

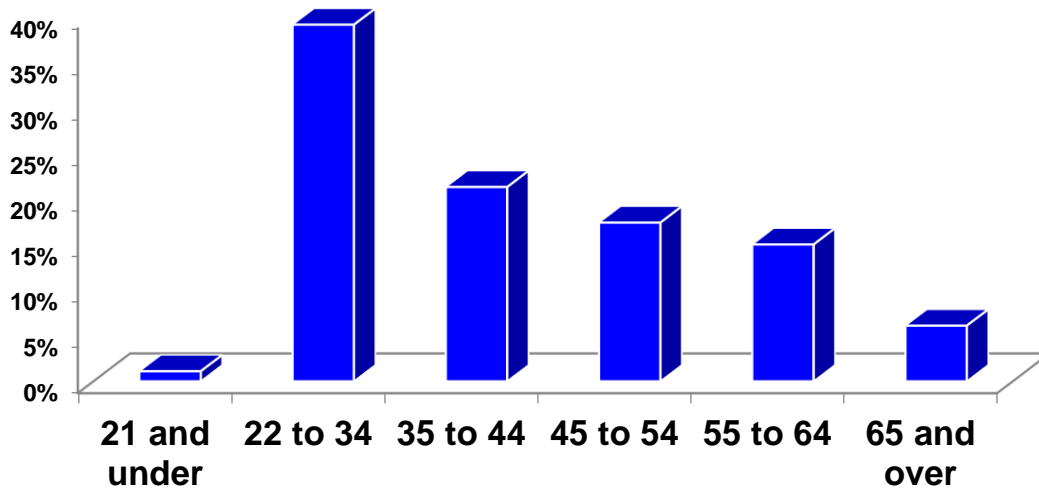
## 2021 FITNESS TRENDS IN The U.S.

ACSM's Worldwide Survey of Fitness Trends included 41 possible trends. The research was conducted from July 1 to September 1, 2020 (9-weeks). The survey was designed to be completed in 15 minutes or less. The research was constructed using a Likert-type scale, ranging from a low score of 1 (not a hot trend) to a high score of 10 (hot trend).

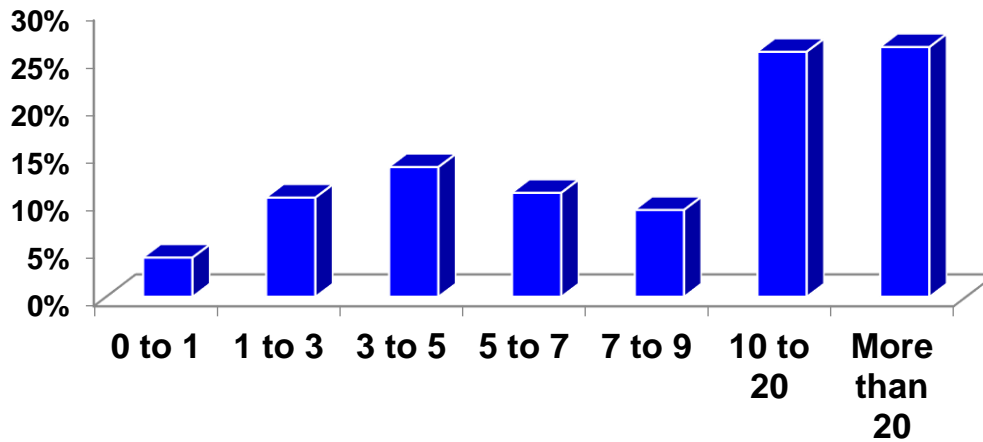
Using SurveyMonkey, the online survey was initially sent to 75,383 people including ACSM certified professionals, those who registered to attend the 2020 ACSM's International Health & Fitness Summit, the ACSM Certification email opt-in list, ACSM Alliance members, ACSM professional members who have added a subscription to *ACSM's Health & Fitness Journal*<sup>®</sup> (FIT), non-member FIT subscribers, FIT Associate Editors, and FIT Editorial Board members. A link also was shared on the FIT web site and on various social media sites including the FIT Twitter page, the ACSM Journal's Facebook page, and ACSM's Instagram page. Although the worldwide survey sample included N = 4,377 respondents (response rate of 6%), for this region's analysis, only respondents residing in the United States were included (U.S.; N= 3,378). Additionally, all participants who had more than 5 missing responses to the 41 potential fitness trends were eliminated from the data analyses (N = 617), for a total sample size of 3,760 respondents.

Respondents' demographic information can be found below in Figures 1 and 2 to include age and years of experience. Tables 1 and 2 include information on area of work and income. Table 3 includes the top 20 trends for 2021 from the U.S.

**Figure 1. Percentage of Survey Participants' Age (in years)**



**Figure 2. Percentage of Survey Respondents' Years of Experience in the Industry**



**Table 1. Percentage of U.S. Survey Respondents' Area of Work**

<b>Workplace</b>	
Private Practice/Own Business	12.4%
Medical Fitness Center	8.4%
Commercial Fitness Center	10.0%
Community-Based Facility or Program (like a YMCA or JCC)	12.1%
University Recreation Center or Student Wellness Center	9.9%
County of Community Recreation Center	7.7%
Hospital/Medical Center Program/Department	5.8%
Corporate Fitness Facility	4.0%
Other	2.7%

**Table 2. Percentage of U.S. Survey Respondents' Income**

<b>Income</b>	
Less than \$20,000	12.4%
\$20,000 to \$29,999	8.4%
\$30,000 to \$39,999	10.0%
\$40,000 to \$49,999	12.1%
\$50,000 to \$59,999	9.9%
\$60,000 to \$69,999	7.7%
\$70,000 to \$79,999	5.8%
\$80,000 to \$89,999	4.0%
\$90,000 to \$99,999	2.7%
More than \$100,000	6.2%
Do not wish to disclose	20.8%

**Table 3. Top 20 Trends for 2021 in the U.S.**

1	Online Training
2	Wearable Technology
3	Body Weight Training
4	Outdoor Activities
5	HIIT
6	Virtual Training
7	Strength Training with Free Weights
8	Exercise is Medicine
9	Fitness Programs for Older Adults
10	Personal Training
11	Health/Wellness Coaching
12	Mobile Exercise Apps
13	Employing Certified Fitness Professionals
14	Functional Fitness Training
15	Yoga
16	Exercise for Weight Loss
17	Group Training
18	Lifestyle Medicine
19	Licensure for Fitness Professionals
20	Mobility/Myofascial Devices