



## Top Exercise Trends for 2021

**There is always something new happening in exercise. Whether it's a new piece of gear, a new way to move, or research that gives us a new insight into what we do already.**

2020 was a year that proved that the way we move and how we get advice can change quickly when it needs to, so it's no surprise that online and virtual offerings are a trend to watch, and we literally already have been!

Every year for the last 14 years the American College of Sports Medicine (ACSM) have produced a survey designed to confirm or to introduce new trends (not fads) that have a perceived positive impact on exercise and wellness, according to the international survey respondents. A trend is defined as something that is likely to stick around, as opposed to a fad which is short lived in popularity.

The survey looks at 4 areas of health and exercise; corporate, clinical, community and commercial, as these areas also have impact on health and are sources of exercise information.

It's exciting to see that the basics such as bodyweight and free weights training are still popular, proving that a combination of the old and new is the way to go.

What also proves to be relevant from this list is that getting assistance and support is just as important as the exercise itself. Even in the age of wearable technology, which puts more information in the hands of the consumers, having a professional to offer support continues to be important. The top 10 trend results for 2021 are:

### 1. Online training

The saviour of level 4 lockdown, being able to access the motivation and expertise we were used to face to face, into an online platform. Across NZ and the world, trainers and exercise providers came up with innovative ways to keep in touch. While nothing replaces face to face, it is clear that the flexibility of online training is here to stay.

### 2. Wearable Technology

The arrival of fitness watches was greeted with equal skepticism and enthusiasm, but it seems these devices are here to stay. What has become apparent is that just wearing one is a start, but using the data your watch gives you and sharing with your trainer adds extra benefits. There is no doubt as the technology improves that we will see these devices moving further into the health space.

### 3. Bodyweight Training

Body weight training has been a top trend for a number of years and it's understandable why, especially in 2020 when access to a facility with equipment was unavailable.

#### 4. Outdoor training

Outdoor training has gone beyond solitary runs and walks, and into well designed classes and sessions that make the most of the open air. Advantages include flexibility when you can't make it indoors to the gym, and the holistic benefits of being at one with nature.

#### 5. High Intensity Interval Training (HIIT)

Based on the principle of exercising hard then taking a break, HIIT training is most famous for more intensive exercise workouts. However, it can be adapted to suit all exercise levels, so if you are less fit don't ignore this mode, just make sure you work with an exercise professional that understands your needs.

#### 6. Virtual Training

Different to online training, virtual training takes the human element out and uses apps with images, movements and pictures. It has great benefits, but make sure you are choosing an option that suits your health and exercise level profile.

#### 7. Exercise as Medicine

A global health initiative that connects those who are experts in health such as doctors, and exercise professionals that are experts in getting you moving. Exercise as Medicine is about using exercise as an effective tool for disease prevention and management.

#### 8. Training with free weights

Not limited to barbells and dumbbells, training with free weights is about using any type of resistance. In 2020 this sort of resistance was essential, but even beyond a Covid world, using free weights adds a balance and functional component to your exercise.

#### 9. Exercise/Fitness Programmes for older adults

Age is no barrier to a full and active life. Being at number 9 proves that older adults are seeking out activities and advice and want to do more than a gentle stroll, enjoying the challenge of a structured programme, as well as the social and physical benefits.

#### 10. Personal Training

For something that didn't even exist just a few decades ago, personal training is now one of the mainstays of getting active, and for good reason. Benefits includes one on one individualised support, and access to immediate feedback and correction.

What's on your top ten list for 2021?

---

### Contact details for further information about the exercise industry:

**NZ Register of Exercise Professionals**, Registrar Stephen Gacsal

Email: [stephen@reps.org.nz](mailto:stephen@reps.org.nz) telephone: 0800 55 44 99 website: [www.reps.org.nz](http://www.reps.org.nz)

**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](http://www.icreps.org)

**Exercise Association of New Zealand**, Chief Executive Richard Beddie

Email: [richard@exercisenz.org.nz](mailto:richard@exercisenz.org.nz), telephone: 0800 66 88 11 website: <http://www.exercisenz.org.nz>

**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.

