**Table.** 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 |
| 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 | 3. High Intensity Interval Training (HIIT) |
| 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, Certified 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 |