2021 FITNESS TRENDS IN EUROPE

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The Europe survey utilized the same survey methodology as ACSM's Worldwide Survey of Fitness Trends (*i.e.*, 10-point Likert-type scale and cumulative scores were calculated for each question). The data collection period was open from April 7, 2020 to June 2, 2020 or approximately 8 weeks. The European survey was developed in SurveyMonkey and included 41 possible trends. An email invitation was sent to 6,230 ACSM members residing in Europe and also was distributed to 11,423 professionals through social media networks in fitness groups and by email to university professors specializing in physical activity and fitness. A total of 1,271 fitness professionals responded to the survey for a return rate of 7.2%.

See Table 1 for demographic information from the European survey respondents.

Table 1. Demographics of the European survey respondents

		%
Gender		
	Female	48.6
	Temale	40.0
	Male	51.4
Age (yrs)		
	18–21	8.8
	22–34	33.5
	35–44	31.5
	45–54	18.7
	55–64	6.5
	65+	1.0

Northern Europe	13.8
Southern Europe	54.9
Western Europe	16.9
Eastern Europe	14.4
Bachelor's degree	27.5
Master's degree	15.2
Doctorate degree	19.6
Medical Doctor	3.3
None	31.7
Other	2.7
Assistant Fitness Instructor	3.7
Fitness Instructor	44.1
Group Fitness Instructor	31.5
Personal Trainer	39.9
Youth Fitness Instructor	5.4
Active Aging Trainer	2.9
Pilates Teacher	14.2
Yoga Teacher	8.3
	Southern Europe Western Europe Eastern Europe Bachelor's degree Master's degree Doctorate degree Medical Doctor None Other Assistant Fitness Instructor Fitness Instructor Group Fitness Instructor Personal Trainer Youth Fitness Instructor Active Aging Trainer Pilates Teacher

Pre/Diabetes Exercise Specialist Weight Management Exercise Specialist Pre/Post Natal Exercise Specialist Advanced Health and Exercise Specialist Clinical Exercise Physiologist Cancer Exercise Trainer Inclusive Exercise Training Physical Activity in Public Health Specialist Exercise is Medicine Not Applicable Primary profession Personal Trainer (part-time) Fersonal Trainer (full-time) Group Fitness Instructor Pilates Teacher 3.3 Yoga Teacher 1.1		Aqua Fitness Instructor	4.0
Weight Management Exercise Specialist Pre/Post Natal Exercise Specialist Advanced Health and Exercise Specialist Clinical Exercise Physiologist Cancer Exercise Trainer Inclusive Exercise Training Physical Activity in Public Health Specialist Exercise is Medicine Not Applicable Primary profession Personal Trainer (part-time) Group Fitness Instructor 11.9 Pilates Teacher Yoga Teacher 1.1		Exercise for Health Specialist	14.6
Weight Management Exercise Specialist Pre/Post Natal Exercise Specialist Advanced Health and Exercise Specialist Clinical Exercise Physiologist Cancer Exercise Trainer Inclusive Exercise Training Physical Activity in Public Health Specialist Exercise is Medicine Not Applicable Primary profession Personal Trainer (part-time) Group Fitness Instructor 11.9 Pilates Teacher Yoga Teacher 1.1		Pre/Diahetes Exercise Specialist	23
Pre/Post Natal Exercise Specialist 4.4 Advanced Health and Exercise 8.5 Specialist 2.8 Clinical Exercise Physiologist 3.8 Cancer Exercise Trainer 0.4 Inclusive Exercise Training 0.7 Physical Activity in Public Health 3.3 Specialist 2.8 Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession 4.8 Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		·	
Advanced Health and Exercise 8.5 Specialist 2.3.8 Clinical Exercise Physiologist 3.8 Cancer Exercise Trainer 0.4 Inclusive Exercise Training 0.7 Physical Activity in Public Health 3.3 Specialist 2.3.8 Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession 4.8 Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Weight Management Exercise Specialist	6.5
Specialist Clinical Exercise Physiologist 3.8 Cancer Exercise Trainer 0.4 Inclusive Exercise Training 0.7 Physical Activity in Public Health 3.3 Specialist Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Pre/Post Natal Exercise Specialist	4.4
Clinical Exercise Physiologist 3.8 Cancer Exercise Trainer 0.4 Inclusive Exercise Training 0.7 Physical Activity in Public Health 3.3 Specialist Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Advanced Health and Exercise	8.5
Cancer Exercise Trainer 0.4 Inclusive Exercise Training 0.7 Physical Activity in Public Health 3.3 Specialist 4.8 Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession 6.5 Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Specialist	
Inclusive Exercise Training 0.7 Physical Activity in Public Health 3.3 Specialist Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Clinical Exercise Physiologist	3.8
Physical Activity in Public Health Specialist Exercise is Medicine Not Applicable Primary profession Personal Trainer (part-time) Personal Trainer (full-time) Group Fitness Instructor Pilates Teacher 3.3 Yoga Teacher 1.1		Cancer Exercise Trainer	0.4
Specialist Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Inclusive Exercise Training	0.7
Exercise is Medicine 4.8 Not Applicable 15.4 Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Physical Activity in Public Health	3.3
Not Applicable 15.4 Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Specialist	
Primary profession Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Exercise is Medicine	4.8
Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Not Applicable	15.4
Personal Trainer (part-time) 6.5 Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1	Primary		
Personal Trainer (full-time) 18.3 Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1	profession		
Group Fitness Instructor 11.9 Pilates Teacher 3.3 Yoga Teacher 1.1		Personal Trainer (part-time)	6.5
Pilates Teacher 3.3 Yoga Teacher 1.1		Personal Trainer (full-time)	18.3
Yoga Teacher 1.1		Group Fitness Instructor	11.9
		Pilates Teacher	3.3
Evercise Specialist 2.4		Yoga Teacher	1.1
Excluse openialist 2.4		Exercise Specialist	2.4

	Health/Wellness Coach	3.1
	Exercise Physiologist	3.5
	Clinical Exercise Physiologist	1.2
	Undergraduate Student	5.8
	Graduate Student	1.8
	Vocational Educator/Tutor	3.5
	Physical Education Teacher	6.0
	University/College Professor	11.9
	Medical Professional	1.7
	Registered Dietitian	0.2
	Gym Manager	6.5
	Owner/Operator	6.8
	Other	4.5
Experience		
	0 to 1 year	6.9
	1 to 3 years	9.6
	3 to 5 years	15.3
	5 to 7 years	9.3
	7 to 9 years	14.4
	10 to 20 years	24.6
	More than 20 years	20.0
Annual salary		

Not willing to share	14.1
Less than €20,000	35.6
€20,000 to €29,999	10.3
€30,000 to €39,999	5.3
€40,000 to €49,999	7.2
€50,000 to €59,999	8.9
€60,000 to €69,999	13.2
€70,000 to €79,999	2.5
€80,000 to €89,999	0.9
€90,000 to €99,999	0.4
More than €100,000	1.6
Private Practice/Own Business	33.5
Boutique Fitness Studio	20.1
Commercial Fitness Center	29.6
Medical Fitness Center	4.8
Community-Based Facility or Program	0.9
University Recreation Center	10.4
Community Recreation Center	0.7
Hospital/Medical Center Department	7.1
Corporate Fitness Facility	1.7
Sport Tourism Facility	3.1
	Less than €20,000 €20,000 to €29,999 €30,000 to €39,999 €40,000 to €49,999 €50,000 to €59,999 €60,000 to €69,999 €70,000 to €79,999 €80,000 to €89,999 €90,000 to €99,999 More than €100,000 Private Practice/Own Business Boutique Fitness Studio Commercial Fitness Center Medical Fitness Center Community-Based Facility or Program University Recreation Center Community Recreation Center Hospital/Medical Center Department Corporate Fitness Facility

	Vocational Training Provider	3.5
	National Association	2.7
	Supplier	2.5
Work status		
	Part-time	17.4
	Full-time	78.9
	Other	3.7
Career choice		
	First job	72.5
	Second job	21.9
	Other	5.5

Table 2. Top 20 European Fitness Trends for 2021

Rank	Trend	Score (0-10)
1	Personal Training	9.031 ± 1.630
2	High-Intensity Interval Training	8.856 ± 1.669
3	Exercise is Medicine	8.820 ± 1.684
4	Exercise for Weight Loss	8.688 ± 1.905
5	Functional Fitness Training	8.670 ± 1.797
6	Body Weight Training	8.644 ± 1.710
7	Health/Wellness Coaching	8.245 ± 1.933
8	Employing Certified Fitness Professionals	8.188 ± 2.206

9	Fitness Programs for Older Adults	8.186 ± 1.806
10	Licensure for Fitness Professionals	8.125 ± 2.252
11	Small Group Training	8.046 ± 1.977
12	Clinical Integration/Medical Fitness	8.006 ± 2.058
13	Circuit Training	7.796 ± 2.018
14	Post Rehabilitation Classes	7.469 ± 2.246
15	Children and Exercise	7.446 ± 2.362
16	Boutique Fitness Studios	7.340 ± 2.089
17	Strength Training with Free Weights	6.483 ± 1.955
18	Group Training	6.389 ± 2.114
18	Wearable Technology	6.338 ± 2.439
20	Core Training	6.286 ± 1.920

Data are presented as mean ± SD