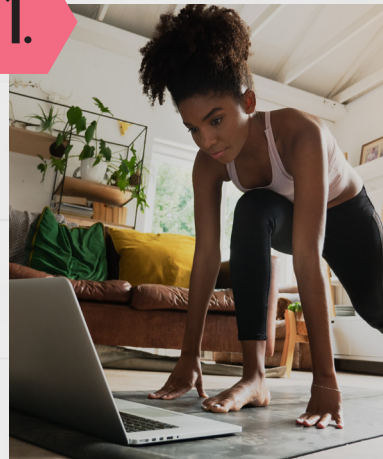


TOP 10 FITNESS TRENDS FOR 2021

The editors of The American College of Sports Medicine's (ACSM) Health & Fitness Journal® (FIT) have circulated an electronic survey to professionals around the world for the past 15 years to determine health and fitness trends for the following year. This survey will be used to guide health and fitness programming efforts for 2021 and beyond. New to the top 20 trends identified for 2021 include a new no. 1, online training (which was no. 26 in 2020), virtual training (no. 6), and mobile exercise apps (no. 12).

HERE ARE THE TOP 10 WORLDWIDE FITNESS TRENDS FOR 2021 :

1.



**ONLINE
TRAINING**

2.



**WEARABLE
TECHNOLOGY**

3.



**BODY WEIGHT
TRAINING**

4.



**OUTDOOR
ACTIVITIES**

5.



HIIT

6.



**VIRTUAL
TRAINING**

7.



**EXERCISE IS
MEDICINE**

8.



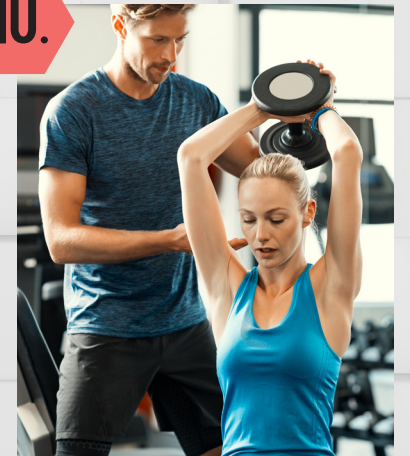
**STRENGTH
TRAINING W/
FREE WEIGHTS**

9.



**FITNESS
PROGRAMS FOR
OLDER ADULTS**

10.



**PERSONAL
TRAINING**