

Fitness Trends 2017



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Top 20 Fitness Trends



2007

1. **Children and obesity**
2. Special fitness programs for older adults
3. Educated and experienced fitness professionals
4. Functional fitness
5. Core training
6. Strength training.
7. Personal training.
8. Mind/body exercise.
9. Exercise and weight loss.
10. Outcome measurements
11. Sport-specific training.
12. Simple, more accessible exercise
13. Comprehensive health promotion programming at the worksite.
14. Physician referrals.
15. Shorter more structured classes.
16. Reaching new markets
17. **Worker incentive programs**
18. Wellness coaching.
19. Group personal training
20. Family programming.

2017

1. **Wearable technology.**
2. Body weight training.
3. High-intensity interval training.
4. Educated, certified, and experienced fitness professionals
5. Strength training
6. Group training.
7. Exercise is Medicine
8. Yoga.
9. Personal training.
10. Exercise and weight loss.
11. Fitness programs for older adults.
12. Functional fitness.
13. Outdoor activities
14. Group personal training
15. Wellness coaching
16. Worksite health promotion.
17. Smartphone exercise apps.
18. Outcome measurements.
19. Circuit training
20. Flexibility and mobility rollers

Top Trends 2017



- 1. Wearable technology.
- 2. Body weight training.
- 3. High-intensity interval training.
- 4. Educated, certified, and experienced fitness professionals
- 5. Strength training





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- 7. Exercise is Medicine
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- 11. Fitness programs for older adults.
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- 20. Flexibility and mobility rollers

What do you think?





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