

[IMAGE]

## Top Fitness Trends for 2016

By Editorial Staff

OK, here goes, from bottom to top: the top 20 fitness trends for 2016 according to the American College of Sports Medicine (ACSM), which published its annual fitness forecast in the November / December 2015 issue of *ACSM's Health & Fitness Journal*. The trends are based on a survey of more than 2,800 health and fitness professionals worldwide.

20. Outcome Measurements
19. Core Training
18. Circuit Training
17. Smartphone Exercise Apps
16. Flexibility and Mobility Rollers
15. Sport-Specific Training
14. Outdoor Activities
13. Wellness Coaching
12. Worksite Health Promotion
11. Group Personal Training
10. Yoga
9. Exercise and Weight Loss
8. Fitness Programs for Older Adults
7. Functional Fitness

6. Personal Training

5. Educated, Certified and Experienced Fitness Professionals

4. Strength Training

fitness trends - Copyright © Stock Photo / Register Mark 3. High-Intensity Interval Training

2. Body-Weight Training

1. Wearable Technology

Are you ready for the new (or just better) you in 2016? Then consider getting involved in one or more of these fitness trends this year. Whether you're the teacher or the student (or both), lifelong health and wellness is all about finding the most inspiring ways to stay healthy, and these 20 trends sure fit the bill. Talk to your doctor for more information, along with other great ways to get and stay in shape. For details regarding each of the top 20 trends, [click here](#).

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