WORLDWIDE SURVEY OF FITNESS TRENDS FOR 2017

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SURVEY RESULTS

The first step in the survey analysis was to collate the responses and then to rank-order them from highest (most popular trend) to lowest (least popular trend). Only the top 20 for 2017 are described in this report. After rank-ordering the responses, four internationally recognized experts representing all sectors in the health and fitness industry commented on the findings. Their analysis and commentary are included at the end of this report. For a comparison of the top 10 trends from the past 10 years’ surveys ([1–10](http://journals.lww.com/acsm-healthfitness/Fulltext/2016/11000/WORLDWIDE_SURVEY_OF_FITNESS_TRENDS_FOR_2017.6.aspx#P63)), please see the comprehensive comparison table online (available at <http://links.lww.com/FIT/A40>).

The 2017 survey results (Table 2) seem to reinforce the findings of previous years, which was expected when tracking trends and not fads. New to the top 20 trends identified for 2017 are group exercise training and Exercise is Medicine (defined as a global health initiative for the purposes of this survey and not as an ACSM program). Missing from the top 20 trends for 2017 are core training (no. 19 in the 2016 survey) and sport-specific training (no. 15 in last year’s survey).

1. **Wearable technology.** Wearable technology, which includes activity trackers, smart watches, heart rate monitors, GPS tracking devices, and smart eye glasses (designed to show maps and track activity), was introduced just a few years ago. Examples include fitness and activity trackers like those from Misfit, Garmin, EFOSMH, Pebble Time, Juboury, Samsung, Basis, Jawbone, and Fitbit. The newly released Apple iWatch® (Cupertino, CA) is another example. Some business analysts have predicted that sales of the Apple iWatch® alone will exceed 485 million devices by the year 2018 (<https://www.abiresearch.com/>). Trending in this part of the industry now are smart glasses, with a predicted $1.5 billion in sales (<http://www.juniperresearch.com/home>), and smart fabrics and interactive textiles reaching sales approaching $2.6 billion by 2017 (<http://www.strategyr.com/>). It is unpredictable how wearable technology will advance through the next decade.

2. **Body weight training.** Body weight training appeared for the first time in the trends survey in 2013 (at no. 3) and remains in the no. 2 position for 2017. Body weight training did not appear as an option before 2013 because it only became popular (as a defined trend) in gyms around the world during the last few years. Body weight training has been used previously; in fact, people have been using their own body weight for centuries as a form of resistance training. But new packaging, particularly by commercial clubs, has made it popular in gyms and health clubs around the world. Typical body weight training programs use minimal equipment, which makes it a very inexpensive way to exercise effectively. Although most people think of body weight training as being limited to push-ups and pull-ups, it can be much more than that. As its place in the no. 1 position in the 2015 survey and the no. 2 position last year have suggested, body weight training is a trend to watch for in the future.

3. **High-intensity interval training.** HIIT typically involves short bursts of high-intensity exercise followed by a short period of rest or recovery and typically takes less than 30 minutes to perform (although it is not uncommon for these programs to be much longer in duration). In surveys conducted before 2014, HIIT was offered as a possible trend, but failed to make the top 20. However, it placed no. 1 in the survey for 2014 despite the warnings of many survey respondents about potential dangers. Even after HIIT spent a few years in the top 10 fitness trends, many survey takers claimed that clients liked this kind of program for a short time but were soon looking for a different type of workout. Others warned that although it was very popular, they were concerned about a potentially high injury rate. Still others working with clinical populations in medical fitness centers said they would like to try it with their patients but would substitute high-intensity with moderate-intensity interval training. Despite the warnings by some health and fitness professionals of the potential for increased injury rates when using HIIT, this form of exercise has become popular in gyms all over the world.

4. **Educated, certified, and experienced fitness professionals.** Despite falling to no. 3 in 2015 and to no. 4 in 2016, this is a trend that continues now that there are third-party accreditations offered by national accrediting organizations for health and fitness and clinical exercise program professionals and a registry designed for exercise professionals. There continues to be sustained growth of educational programs at community colleges and colleges and universities that have become accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP, [www.caahep.org](http://www.caahep.org/)) through the Committee on Accreditation for the Exercise Sciences ([www.coaes.org](http://www.coaes.org/)) and more certification programs independently accredited by the National Commission for Certifying Agencies (NCCA, [www.credentialingexcellence.org/NCCA](http://www.credentialingexcellence.org/NCCA)), the newly announced accreditation offered by the American National Standards Institute. The U.S. Department of Labor Bureau of Labor Statistics has predicted and recently affirmed that “…Employment of fitness trainers and instructors is projected to grow 8% from 2014 to 2024” (<http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>; cited July 17, 2016). As the economy continues to grow and as the market for fitness professionals becomes even more crowded and more competitive, interest in some degree of regulation either from within the industry or from external sources (*i.e.*, government) seems to be expanding. In 2007, CAAHEP added a Personal Fitness Trainer accreditation for certificate (1 year) and associate (2 year) degree programs. The accreditation for the academic training of the Personal Fitness Trainer joined academic program accreditation for Exercise Science (baccalaureate), and Exercise Physiology (graduate programs in either applied exercise physiology or clinical exercise physiology). Recently, the not-for-profit Coalition for the Registration of Exercise Professionals (CREP) was created by organizations that offer NCCA-accredited exercise certifications. CREP maintains the United States Registry of Exercise Professionals, which is recognized by the International Confederation of Registers for Exercise Professionals. For more information, contact info@usreps.org.

5. **Strength training.** Strength training remains popular in all sectors of the health and fitness industry and for many different kinds of clients. Although strength training dropped to no. 4 in the 2015 and 2016 surveys after being at the no. 2 position for 2 years, it has been a strong trend since the first year of this survey. Many younger clients of both community-based programs and commercial clubs train almost exclusively using weights. In today’s gyms, however, there are many others (men and women, young and old, children, and patients with a stable chronic disease) whose main focus is on using weight training to improve or maintain strength. Many contemporary and innovative health and fitness professionals incorporate some form of strength training into the comprehensive exercise routine for their clients and for their patients. It is not uncommon for cardiovascular and pulmonary rehabilitation or metabolic disease management programs to include weight training in the exercise programs for their patients.

6. **Group training.** Group exercise instructors teach, lead, and motivate individuals through intentionally designed, larger group exercise classes (more than 5 participants, or it would be group personal training). Group programs are designed to be motivational and effective for people at different fitness levels, with instructors using leadership techniques that help individuals in their classes achieve fitness goals. There are many types of classes and equipment, from aerobics and bicycles to dance classes. Group exercise training programs have been around for a long time and have appeared as a potential worldwide trend since this survey was originally constructed. However, it was only this year that group exercise training made the top 20, appearing at no. 6. None of the respondents could explain why group training has become popular, so it will be interesting to watch this trend in 2018 and beyond. Note that this is a general trend for larger exercise classes and not specialty classes such as Zumba® and other dance classes.

7. **Exercise is Medicine®.** Exercise is Medicine® is a global health initiative that is focused on encouraging primary care physicians and other health care providers to include physical activity when designing treatment plans for patients and referring their patients to exercise professionals. The program is committed to the belief that physical activity is integral in the prevention and treatment of diseases and should be regularly assessed and *treated* as part of all health care. Exercise is Medicine® goes beyond the recognition of the positive effects of regular exercise by physicians in the routine care of their patients. It encourages physicians to develop a regular referral program for patients into community programs. It also encourages exercise professionals to develop significant relationships in their communities with health care providers so that they have the necessary confidence to routinely refer their patients to qualified professionals. The Exercise is Medicine® movement’s goal is for the exercise professional to become a member of the continuum of care for patients. Doctors can consciously and with great confidence refer patients to exercise professionals in their communities.

8. **Yoga.** Moving slightly down the list for 2017 is Yoga, which occupied the no. 7 spot in 2015 and was no. 10 in 2016. Yoga first appeared in the top 10 in this survey in 2008, fell out of the top 20 in 2009, but made a great comeback in the 2010 (no. 14) and 2011 (no. 11) surveys. In 2012, Yoga was no. 11 on the list, falling to no. 14 in 2013 and rising to no. 7 in 2015. Yoga comes in a variety of forms including Power Yoga, Yogalates, and Bikram Yoga (also known as “hot” Yoga). Other forms of Yoga include Iyengar Yoga, Ashtanga Yoga, Vinyasa Yoga, Kripalu Yoga, Anuara Yoga, Kundalini Yoga, and Sivananda Yoga. Instructional tapes and books are abundant, as are the growing numbers of certifications for the many Yoga formats. The sustained popularity of Yoga seems due to the fact that it is reinvented and refreshed every year, making it an attractive form of exercise.

9. **Personal training.** Professional personal trainers continue to seek the professionalization of their part of the industry (see trend no. 4). Since this survey was first published in 2006 ([1](http://journals.lww.com/acsm-healthfitness/Fulltext/2016/11000/WORLDWIDE_SURVEY_OF_FITNESS_TRENDS_FOR_2017.6.aspx#P63)), personal training has been in the top 10 of this survey. Much attention has recently been paid to the education (through third party accreditation of CAAHEP) and certification (through third party accreditation by NCCA) of personal trainers. Recent legislation has been introduced in an attempt to require licensure for personal trainers in a number of states and the District of Columbia (California, New Jersey, Massachusetts, Georgia, and several others), but none has been adopted thus far. Although there have been some minor variations of personal training (*e.g.*, small groups as opposed to one on one), personal trainers will continue to be an important part of the professional staff of health and fitness centers. Personal trainers are employed by community-based programs, in commercial settings, in corporate wellness programs, and in medical fitness programs or are self-employed and work independently.

10. **Exercise and weight loss.** Exercise in circumscribed weight loss programs has been a top 20 trend since the survey began. In 2009, exercise and weight loss was ranked no. 18, moving to no. 12 in 2010, no. 7 in 2011, no. 4 in 2012, and the no. 5 spot in 2013. In 2014, this trend was ranked no. 6, where it remained for 2015, and was no. 9 in the 2016 survey. The combination of exercise and weight loss emphasizes caloric restriction with a sensible exercise program. Organizations, particularly those that are for profit and are in the business of providing weight loss programs, will continue to incorporate regular exercise as well as caloric restriction for weight control, according to the 2017 survey. The combination of exercise and diet are essential for weight loss maintenance and can improve compliance to caloric restriction diets. Most of the well-publicized diet plans integrate exercise in addition to the daily routine of providing prepared meals to their clients.

11. **Fitness programs for older adults.** Health fitness professionals should take advantage of the growing market of older adults now retiring by providing age-appropriate and safe exercise programs for this once-ignored sector of the population, which seems healthier than other generations. The highly active older adult (the athletic old) can be targeted by commercial and community-based organizations to participate in more rigorous exercise programs, including strength training, team sports, and HIIT when appropriate. Even the frail elderly can improve their balance and ability to perform activities of daily living when given appropriate functional fitness program activities. Health and fitness professionals should consider developing fitness programs for people of retirement age and fill the time during the day when most gyms are underused (typically between 9 and 11 A.M. and 2 and 4 P.M.). Many people who are retired not only have greater sums of discretionary money, but they also have a tendency to spend it wisely and may have more time to engage in an exercise program. The baby boom generation is now aging into retirement, and because they may have more discretionary money than their younger counterparts, fitness clubs should capitalize on this growing market.

12. **Functional fitness.** Functional fitness is defined as using strength training to improve balance, coordination, force, power, and endurance to enhance someone’s ability to perform activities of daily living. Functional fitness replicates actual physical activities someone might do as a function of their daily routine and first appeared on the survey in the no. 4 position in 2007 but subsequently fell to no. 8 in 2008 and no. 11 in 2009. It reappeared in the top ten at no. 7 in 2010 and at no. 9 in 2011. In 2012, functional fitness was no. 10; but in 2013 and 2014, it was no. 8; for 2015, it was no. 9; and for 2016, no. 7. Some survey respondents said they typically pair functional fitness with fitness programs for older adults (see trend no. 11) depending on the needs of the client. Functional fitness also is used in clinical programs to replicate activities done around the home.

13. **Outdoor activities.** Hiking, canoeing, kayaking, and games or sports are examples of outdoor activities. Outdoor activities also can include high-adventure programs like overnight camping trips and mountain climbing. The trend for health and fitness professionals to offer outdoor activities for their clients began in 2010, when it ranked no. 25 in the annual survey. In 2011, it ranked no. 27; in 2012, no. 14; in 2013, no. 13; in 2014, no. 14; in 2015, no. 12; and in 2016, it was ranked no. 14. Outdoor activities can be done with family and friends, with a group, or by yourself. Some personal trainers have used outdoor activities as a form of small-group personal training.

14. **Group personal training.** Group personal training continues to be a trend in 2017. The personal trainer will continue to provide the personal service clients expect from one-to-one training (see trend no. 9) but now in a small group typically of two to four, offering potentially deep discounts to each member of the group. This creates an incentive for clients to put small groups together (as opposed to individual and often expensive personal training). In 2007, group personal training was no. 19 on the list. In 2008, it rose to no. 15 but dropped again in 2009 to no. 19 and improved to no. 10 in 2010. In 2011, group personal training was no. 14 on the survey; in 2012, no. 8; in 2013, no. 10; in 2014, no. 9; in 2015, no. 10; and in 2016, no. 11. In these challenging economic times, personal trainers are being more creative in the way they package personal training sessions and how they market themselves to small groups. Training two or three people at the same time in a small group seems to make good economic sense for both the trainer and the client.

15. **Wellness coaching.** Wellness coaching has been in the top 20 since 2010. It was listed at no. 17 in 2014, no. 13 in 2015 and 2016, and now no. 15. Wellness coaching is the integration of behavioral-change science with health promotion, disease prevention, and rehabilitation. Wellness coaching often uses a one-on-one approach similar to a personal trainer, with the coach providing support, guidance, encouragement, and confirmation when short- and long-term goals are reached. The wellness coach focuses on the client’s values, needs, vision, aspirations, and goals. According to the 2017 trends survey (and results from past surveys), it seems as though some personal trainers and other health and fitness professionals are now adopting wellness coaching and its principled techniques of behavior change into their clients’ exercise sessions.

16. **Worksite health promotion.** Many worksite health promotion programs are physically housed within the company or corporation campus although many other programs contract with independent commercial or community-based programs. These programs are designed to improve the health and well-being of employees. Worksite health promotion is a trend for a range of programs and services that evaluate employee health, health care costs, and worker productivity. Once a need is determined, worksite health promotion professionals build programs based on the greatest need (for example, smoking-cessation programs or weight loss programs). Within the context of health care reform in the United States and rising health care costs everywhere, worksite health promotion programs may take on additional importance in the future.

17. **Smartphone exercise apps.** Smartphone apps are available for any platform but are especially popular with iPhone®, iPad® (Apple® Cupertino, CA), and Android devices. Smartphone apps such as the Nike Training Club (Beaverton, OR), Cyclemeter by Abvio (San Francisco, CA), and MyFitnessPal (Armour, Baltimore, MD) (free apps) include audio and visual prompts to begin and end exercise and also include exercise cues. Other apps are the Endomondo Pro (Armour, Baltimore, MD) ($3.99 iPhone® and Android) and Yoga with Janet Stone ($4.99 iPhone® and iPad®), among numerous others. Some of these apps track progress through time and provide real-time feedback and tracking for those on foot or bike. Although the accuracy of these apps has recently been questioned, they seem to have become increasingly popular with younger gym members and people who regularly exercise outdoors or wish to track their physical activity while doing activities of daily living. As the accuracy improves, the apps specific to smartphones may be the future of monitoring exercise progress.

18. **Outcome measurements.** Outcome measures as a trend had not appeared in the top 20 for the first several years, but appeared at no. 17 in 2013, at no. 16 in 2014, at no. 18 in 2015, and at no. 20 in 2016. This is a trend that addresses accountability. Outcome measures are efforts to define and track measureable results to prove that a selected program actually works. Measurements are typically necessary to determine the benefits of health and fitness programs in disease management and to document success in changing negative lifestyle habits. The proliferation of new smartphones, smartwatches, and wearable technology has helped with data collection to support these efforts. Accountability to owners and operators of health and fitness facilities provides important metrics to determine if new programs are cost-effective and if old programs are actually working and are sustainable.

19. **Circuit training.** Circuit training appeared for the first time in the top 20 trends in 2013 at no. 18 and in 2015 occupied the no. 14 position, up from no. 15 in 2014. In 2016, it was back to trend no. 18. Some respondents pointed out that circuit training is similar to HIIT, but at a much lower or even moderate intensity. Circuit training typically comprises a group of approximately 10 exercises that are completed in succession and in a predetermined sequence. Each exercise is performed for a specified number of repetitions or for a set time period before the exerciser takes a quick rest and moves on to the next exercise. Circuit weight training has been around for a long time and it seems to continue to be popular. Circuit weight training was practiced as early as 1953, but it is impossible to determine exactly when and under what circumstances it was first developed.

20. **Flexibility and mobility rollers.** These devices include the deep-tissue roller, myofascial release, and trigger-point relief. Mobility rollers are specifically designed to massage, relieve muscle tightness, alleviate muscle spasms, improve circulation, ease muscular discomfort, and assist in the return to normal activity. Rollers have been designed for the low back, hips, and for larger muscle groups such as the hamstrings and the gluteal muscles. These rollers are typically made of foam, although others are hard rubber or wood, depending on the desired effect. Although the research is not abundant, there seems to be a growing market for these specialized devices. Flexibility rollers were the no. 16 trend in 2016. Fad or trend, only time will tell.

**Welcome to ACSM’s Health & Fitness Journal®**

The Fitness Trends You Won't Stop Hearing About in 2017

By [Laura Williams](https://www.thrillist.com/authors/laura-williams) Published On 12/28/2016

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It's that time of year again -- the time when gyms start advertising free pizza with every membership sale, and late-night TV fills up with juicer and ab machine infomercials promoted by hardbodies who almost certainly don't use the products they're selling.

Oh, fitness hypocrisy, how we adore thee.

It's also the time of year when fitness trends become buzzy -- where even those who view "exercise" as a four-letter word start brushing up on their knowledge so they'll have something to say at happy hour and cocktail parties. Because if you don't know that crawling is the new running, how can you possibly have anything worthwhile to share? (Kidding. Sort of.)

Never fear, I've got your back. Here are a few of the buzziest fitness trends to hit the streets in 2017.

Crawling

According to [*The Washington Post*](https://www.washingtonpost.com/lifestyle/wellness/crawling-is-the-new-plank-improve-strength-and-mobility-by-moving-like-a-baby/2016/10/13/725451e6-90ba-11e6-a6a3-d50061aa9fae_story.html?utm_term=.ccdab4aabd80), "crawling is the new plank." Yes, crawling like a baby.

The concept comes from the 2011 book [*Becoming Bulletproof*](https://www.amazon.com/Becoming-Bulletproof-Tim-Anderson/dp/1619961962), written by Tim Anderson, the co-founder of a "human movement education" company, [Original Strength](https://originalstrength.net/). Anderson's argument for crawling is that, simply put, babies crawl before they walk. They crawl to develop unilateral strength in all four limbs to contribute to a healthy gait pattern. By encouraging adults to introduce crawling into a training program, he's helping them "press reset" on their own poor movement patterns to help reinstate enhanced mobility.

Which brings us to the actual trend -- *movement* -- although "crawling" is certainly more buzz-worthy.

Katy Bowman, a biomechanist and the author of [*Movement Matters*](http://amzn.to/2g2nKAg), puts it this way, "It's not about exercise at all, but about movement. That moving more throughout the day might be better than trying to find the best way to spend that single hour you've allotted to [exercise]." And where movement is concerned, range of motion and fluidity come into play. The idea that it's not just about performing a squat or going for a run, but that you should constantly move, working your joints through their full range of motion in different patterns to support a healthy, pain-free, fully mobile life.

As such, more personal trainers, fitness instructors, and health coaches will add movement theory to their clients' programs, and movement-based workouts, like yoga and Pilates, will continue to grow as cross-training for other activities. But feel free to crawl to your heart's content.

Commuting is the new best time to work out

It should come as no surprise that walking follows crawling, but despite its perpetual popularity as a form of exercise, walking isn't usually considered "trendy." A funny thing happens, though, when broke millennials can't afford gyms or cars -- they turn basic human movement into the coolest thing since sliced bread.

At least, that's according to the [American Council on Exercise's](https://www.acefitness.org/blog/6158/health-and-fitness-trends-you-ll-see-in-2017) (ACE) latest rundown of 2017 fitness trends, which reports that millennials flocking to big, expensive cities are looking for alternative (i.e., cheaper) ways to get around. As a result, walking and cycling commutes are picking up steam, along with a corresponding rise in sales of commuter bikes, cycling gear, and athleisure attire.

Just, you know, keep an eye on your athleisure budget. Walking and cycling may be comparatively cheap (and a whole lot better for you than sitting in a car), but all the "must-have" accessories can really add up.

Rest days aren't for "rest" anymore

Rest and recovery workouts were big trends in 2016, and they show no sign of slowing down in 2017 (or anytime, really) -- because, let's be real, who doesn't love the fact that rest is the new workout? As CrossFit, extreme races, and high-intensity interval training have left people practically crippled from [post-workout muscle soreness](https://www.thrillist.com/health/nation/why-do-muscles-get-sore-after-working-out-exercise), more people are recognizing they have to make time for recuperation.

And they’re bragging about it.

According to [WGSN](https://www.wgsn.com/en/), the leading global trends forecaster, there are more than 1.2 million #restday hashtags on Instagram, and it's not just [stretching](https://www.thrillist.com/health/nation/best-stretches-back-shoulder-hamstring-leg-hip-flexor-stretches), [foam rolling](https://www.thrillist.com/health/nation/foam-roller-exercises-health-benefits), and mind-body workouts gaining steam. Mike Clancy, the owner of [Mike Clancy Training](https://mikeclancytraining.com/), explains, "Considering the growing amount of daily activity on smartphones, tablets, and so forth, the need for better recovery habits will be the new focus of the wellness and fitness industry." As such, everything from [cryotherapy](https://www.thrillist.com/health/nation/whole-body-cryotherapy-benefits-explained) to [hydrotherapy](https://www.urbanfloat.com/) and halotherapy are getting fresh buzz, along with an increased focus on sleep habits, [recovery mattresses and pillows](https://www.bearmattress.com/), and "[nap classes](http://www.recharj.com/)."

Intuitive training

You may have heard of "intuitive eating," a big trend a few years ago focused on a mindful approach to food consumption -- an approach where you really stop and think about what your body needs (and how much it needs) before sitting down to eat. Well, it was just a matter of time before intuitive training took its turn in the spotlight.

[Yuri Elkaim](https://yurielkaim.com/), a health and fitness expert, *New York Times* best-selling author, and former pro soccer player, sums it up this way: "Intuitive training essentially means listening to your body and exercising in a way that honors how you're feeling on a day-to-day basis." He emphasizes that lots of prescribed workout programs are great for helping people develop a routine, but their "one-size-fits-all" structure ignores individual needs. "Intuitive training allows you to check in with your body... If you're exhausted, it's probably a good idea not to do that intense workout and maybe opt for a lighter recovery session or a gentle yoga routine."

The challenge, of course, is that if you're not *really* committed to following a workout routine, you can "intuitively train" your way right out of the gym. Let's be real: There are only so many days your body intuitively "needs to stay on the couch for a Netflix binge" instead of "needs to sub yoga for CrossFit" before you're no longer intuitively training, and just [making excuses not to exercise](https://www.thrillist.com/health/nation/bad-excuses-avoid-exercise-working-out).

Elkaim says, "The only prerequisite with intuitive training is that you should have a decent understanding of how to train properly. If you don't, your best bet is to have a number of different workouts at your disposal that you can pick and choose from based on how your body's feeling."
In other words, if you rate your energy and overall health on a scale of one to five, have a different workout pre-planned for each level of energy.

Online workouts will continue to explode on every platform

Apps. Online training and virtual studios. Facebook Live. Instagram. Snapchat. You can now find free or low-cost classes and personal training 24 hours a day, seven days a week, if you're willing to take five seconds to search for it. ACE's 2017 trendcast agrees, stating that social media outlets, in particular, provide fitness professionals with a way to connect with people around the world while finding new sources of revenue.

Jennifer Leah Gottlieb of [JLG Fitness](http://www.jenleahgottlieb.com/training) points out that for the average consumer, "convenience remains king," which is why live-streaming classes are gaining such steam, "I've recently begun an online coaching program to accommodate clients that are not local or have sporadic travel schedules because of their jobs." The only downside to the rise of anywhere, anytime fitness? You literally can’t use the "I don't have time or access" excuse to skip a session.

Fitness vacations will officially become A Thing

It used to be that vacations were just that -- vacations. Now, vacations need to be something truly Instagrammable, with a life-changing story of personal betterment, a la Cheryl Strayed’s *Wild*.

Luckily, you don't have to walk the entire Pacific Crest Trail by yourself to have the experience, because according to Stacy Schwartz, co-founder and CEO of [Ketanga Fitness Retreats](http://www.ketangafitness.com/about.html), "The Global Wellness Institute (GWI) recently reported that global wellness tourism revenues grew an impressive 14% from 2013 to 2015, more than twice as fast as overall tourism. GWI also projected this 'unstoppable' travel category will grow another 37.5%, to $808 billion, by 2020."

In other words, there's a retreat for that. Whether you want to take a cycling tour of France, a fitness trip to Arizona, or you want to combine your family's Disney vacation with a racing event, there's a wellness tour that will cater to your every desire.

Boutique fitness is making its way into big gyms

First there were big gyms with generic group fitness classes. Then there were little gyms without group fitness classes. Then there was the rise of the expensive, specialized boutique fitness studio.

Now? Big gyms are trying to fight their way back to the front of the line by bringing boutique-style classes into their clubs, often at a fraction of the cost of similar classes at smaller, private studios. So if you're trying to decide between a $50 monthly membership to a larger gym or a $200 monthly membership to a boutique fitness studio, check the gym's group fitness offerings to see if they're similar to the boutique experience. You may be pleasantly surprised.

"Awareables"

Wearables are everywhere. From Fitbit to Garmin to Apple Watch, it's hard to imagine a time when you couldn't track your step count and calorie burn with the press of a button. But wearables are getting smarter, with an element of artificial intelligence turning them from wearables to "awareables."

As WGSN forecasting explains, "'Awareables' technology goes beyond the fitness wearable by providing real-time coaching based on a user's own physiology, making us more aware of our bodies." For instance, Vi uses an earbud to track its wearer's workout, offering real-time advice based on the gathered data. Likewise, Cheil Spain's Blind Cap is a swimming cap that uses Bluetooth technology to alert the wearer when to execute a turn, making swimming a more accessible activity for the visually impaired.