Boogie Bounce Gets Thumbs-up from Exercise Industry Experts

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When it comes to innovative, safe and effective exercise to music on trampolines, Boogie Bounce – with more than two decades of expertise – has always led the way.

And now the initiative has received a prestigious stamp of approval from industry experts.

'Queen of the Trampoline', Jenny Belcher – who founded Boogie Bounce 21 years ago - has seen her training courses recognised by the prestigious Register of Exercise Professionals.

The official nod from REPS means that Boogie Bounce is now the UK's leading provider of training for exercising on T-bar handle mini trampolines.

Jenny, 52, says: "We've always known that our training courses were the best – but now it's official!"

"It's wonderful to know that our training programme has been put through its paces – and approved - by exercise professionals following stringent procedures. The go-ahead from REPS is a recognised bench mark within the industry. We couldn't be prouder.

"Now that we're launching in our ninth country – the USA – I felt we needed to have this kudos and benchmark of quality."

REPs is an independent, public register which recognises the qualifications and expertise of exercise instructors in the UK, explains Jenny.

And membership means more than simply assuring the public that trainers and instructors meet the health and fitness industry's agreed National Occupational Standards.

Boogie Bounce can now offer esteemed Continual Professional Development points to exercise professionals who complete its courses. (REP members must accumulate 24 points over two years). A one day Boogie Bounce course (valid for those who already have fitness or Exercise to Music qualifications) will provide nine CPD points.

"CPD is a way for exercise professionals to demonstrate that they are continuing to learn and develop throughout their careers, keep their skills and knowledge up to date and work safely, legally and effectively," says Jenny.

And one day training course certificates are just the start of things to come. "We are now working towards a three day course that offers qualifications in Boogie Bounce and Level 2 Exercise to Music – in addition to the CPD points – also incorporating extensive on-line training," says Jenny. "It means that people who want to start a career in the fitness industry will consider coming to us first and foremost – knowing they're getting the best training there is.

"We're also endorsed for Boogie Bounce Kids (6-11 year olds) and will be looking to get endorsing Revolution (circuit training type workout). Our membership of REPS will be renewed on an annual basis – again assuring our 55,000 bouncers that Boogie Bounce is at the top of its game and will be staying there!

"Twenty one years after pioneering the very first exercise to music classes on trampolines – and three years after introducing our revolutionary T-bar support - we are continuing to lead the way."

Notes to editor

What is Boogie Bounce?

Boogie Bounce Xtreme is an exclusive exercise programme offering cardiovascular, toning, fat burning and strengthening benefits with low impact on the body. NASA agrees that 'bouncing is the most efficient and effective exercise yet devised by man' – while studies by NASA scientists have shown that bouncing is 68 per cent more effective than jogging but requires less effort.

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Boogie Bounce has 55,000 participants across the UK and is now expanding worldwide.

For more details, to try Boogie Bounce Xtreme, or arrange an interview with founder Jenny Belcher please contact Claire Nicholls or Insya Abdulhussein on 0121 354 1190; claire@boogiebounce.co.uk insya@boogiebounce.co.uk

Information on REPS

PD:Approval is contracted to provide endorsement on behalf of the Register of Exercise Professionals (REPS). PD:Approval is an independent quality assurance service working with new and established membership organisations. The PD:Approval team combined has over 50 years of knowledge and experience in standards setting, quality assurance and structuring frameworks to strengthen the verification of training that underpins the code of practice of membership organisations and institutes.

REPs provide assurance and confidence to the public and employers that all professionals on the Register are appropriately qualified and have the knowledge, competence and skills to perform their role effectively.

REPs were developed to protect the public from trainers who do not hold appropriate qualifications. As well as protecting the public, REPs was also established to recognise the qualifications and skills of exercise professionals.

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