

## **2022 FITNESS TRENDS IN MEXICO**

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The online survey was sent to 52,735 people (increased by 388% compared to the previous year 13,589), subscribers were included in specialized Facebook groups such as dream associations and gym managers, fitness professionals, and gym chain communities – all based in Mexico. Additionally the community of managers, teachers, and graduates of the Mexican Association of University of Physical Culture (AMISCF) was considered through official Facebook accounts from different partner universities. For this survey, responses were obtained from 30 of the 33 states that make up the Mexican Republic.

The survey was created using Google forms and was distributed from May 3 to August 5, 2021, with a duration of 13 weeks. A total of 45 trends were used (see Table 1) for the Mexico fitness survey for 2022. A total of 11 trends from ACSM's survey were not considered (Blood Flow Restriction Training, Resistance Band Training, Post-COVID Recovery Programs, Aquatic Exercise, Pilates, Boot Camp-style, Long-term Youth Development, Health/Wellness Coaching, Post Rehabilitation Classes, Worker Incentive Programs, and Mind-Body Movement. Additionally, the Mexico survey contained the following five Mexico-specific trends: Cardiometabolic Rehabilitation, Professional Fitness Regulation, Fitness Influencers, Fitness in Streaming, and Sustainable or Eco-gyms.

### **Sample**

The sample is non-probabilistic, n=918, 63.9% men and 36.0% women, to a greater extent between the ages of 22 and 34 years, predominates the experience in the fitness sector from 1 to 4 years, the staff with a degree in physical activity or related field (see Table 1).

## Results

<b>Table 1.</b>	
<b><i>Sociodemographic characteristics</i></b>	
Characteristics	f1%
<i>Age</i>	
< 21 years	9.3
22 to 34 years	56.0
35 to 44 years	22.0
45 to 54 years	9.6
≥ 55 years	3.1
<i>Years of fitness experience</i>	
< 1 year	8.2
1 to 4 years	30.7
5 to 7 years	17.3
8 to 10 years	14.0
11 to 20 years	22.2
> 20 years	7.6
<i>Academic training</i>	
Postgraduate degree in physical activity or related	14.0
Graduated from a degree in physical activity or related degree	26.7
Student of a degree in physical activity or related degree	19.8
Staff with practical experience	2.9
Staff with practical experience and certifications	10.2
Professional with a university degree in physical activity or related degrees	24.7
No related training	1.8
<i>Annual salary of survey respondents*</i>	
< \$1,700	16.5
\$1,700 to \$3,300	16.3
\$3,300 to \$4,900	16.5
\$4,900 to \$6,500	12.0
> \$6,500	38.8

\* 1 dollar = 19.97 mexican pesos at 5 ago. 0:10 UTC

<b>Table 2.</b>		
<b><i>Occupation of Survey Respondents</i></b>		
Reported occupation		%
1	Teaching	16.9
2	Student and worker	15.6
3	Trainer	13.7
4	Personal trainer	10.9

5	Instructor	9.3
6	Coordinador	7.0
7	Physical education	3.3
8	University professor	2.7
9	Sport trainer	1.3
10	Director	0.4
11	Other	22.2

**Table 3.**  
***Work situation of the respondents and characteristics of the workplace***

		%
Work center features	Private practice/Own busines	37.6
	Community recreation center	35.6
	Outdoor spaces	8.9
	Online	6.2
	Other	11.7
Fitness sector in which you work	Commercial fitness center	39.6
	Community (low cost public)	26.4
	Exercise programs at work centers	7.1
	Medical fitness center	5.3
	Other	21.6
Job occupation	Work in fitness part time	26.7
	Work in fitness full time	24.0
	I worked in fitness but I do not now	21.1
	Secondary job occupation	17.6
	Other	10.6

**Table 4.**  
***Top 20 Mexican fitness trends for 2022***

Rank	Trend
1	Exercise for weight loss
2	Functional Fitness Training
3	Personal training
4	Strength Training
5	New activities/ adaptation of post-pandemic services by COVID-19