

ACSM **Top 10** Worldwide Fitness Trends for **2023**

Wearable Technology



1

Strength Training with Free Weights



2

Body Weight Training



3

Fitness Programs for Older Adults



4

Functional Fitness Training



5

Outdoor Activities



6

High Intensity Interval Training (HIIT)



7

Exercise for Weight Loss



8

Employing Certified Fitness Professionals



9

Personal Training



10

