

Top Fitness Trends in 2019

For the benefit of commercial health clubs, community-based programs that are typically nonprofit and corporate wellness programs, the American College of Sports Medicine administer an annual survey to professionals worldwide to identify top health and fitness trends. The survey is careful to determine trends in fitness and not short-lived fads. These are the top 5 trends:

5. **Bodyweight training.** This type of program doesn't require much specialized equipment. Instead, a workout using your bodyweight as resistance to push or pull can be done just about anywhere. For example, pushups, burpees, pullups and lunges increase body strength and muscle gain.

4. **Fitness programs for older adults.** With Baby Boomers living, working and remaining healthy longer, this trend refers to programs that are designed for and cater to the specific needs of this age group.

3. **High-Intensity Interval Training (HIIT).** There are different examples of HIIT, but emphasize high intensity exercise with intermittent recovery periods to keep heart rate up. Usually no special equipment is needed and workouts can be relatively short, 20-30 minutes.

2. **Group training.** This includes cardio-based and dance classes to indoor cycling, where the instructor leads, teaches and motivates participants through a planned workout. Especially great if you're social and looking for com-



radery. And the top health trend is...

1. **Wearable technology.** This was also the #1 trend in 2016 and 2017 and includes using devices that track anything from steps, heart rate, sleep time, sitting time and more. Fitness trackers can support goal setting and increasing activity from your baseline.

Other trends that made the list were yoga, hiring certified fitness professionals, personal training, functional fitness training, worksite health promotion and organized outdoor activities. With so many options, make you're sure to find a good fit to staying physically active.

(Source: ACSM's Health and Fitness Journal: Nov/Dec 2019)

Happening Now

What's your favorite thing about Fall? Dipping caramel apples | No more itchy bugs | Hayrides | Gaining an hour of sleep | Camping | Putting away the lawnmower | Getting lost (and then found again) in a corn maze | Fresh apple cider | The foliage | All things pumpkin | Wearing sweaters | Holiday preparations | Baking all the things | Lower utility bills | Oktoberfest | Football season | Sitting around a fire | New shows on TV | Spooky movies | Walking on crunchy leaves | Brilliant sunsets | The World Series | Back to school | Halloween costumes | New candy corn flavors | Giving thanks | Drinking pumpkin spice lattes | Fall equinox |

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