

# 2016 FITNESS TRENDS

Fitness guru Donna Noble predicts this year's hottest workouts

**F**OR MANY people, the new year is a time for resolutions, particularly resolutions to lose weight and get fit. This means a lot more people will be looking for workouts to get in shape, with gyms, bootcamps and personal trainers fighting for their attention.

For the last 10 years the American College of Sports and Medicine have been conducting

surveys of more than 1,000 health and fitness professionals worldwide to see what the biggest trends in the industry are and what gyms, bootcamps and personal trainers will be offering their customers.

Yoga and fitness expert Donna Noble says: "Every year the fitness world adjusts and evolves bringing in new elements to already established classes or bringing in new workouts for you to try.

"Five years ago no one knew what high intensity interval training was but most classes have added elements of HIIT because people expect it now."

So what will be the new trends that fit-pros will be adding to their workout routines?

**Here are the top fitness trends that everyone will be doing in 2016, according to Donna:**



## 1. Wearable Technology

I hear a lot of people talking about how many steps or how many calories they've burned in a day and it's all through the wearable fitness technology they're wearing. Fitness trackers, smart watches and GPS tracking devices are everywhere now and it's still a new industry that will only get bigger.



## 2. Body Weight Training:

As the tech side is taking off in a big way the other side is a lot of people want to get "back to the basics". Body weight training uses no equipment making it more affordable.



## 3. High-Intensity Interval Training (HIIT)

People who are health conscious but struggle to find time to work out are more attracted to HIIT training. HIIT training involves short bursts of activity followed by a short period of rest or recovery. These exercise programs are usually performed in less than 30 minutes.

## 4. Strength Training

Strength training remains a central emphasis for many health clubs. Incorporating strength training is an essential part of a complete exercise program for all physical activity levels and genders. (The other essential components are aerobic exercise and flexibility).

## 5. Educated and Experienced Fitness Professionals

Given the large number of organisations offering health and fitness certifications, it's important that consumers choose professionals that are certified.

## 6. Personal Training

The one-to-one attention and accountability you get from a PT is still one of the best ways to achieve your own personal goals.



## 7. Functional Fitness

This is a trend toward using strength training to improve balance and ease of every day movements you make. Functional fitness and No.8 on the list or closely matched.



## 8. Fitness Programmes for Older Adults

More people in the 60 plus range are trying to stay active and socialise more often, therefore many health and fitness professionals are taking the time to create age-appropriate fitness programs to bring in older clients.



## 9. Exercise and Weight Loss

In addition to nutrition, exercise is a key component of a proper weight loss program. Health and fitness professionals who provide weight loss programs are increasingly incorporating regular exercise and caloric restriction for better weight control in their clients.

## 10. Yoga

Still as popular as ever, yoga utilises a series of specific bodily postures practiced for health and relaxation and also develops strength and fitness. As well as traditional classes yoga is still developing new classes all the time - Hot yoga, CurveSomeYoga, Yoyalates and others.