



Every year the American College of Sports Medicine publishes the latest 'Worldwide Survey of Fitness Trends'. The newest 2023 survey results just came out so let's see what we found! [Read for yourself](#)

This year's trends consider the impact of "postpandemic" recovery impacts on the fitness industry. Still present are people quarantining, wearing face mask coverings, and social distancing. COVID-19 rates fluctuate and therefore still impact the fitness industry. I'd like nothing more than to 'go back to the gym'. I left when the pandemic hit, and I haven't been back since. A fitness facility is a GREAT motivator and because of all the New Year Resolutions, gyms and studios are packed right now, despite COVID-19 concerns. However #6 on the trends list is 'Outdoor Activity' as people have adventured to the outdoors!

If you go indoors however, be respectful of the recommendations and protect your workouts! Getting sick while trying to get fit may derail your efforts!

The difference between a trend and a fad is that a fad is a short-lived, popular, stylish activity. If a fad gets you going great, but it probably won't keep you going! A trend is the development or a change in behavior, a movement, and tends to stick around a lot longer and may have a bigger impact on the industry, and you!

Now, let's see if we're trending!

Number #1 on the list is Wearable Technology! Fitness trackers, smart watches, pedometers, that can track your steps, mileage, heart rate, calories, and other activity related information. Tracking and measuring your daily activity can serve as a powerful motivator as you challenge yourself to a healthier lifestyle.

Behavior change takes time, persistence, and consistency. If you don't have wearable technology, you can also track your activity on a daily calendar on your fridge! You can track days of activity, type of activity, and perhaps how long the activity session lasted. Try to accumulate a minimum of 150 minutes of cardiovascular activity a week! Don't shame yourself, just keep moving.

Number #2 on the trend list is 'Strength Training with Free Weights', as is number #3 'Body Weight Training'. Strength training, building, and maintaining muscle and bone health, can keep our body strong as we get older and help to prevent disabling falls or early frailty.

Number #4 on the trend list is 'Fitness Programs for Older Adults'. We are living longer, working longer, and looking for ways to stay healthy and strong throughout our lifespan. Number #5 on the list is 'Functional Fitness Training', which is training to improve activities that we do daily that involve balance, coordination, functional strength, and endurance.

**The point is whether it's a trend or not, is being physically active on YOUR list for 2023?!**