2024 ACSM Worldwide Fitness Trends: Future Directions of the Health and Fitness Industry

01 | Wearable Technology. Devices like smartwatches, heart rate monitors and other fitness trackers.

02 | Worksite Health Promotion. Work-related programs and perks that increase employee wellness.

03 | Fitness Programs for Older Adults. Interventions focused on the unique needs of the aging population.

04 | Exercise for Weight Loss. Incorporating weight loss programs such as dieting and culinary interventions alongside an exercise routine.

05 | Reimbursement for Qualified Exercise Professionals (QEPs). Policy changes that would allow exercise professionals to bill insurance more easily.

06 | Employing Certified Exercise Professionals. Employing certified health and fitness professionals who have completed educational programs and fully accredited health/fitness certifications.

07 | Mobile Exercise Apps. Smartphone and related applications that aid in exercise performance or programming.

08 | Exercise for Mental Health. Improving mental well-being through physical activity.

09 | Youth Athletic Development. Engaging young people in sports and related activities.

10 | Personal Training. Personal trainers assist clients with goal setting, fitness assessment and exercise programming.

Learn more at acsm.org/trends