

The 10 Biggest Fitness Trends of 2018

Written by Christina Silvestri

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"New year, new you" may be a cliché, but some new workout trends may have you reaching your fitness #goals in 2018. While fitness is a journey where you have to find the right type of exercise that works for you, there's always new ways to break a sweat. According to a [study](#) conducted by the American College of Sports Medicine (ACSM), the following 10 activities are slated to be the top fitness trends of 2018.



Photo: [@studioanya](#) Instagram

1. High-Intensity Interval Training

Frequently referred to by the acronym HIIT, high-intensity interval training has proven to be popular as a shorter workout that packs a punch. The essence of HIIT involves about a 30-minute rotation of 20-90 second bursts of maximum-effort energy that's followed by a short period of low-intensity recovery.

2. Group Training

Sweating it out with others can keep you motivated and inspired. Whether you're into yoga, boxing or HIIT, a fitness class can usually be found for almost any type of exercise, both high- and low-impact.

3. Wearable Tech

The health and wellness trend is a 24/7 effort that's no longer limited to clocking hours in at the gym. From Fitbits to Apple Watches, wearable tech is now as fashionable and convenient as ever.

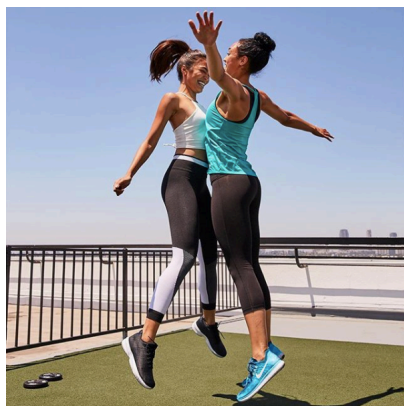


Photo: [@ClassPass](#) Instagram

4. Bodyweight Training

Bodyweight training is surely nothing new, but it's an effective and easy way to get in shape fast by using your own bodyweight with zero equipment involved.

5. Strength Training

Strength training has proven to help prevent the inevitable decline of muscle mass that comes with aging. Keeping your bones and heart healthy and strong, strength training helps to prevent pain and injury as one gets older.

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Photo: [@kaylaitsines](#) Instagram

6. Educated, Certified & Experienced Fitness Pros

Being a certified fitness pro is a growing profession that usually requires a standardized test to be taken that demonstrates a trainer's knowledge of gym safety, exercise form and basic training principles.

7. Yoga

De-stress and de-clutter the mind with yoga that has been proven to also improve flexibility and balance while building muscle and endurance. We'll namaste to that.

8. Personal Training

Working one-on-one with a personal trainer can help you realize your fitness goals by learning about health, fitness and what your body needs in order to cross the finish line.

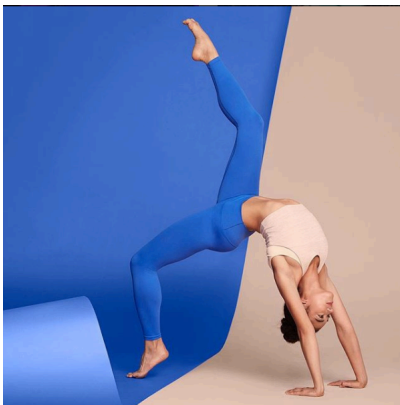


Photo: [@ClassPass](#) Instagram

9. Fitness Programs for Older Adults

According to the ACSM, there may be more specific classes and fitness programs tailored to older, retired people who want to stay active.

10. Functional Fitness

Whether you don't want to run out of breath after climbing stairs or just want to successfully lift your carry-on onto the overhead bin on the airplane, functional fitness is all about helping you achieve fitness feats in everyday life.