

Supplemental Table 1. 2023 Global Fitness Trend Survey Methodology

Country	Trend	Added Trends	Survey Time	Response Rate
Australia	Total of 46 trends; 41 from worldwide survey, 5 added for Australia; removed 1 potential trend from worldwide survey	<ol style="list-style-type: none"> 1) Boxing, kickboxing, and mixed martial arts (MMA) for fitness 2) Electrical muscle stimulation training 3) Inclusive exercise services 4) Quality accredited businesses 5) Tai Chi 	Electronic survey from July 3 to August 2, 2022 (4 weeks). Circulated to 22,388 individuals, including AUSactive professionals and business members. A link also was shared on AUSactive's various social media sites.	N =410 (1.83%)
Brazil	Total of 45 trends; all 42 from worldwide survey; 3 added for Brazil	<ol style="list-style-type: none"> 1) Low-cost gym 2) Boxing, kickboxing, and mixed martial arts (MMA) 3) Electromagnetic muscle stimulation (EMS) 	Electronic survey from May 16 to July 31, 2022 (11 weeks). Electronic survey was sent to universities, physical education professionals and students, professors/teachers, health professionals, area managers, and on social networks.	N = 985 (not reported)
Europe	Total of 46 trends; 5 added for Europe; removed one (blood flow restriction)	<ol style="list-style-type: none"> 1) Boutique fitness studios 2) Electrical muscle stimulation (EMS) training 3) High-intensity functional training (HIFT) 4) Low-cost and budget gyms 5) Mind-body movement 	Electronic survey from May 21 to August 1 (10 weeks) to 20,766 people, including 7,496 ACSM members residing in Europe and 13,270 European health and fitness professionals, including gym owners/managers, faculty members, graduate students, and registered members onto the European Register of Exercise Professionals specializing in physical activity and fitness. A link also was shared on various social media sites.	N = 1,626 (7.8%)
Mexico	Total of 51 trends	<ol style="list-style-type: none"> 1) Immersive 2) Virtual and augmented reality fitness 3) Cardiometabolic rehabilitation (complementary care activities for diabetes, hypertension, dyslipidemia) 4) Professional fitness regulation 5) Physical activity through dance 6) Influencer's fitness 7) Fitness streaming 8) Sustainable gyms or eco-gyms 9) Training from combat sports (MMA, box, martial arts) 	Online survey distributed from May 5 to June 30, 2022, with a duration of 8 weeks. Integrated 51 trends sent to 31,277 people (decreased by 41% compared to the previous year 52,735). Subscribers were included in specialized groups in social networks such as associations of gym owners and directors, fitness professionals, and communities of gym chains all based in Mexico.	N = 1,538 (4.9%)

Portugal	Total of 50 trends	<ol style="list-style-type: none"> 1) Boutique fitness studios 2) Electrical muscle stimulation (EMS) training 3) High intensity functional training (HIFT) 4) Low-cost and budget gyms 5) Mind and body movement 6) Cross training, fitness influencers and eco gyms 	Online survey from May 30 to July 31 (~ 9 weeks) sent to universities that have bachelors/masters/doctoral programs in sports, vocational schools that promote fitness courses, associations of the fitness sector. Also shared on social networks, fitness events, and sent directly to many fitness professionals and sport sciences students	N = 507 (not reported)
Spain	Total of 48 trends; 3 ACSM trends removed; 9 trends added	<ol style="list-style-type: none"> 1) Multidisciplinary work teams (doctors, physiotherapists, nutritionists, and physical trainers) 2) Fitness and nutrition 3) Injury prevention/functional rehabilitation 4) Seeking new market niches 5) Post-COVID recuperation programs 6) Exercise programs against children and adolescent obesity 7) Postural correction 8) Boutique fitness centers 9) Physician referrals to fitness programs 	The online survey was initially sent to 7143 people (5.8% increase from last year's record of 6751) from May 27th to June 24th to primarily fitness professionals in Spanish (85% including in database of Valgo Consulting database (remaining responses were former professionals, graduated/undergraduate students of sport sciences and others). Responses from all Spanish regions were collected. A link also was shared on social networks such as Facebook, Twitter, Instagram, and LinkedIn	N = 506 (7.3%)
United States	Total of 42 trends identical to the worldwide survey	None	Electronic survey from June 6 to August 1, 2021 (8-weeks) sent to 125,940 ACSM health and fitness professionals through email, associated web sites, and social-media (see details in worldwide survey feature)	N = 2,936 (3.9 %)

Note. All the regions utilized a critical mass of the 42 trends within ACSM's Worldwide Survey of Fitness Trends; however, each country also took liberties to distinguish key differences by adding their own trends and used some key methodological differences.