

WELLNESSMONTHLY

Being a Fitness Trendsetter in 2022 | January 2022



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Being a Fitness Trendsetter in 2022

Exercise trends come and go, but the desire to achieve and maintain fitness remains a consistent goal for many people.

For example, 10 years ago, Zumba® and other dance workouts made the top-10 list in the annual [Worldwide Survey of Fitness Trends](#) sponsored by the American College of Sports Medicine's (ACSM) *Health & Fitness Journal*. For 2022, dance workouts aren't even in the top 20.

Predictions made by fitness industry professionals for both 2021 and 2022, not surprisingly, have a technology-driven, COVID-19 pandemic slant. The number-one trend for 2022, according to worldwide survey respondents, is wearable technology. Home exercise gyms are ranked number two and outdoor exercise number three.

Other Survey Results

Survey respondents ranked 43 possible trends for the coming year. The top 25 trends from previous years were included in the survey for 2022, along with some new trends identified by *Health & Fitness Journal* editors. There were 4,546 survey respondents, an increase of 169 compared to last year. When interpreting worldwide survey data, it's important to note that regional popularity does not necessarily equate to an international trend, journal editors said.

Among notable survey findings for 2022:

- Live and on-demand exercise classes, ranked ninth, indicating a desire to return to "normal" group fitness settings.
- High-intensity interval training (HIIT), the leading trend in 2014, fell to number seven in 2022 from number five in 2021.
- Exercise for weight loss is ranked number five; this trend wasn't in the top 10 in previous surveys and may be associated with pandemic-era weight gain.

Categories no longer in the top 20 include outcomes measurements, circuit training, worksite health promotion and workplace well-being, and children and exercise. Worksite health promotion and workplace well-being ranked number 15 in 2019 and fell to 18th place in 2020, 27th in 2021 and 28th in 2022 projections. Children and exercise, the leading worldwide trend in 2007, has slowly lost ground; it is ranked 29th for this year.

In addition, "Exercise is Medicine" (EIM), which ranked seventh as a trend projected for 2021,

did not make the top 10 for 2022. EIM is a global health initiative focused on encouraging physicians and other health care providers to make physical activity assessments, associated treatment recommendations and referral to exercise professionals a routine part of patient visits. (WorkCare refers employees with work-related injury risk and physical discomfort to Industrial Injury Prevention Specialists with training in sports medicine and ergonomics for optional virtual and in-person evaluations and coaching. [Learn more here.](#))

Are You Adapting?

Whatever type of activities you engage in to achieve and maintain your physical fitness, it's advisable to first consult with your doctor, an athletic trainer, exercise physiologist or other fitness professional to help reduce your injury risk and improve overall results.

It's especially important to have an exercise plan if it has been a while since you consistently worked out, you are recovering from an injury, are pregnant, or have a chronic condition such as diabetes, asthma or high blood pressure. It's also essential to fuel your body with healthy foods, drink plenty of water and get quality sleep.

Here are some fitness tips for 2022:

1. Use a smartwatch or smartphone with fitness apps. Establish baselines, track activity and measure your performance. This may include monitoring your heart

rate and body temperature, calories burned, time spent sitting and sleep quality.

2. Do "mini-workouts" throughout the day. For example, jog up the stairs, take a brisk walk or use a treadmill desk.
3. Use at-home HIIT, stationary bicycle and other aerobic training programs with recorded or live instructors to help keep you motivated.
4. Access hybrid gym experiences. Many local fitness centers have adapted class schedules to encourage online and in-person participation.
5. Try using your own body weight or hand-held weight training to improve muscle tone, flexibility, and bone and muscle health.
6. Rotate cardio exercise with rest days and mindful practices such as yoga, tai chi and/or meditation.
7. Get exercise outdoors on your own, with friends or family members. Dress appropriately for the climate.
8. Take a dance class or play a sport suitable for your age and skill level, even if you think you have no aptitude.
9. Consider retaining a health/wellness coach to optimize results, whether you are trying to improve endurance, train for competition, lose weight, stay flexible as you age, or better manage a chronic condition.

10. Consult a mental health professional if you find stress, depression, anxiety or feelings of isolation interfere with your fitness routine.

Ultimately, you are responsible for your own health and well-being. There are as many excuses as there are resources to help you get and stay fit. Don't miss out on the opportunity for wellness in 2022.

Top 20 Worldwide Fitness Trends for 2022

1. *Wearable technology*
2. *Home exercise gyms*
3. *Outdoor activities*
4. *Strength training with free weights*
5. *Exercise for weight loss*
6. *Personal training*
7. *High Intensity Interval Training*
8. *Body weight training*
9. *Online live and on-demand exercise classes*
10. *Health/wellness coaching*
11. *Fitness programs for older adults*
12. *Exercise is Medicine*
13. *Employing certified fitness professionals*
14. *Functional fitness training*
15. *Yoga*
16. *Mobile exercise apps*
17. *Online personal training*
18. *Fitness professional licensure*
19. *Lifestyle medicine*
20. *Group exercise training*

Source: Worldwide Survey of Fitness Trends for 2022; ACSM Health & Fitness Journal, Vol. 26, Issue 1, Jan. 2, 2022.