**Table.** Top 10 World-Wide Fitness Trends for 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022 and 2023.

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| **2007** | **2008** | **2009** | **2010** | **2011** | **2012** | **2013** | **2014** | **2015** | **2016** | **2017** | **2018** | **2019** | **2020** | **2021** | **2022** | **2023** |
| 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 | 1. Wearable technology | 1. High Intensity Interval Training (HIIT) | 1. Wearable Technology  | 1. Wearable Technology  | 1. Online Training | 1. Wearable Technology | 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 | 2. Body weight training | 2. Group Training | 2. Group Training | 2. High Intensity Interval Training (HIIT)  | 2. Wearable Technology | 2. Home Exercise Gyms | 2. Strength training with free weights |
| 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) | 3. High Intensity Interval Training (HIIT) | 3. Wearable technology | 3. High Intensity Interval Training (HIIT) | 3. Group Training | 3. Body Weight Training | 3. Outdoor Activities | 3. Body weight training |
| 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 | 4. Educated, Certified and Experienced Fitness Professionals | 4. Body weight training | 4. Fitness Programs for Older Adults | 4. Training with Free Weights  | 4. Outdoor Activities | 4. Strength Training with Free Weights | 4. Fitness programs for older adults |
| 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 | 5. Strength Training | 5. Strength Training | 5. Body Weight Training | 5. Personal Training  | 5. High Intensity Interval Training (HIIT) | 5. Exercise for Weight Loss | 5. Functional fitness training |
| 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 | 6. Group Training | 6. Educated, Certified and Experienced Fitness Professionals | 6. Employing Certified Fitness Professionals | 6. Exercise is Medicine (EIM) | 6. Virtual Training | 6. Personal Training | 6. Outdoor activities |
| 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 | 7. Exercise is Medicine | 7. Yoga | 7. Yoga | 7. Body Weight Training  | 7. Exercise is Medicine | 7. High Intensity Interval Training (HIIT) | 7. High intensity interval training (HIIT) |
| 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 | 8. Yoga | 8. Personal Training | 8. Personal Training | 8. Fitness Programs for Older Adults  | 8. Strength Training with Free Weights | 8. Body Weight Training | 8. Exercise for weight loss |
| 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 | 9. Personal Training | 9. Fitness Programs for Older Adults | 9. Functional Fitness Training | 9. Health/ Wellness Coaching  | 9. Fitness Programs for Older Adults | 9. Online Live and On-Demand Exercise Classes | 9. Employing certified fitness professionals |
| 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 | 10. Exercise and Weight Loss | 10. Functional Fitness | 10. Exercise is Medicine | 10. Employing Certified Fitness Professionals | 10. Personal Training | 10. Health/Wellness Coaching | 10. Personal training |