

**Top 10 World-Wide Fitness Trends for 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015 and 2016.**

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
1. Children and obesity	1. Educated and experienced fitness professionals	1. Educated and experienced fitness professionals	1. Educated and experienced fitness professionals	1. Educated and Experienced Fitness Professionals	1. Educated, Certified and Experienced Fitness Professionals	1. Educated, Certified and Experienced Fitness Professionals	1. High Intensity Interval Training (HIIT)	1. Body Weight Training	1. Wearable Technology
2. Special fitness programs for older adults	2. Children and obesity	2. Children and obesity	2. Strength training	2. Fitness Programs For Older Adults	2. Strength Training	2. Strength Training	2. Body Weight Training	2. High Intensity Interval Training (HIIT)	2. Body Weight Training AND High-Intensity Interval Training (HIIT)
3. Educated and experienced fitness professionals	3. Personal training	3. Personal training	3. Children and obesity	3. Strength Training	3. Fitness Programs For Older Adults	3. Body Weight Training	3. Educated, Certified and Experienced Fitness Professionals	3. Educated, Certified and Experienced Fitness Professionals	
4. Functional fitness	4. Strength training	4. Strength training	4. Personal training	4. Children and Obesity	4. Exercise and Weight Loss	4. Children and Obesity	4. Strength Training	4. Strength Training	4. Strength Training
5. Core training	5. Core training	5. Core training	5. Core training	5. Personal Training	5. Children and Obesity	5. Exercise and Weight Loss	5. Exercise and Weight Loss	5. Personal Training	5. Educated and Experienced Fitness Professionals
6. Strength training	6. Special fitness programs for older adults	6. Special fitness programs for older adults	6. Special fitness programs for older adults	6. Core Training	6. Personal Training	6. Fitness Programs For Older Adults	6. Personal Training	6. Exercise and Weight Loss	6. Personal Training
7. Personal training	7. Pilates	7. Pilates	7. Functional fitness	7. Exercise and Weight Loss	7. Core Training	7. Personal Training	7. Fitness Programs for Older Adults	7. Yoga	7. Functional Fitness
8. Mind/Body exercise	8. Functional fitness	8. Stability ball	8. Sport-specific training	8. Boot Camp	8. Group Personal Training	8. Functional Fitness	8. Functional Fitness	8. Fitness Programs For Older Adults	8. Fitness Programs for Older Adults

9. Exercise and weight loss	9. Stability ball	9. Sport-specific training	9. Pilates	9. Functional Fitness	9. ZUMBA and other dance workouts	9. Core Training	9. Group Personal Training	9. Functional Fitness	9. Exercise and Weight Loss
10. Outcome measurements	10. Yoga	10. Balance training	10. Group personal training	10. Physician Referrals	10. Functional Fitness	10. Group Personal Training	10. Yoga	10. Group Personal Training	10. Yoga