Registered Exercise Professionals

Exercise professionals typically provide a variety of services within settings that might include fitness centres or studios, community centres, healthcare facilities, workplaces, client's homes, sport and recreational facilities, or public parks.

Scope of practice

The role of a Registered Exercise Professionals (REP) is to plan and deliver safe and effective exercise programs for individuals or groups. REPs are qualified to work independently with low to moderate risk clientele and with higher risk clientele (whose conditions are stabilised and well managed), under close guidance from medical and/or allied health practitioners. Refer to www.fitness.org.au/scopeofpractice for more detail.

Fitness Australia conducts quality assurance and auditing processes to verify the qualifications and credentials of exercise professionals. Currency of professional skills, knowledge and competency is reinforced through required continuing education.

Credentials

REPs hold a 'Licence to Practice' as a professional in the Australian fitness industry. The REP credential signifies that the instructor or trainer:

- has completed the minimum vocational fitness qualification or equivalent higher education qualification
- has gained specific areas of knowledge and skill to attain the relevant [job role registration category](#)
- has attained a [registration level](#) that represents their experience in the industry
- holds a current Senior First Aid and CPR certification
- is bound by the [Fitness Australia Code of Ethics](#)
- is committed to ongoing professional development
- is listed on the online directory of the [Register of Exercise Professionals](#)
- is eligible for professional insurance cover

How to identify a Registered Exercise Professional

- Use the Exercise Professional directory – fitness.org.au/exerciseprofessionaldirectory – to search by name to check whether an exercise professional is registered
- Ask to see the trainer's registration card which will provide details of their credentials



Registered Fitness Businesses

Businesses registered with Fitness Australia are held accountable to the Fitness Industry Code of Practice and to meeting best practice industry standards and policies. They provide assurance that all staff who deliver fitness services hold a current exercise professional registration and offer a high standard of safety, service and customer care. Registered businesses include fitness centres, training studios, outdoor or community based services and sole trading professionals.

How to identify a Registered Businesses

- Use the Fitness Business directory – fitness.org.au/fitnessbusinessdirectory – to find a registered business in a specific post code or region.
- Always ask the business if they are registered with Fitness Australia when making an inquiry or referral
- Look for the Fitness Australia Registered Business logo displayed on their website, registration certificate, signage or posters.



Our services

Supporting patient care and prevention of disease

Exercise professionals provide:

- pre-exercise screening and referral of high risk patients or those with chronic conditions
- ongoing support and motivation of clients through regular SMS/phone/email reminders
- education relating to exercise adherence and self-management of health and lifestyle behaviours
- linkage and referral to other relevant services when required

The role of exercise professionals in primary care

ThinkGP is a continuing professional development platform for general practitioners and other health care providers. ThinkGP has profiled the role and scope of practice of the fitness industry in preventive health, and how to access qualified and registered exercise professionals delivering evidence based programs. Issues such as pre-exercise screening and improving levels of safe and effective physical activity through exercise referrals are explored: www.thinkgp.com.au/fitness-australia.



Lift for Life is an evidence-based structured resistance training program delivered by Fitness Australia in partnership with Baker IDI Heart and Diabetes Institute. The Australian Government's Healthy Communities Initiative has enabled Lift for Life to reach thousands of people at risk of chronic conditions.

Watch the [Lift for Life Real Stories video](#) to see how this program has been impacting on the health and day-to-day lives of participants in a positive way.



LIFTFORLIFE
exercise made easy

Fitness Australia

T. 1300 211 311

E. info@fitness.org.au

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Conducting exercise referrals to the fitness industry

The Start Exercising website – startexercising.com.au – allows consumers or health practitioners to search for a registered facility in their area, or to check whether a trainer is registered with Fitness Australia. Additional resources include:

- Tips on how to choose a fitness business or professional and which questions to ask
- Useful links to national physical activity guidelines and health organisations
- Consumer support from Fitness Australia via 1800 88 55 60.



Steps to involve fitness service providers in the care of your patients

1. Ask your client to complete the [Adult Pre-Exercise Screening Tool](#), Stage 1 questionnaire
2. Provide a letter outlining your guidance and advice regarding the patient's condition and how it might affect their initial exercise program, including any contraindications for exercise
3. Provide details about your preferred processes for ongoing communication and feedback – best time or best person to contact - about the patient's ongoing progress
4. Use the fitness industry directories – fitness.org.au/fitnessdirectory to find a specific registered professional or business that you can refer to and build a personal relationship with
5. Ask for evidence-based programs such as [Lift for Life](#)

Referral resources

Fitness Australia has developed a [Referral Kit](#) that sets out specific steps for effective and efficient client referrals, including decision making, preparing information and record keeping, understanding client and health sector expectations, building referral relationships and using effective referral templates.

The kit can be used by exercise professionals and health practitioners alike to strengthen and enhance client referral activities and to ensure continuity of care across primary health disciplines.

For further information about the fitness industry workforce that is registered Australia-wide, please contact Fitness Australia on 1800 88 55 60 or at info@fitness.org.au.