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Media Release – Exercise Effectively and Avoid the Fads. The Top Global Exercise Trends of 2017

From: NZ Register of Exercise Professionals



Exercise Effectively and Avoid the Fads The Top Global Exercise Trends in 2017

Welcome to 2017. Every year the American College of Sports Medicine run a worldwide survey designed to confirm or to introduce new trends (not fads) that have a perceived impact on the industry. The key difference between a trend and a fad is that a trend indicates a change that will have an ongoing impact, whereas a fad is something new that is embraced briefly then discarded.

We all know that exercise and being active is an important part of the wellness journey. We also know that one of the best ways to stay motivated is to keep your exercise varied to avoid boredom, and that's why keeping up to date with science and innovation is important.

The exercise industry isn't just about personal trainers and gyms, so the survey looked at four areas of health and fitness; corporate, clinical, community and commercial as these areas have impact on health and are sources of exercise information. With over 1000 survey respondents globally, the results provide a good level of robustness.

The top 5 trends for 2017 are:

1. WEARABLE TECHNOLOGY

We love gadgets and the first-place ranking shows that also applies to fitness/exercise gadgets too such as activity trackers, watches and GPS devices. These devices enable exercisers to track their training and results, as well as offering support during exercise. The ability to share data encourages group interaction, and allows you to feed your results to your exercise professional or trainer in real-time for immediate adjustments to your exercise plans.

2. BODYWEIGHT TRAINING

On the other end of the spectrum it's fantastic to see that despite all the advances, we can still get a great workout without any equipment. Not limited to just sit ups and pushups, body weight training can be adapted to suit all exercise goals and fitness levels. It's uncomplicated, it's cheap and it's easily accessed. Bodyweight training has been around for as long as we have, so it's a trend unlikely to go anywhere soon.

3. HIGH INTENSITY INTERVAL TRAINING

The number 3 spot is no surprise. Boot camps, boxing and crossfit all fall into this category which is defined by short bursts of intense exercise, coupled with bouts of rest or lower intensity exercise. With exercise intensity comes risk, so for new exercisers and those with injuries or conditions that are affected by movement, a moderate intensity may be better suited.

Overall the potential for great results and shorter workout times keeps this form of exercise in the top 5.

4. EDUCATED, CERTIFIED AND EXPERIENCED EXERCISE PROFESSIONALS

With the abundance of online advice from celebrities and keen amateurs available, there is no shortage of advice, exercise plans and information. However, the quantity is not always backed up with quality.

It is widely accepted that offering exercise advice requires some training and expertise and this trend reflects that. Exercisers have the right to safe and effective advice based on science and evidence based knowledge. A person prescribing exercise should be qualified to do so. The simplest way to ensure this is to make sure your advisor or trainer is registered with the relevant standards organisation. Most health-related industries have these bodies. And for the exercise industry, REPs (NZ Register of Exercise Professionals) is that body body.

5. STRENGTH TRAINING

The ongoing research shows that physical fitness is not just about getting your heart rate up, but also combining the benefits of strength training for all groups from youth to old aged, and a range of health and injury profiles. While muscle definition is a desired outcome, where strength training shines is in the adaptations that occur that assist in the management and prevention of metabolic, cardiovascular and pulmonary diseases.

While trends are a great way to stay up to date with what's up and coming in fitness and exercise, the real key is engaging in regular exercise and activity. It's not just what you do, it's that you keep doing it.

References:

http://journals.lww.com/acsm-healthfitness/Fulltext/2016/11000/WORLDWIDE_SURVEY_OF_FITNESS_TRENDS_FOR_2017.6.aspx

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the "warrant of fitness check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

