

## 2022 FITNESS TRENDS IN CHINA

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The online survey in China was conducted on the platform of WENJUANXING (<https://www.wjx.cn/>). During the period from July 1 to 31, 2021 the questionnaire was visited by 10,858 potential responders, and 39.22% of them (4,259) completed the survey. Among the responders, 80.51% (3,429) were health and fitness professionals. To attract more responders, incentive of books and online courses were provided to every responder.

**Table 1. 2022 Ranking of Fitness Trends in China**

| Ranking | Trends   | Score |
|---------|--|-------|
| 1       | Exercise for Weight Loss                               | 8.12  |
| 2       | Healthy Diet   | 7.92  |
| 3       | Exercise & Sport for Children & Adolescents            | 7.91  |
| 4       | Aerobic Fitness  | 7.85  |
| 5       | Boutique Fitness Studios                               | 7.70  |
| 6       | Core Training  | 7.63  |
| 7       | Group Training   | 7.62  |
| 8       | Functional Fitness Training                            | 7.60  |
| 9       | Strength Training with Free Weights                    | 7.59  |
| 10      | Outcome Measurements                                   | 7.57  |
| 11      | Exercise is Medicine                                   | 7.57  |
| 12      | Mobility/Myofascial Devices                            | 7.57  |
| 13      | Mobile Exercise Apps                                   | 7.54  |
| 14      | Prevention & Rehabilitation of Sport Injuries          | 7.51  |
| 15      | Licensure for Fitness Professionals                    | 7.50  |
| 16      | Employing Certified Fitness Professionals              | 7.50  |
| 17      | Personal Training                                      | 7.48  |
| 18      | Outdoor Activities                                     | 7.47  |
| 19      | Body Weight Training                                   | 7.43  |
| 20      | Certified Education for Fitness & Health Professionals | 7.43  |

*Note: The rows with a blue background are China-specific potential trends added to the survey.*

## Characteristics of the respondents

**Table 2. Age of Survey Respondents**

| Age   | Responders | %      |
|-------|------------|--------|
| ≤21   | 259        | 7.55%  |
| 22-34 | 2411       | 70.31% |
| 35-44 | 573        | 16.71% |
| 45-54 | 156        | 4.55%  |
| 55-64 | 24         | 0.70%  |
| ≥65   | 6          | 0.17%  |

**Table 3. Gender of Survey Respondents**

| Gender | Responders | %      |
|--------|------------|--------|
| Male   | 2440       | 71.16% |
| Female | 989        | 28.84% |

**Table 4. Occupation of Survey Respondents**

| Occupation                                   | Responders | %      |
|--|------------|--------|
| Strength & Conditioning Coach (full-time)    | 339        | 9.89%  |
| Strength & Conditioning Coach (part-time)    | 336        | 9.80%  |
| Personal Trainer (full-time)                 | 1385       | 40.39% |
| Personal Trainer (part-time)                 | 556        | 16.21% |
| Group Exercise Leader                        | 310        | 9.04%  |
| Health/Fitness Specialist (or equivalent)    | 366        | 10.67% |
| Clinical Exercise Specialist (or equivalent) | 85         | 2.48%  |
| Clinical Exercise Physiologist               | 59         | 1.72%  |
| Program Manager                              | 174        | 5.07%  |
| Health/Fitness Director                      | 325        | 9.48%  |
| Owner/Operator                               | 211        | 6.15%  |
| Health/Wellness Coach                        | 333        | 9.71%  |
| School Teacher                               | 228        | 6.65%  |
| College Teacher                              | 196        | 5.72%  |
| Medical Professional                         | 124        | 3.62%  |
| Registered Dietician                         | 123        | 3.59%  |
| Other  | 324        | 9.45%  |

**Table 5. Certifications Held by Survey Respondents**

| <b>Certification</b>  | <b>Responders</b> | <b>%</b> |
|---|-------------------|----------|
| ACSM-CPT  | 259               | 7.55%    |
| NSCA-CSCS   | 341               | 9.94%    |
| NSCA-CPT  | 363               | 10.59%   |
| NASM-CPT  | 255               | 7.44%    |
| NASM-CES  | 161               | 4.70%    |
| ACE-CPT   | 559               | 16.30%   |
| CrossFit  | 135               | 3.94%    |
| National Vocational Qualification for Personal Trainer            | 1187              | 34.62%   |
| Fitness Instructor  | 617               | 17.99%   |
| Exercise Nutritionist   | 630               | 18.37%   |
| Certification by private education organization                   | 578               | 16.86%   |
| Certification by all kinds of strength & conditioning association | 461               | 13.44%   |
| Certification by colleges & universities                          | 509               | 14.84%   |
| Rehabilitation Physician  | 96                | 2.80%    |
| Rehabilitation Therapist  | 186               | 5.42%    |
| None  | 523               | 15.25%   |
| Other   | 208               | 6.07%    |

**Table 6. Professional Experience of Survey Respondents**

| <b>Professional Years</b> | <b>Responders</b> | <b>%</b> |
|---------------------------|-------------------|----------|
| 0-1                       | 622               | 18.14%   |
| >1-3                      | 899               | 26.22%   |
| >3-5                      | 838               | 24.44%   |
| >5-7                      | 514               | 14.99%   |
| >7-10                     | 284               | 8.28%    |
| >10-20                    | 230               | 6.71%    |
| >20                       | 42                | 1.22%    |

**Table 7. Worksite of Survey Respondents**

| <b>Worksite</b>                     | <b>Responders</b> | <b>%</b> |
|-------------------------------------|-------------------|----------|
| Commercial Fitness Center           | 2023              | 59%      |
| Clinic Health / Fitness Center      | 211               | 6.15%    |
| Community-Based Facility or Program | 617               | 17.99%   |
| University Recreation Center        | 428               | 12.48%   |
| Community Recreation Center         | 137               | 4%       |
| Sports Team                         | 379               | 11.05%   |
| School                              | 299               | 8.72%    |
| Hospital                            | 104               | 3.03%    |
| Others                              | 352               | 10.27%   |

**Table 8. Employment Type of Survey Respondents**

| <b>Employing Type</b> | <b>Responders</b> | <b>%</b> |
|-----------------------|-------------------|----------|
| Part-time             | 878               | 25.61%   |
| Full-time             | 2551              | 74.39%   |

**Table 9. Annual Salary of Survey Respondents**

| <b>Annual Salary</b> | <b>Responders</b> | <b>%</b> |
|----------------------|-------------------|----------|
| Less than ¥ 10000    | 599               | 17.47%   |
| ¥ 10000-30000        | 669               | 19.51%   |
| ¥ 30000-100000       | 726               | 21.17%   |
| ¥ 100000-300000      | 755               | 22.02%   |
| More than ¥ 300000   | 123               | 3.59%    |
| Did not disclose     | 557               | 16.24%   |