

Supplemental Table 2. Top 20 Global Fitness Trend Results.

	Australia	Brazil	Europe	Mexico	Portugal	Spain	United States
1	Fitness Programs for Older Adults	Personal Training	Body Weight Training	Exercise and Weight Loss Programs	Licensure for Fitness Professionals	Functional Fitness Training	Wearable Technology
2	Functional Fitness Training	Exercise for Weight Loss	Exercise for Weight Loss	Personal Training	Employing Certified Fitness Professionals	Small Group Personal Training	Strength Training
3	Strength Training with Free Weights	Fitness Programs for Older Adults	Personal Training	Functional Training	Personal Training	Personal Training	Body Weight Training
4	Group Exercise Training	Functional Fitness Training	Fitness Programs for Older Adults	Aerobic Training	Exercise for Weight Loss	Employing Certified Professionals	Fitness Programs for Older Adults
5	Employing Registered Exercise Professionals	Body Weight Training	Functional Fitness Training	Specific Training for a Sport	Lifestyle Medicine	Free-weight Strength Training	Outdoor Activities
6	Wearable Technology	Strength Training with Free Weights	HIIT	Outdoor Fitness Activities	Health/Well-being Coaching	Exercise and Weight Loss	Functional Fitness Training
7	Pilates	Employing Certified Fitness Professionals	Boutique Fitness Studios	Exercise Programs for Children/Teens	Exercise is Medicine (EIM)	Fitness Programs for Older Adults	HIIT
8	Outdoor Activities	Outdoor Activities	Circuit Training	Training with the Body Weight	Strength Training with Free Weights	Multidisciplinary Work Teams	Exercise for Weight Loss
9	Personal Training	Lifestyle Medicine	Exercise is Medicine (EIM)	Healthy Diet	Outcome Measurements	Licensure for Fitness Professionals	Employing Certified Fitness Professionals
10	Body Weight Training	HIIT	Employing Certified Fitness Professionals	Multidisciplinary Work Teams (Physical Activity Professionals, Doctors, Physiotherapists, Nutritionists)	Outdoor Activities	Outdoor Activities	Personal Training
11	Exercise is Medicine	Online Personal Training	Strength Training with Free Weights	Strength Training with Free Weights	Functional Fitness Training	HIIT	Core Training
12	Inclusive Exercise Services	Small Group Personal Training	Wearable Technology	Training and Feeding Programs	Body Weight Training	Post-rehabilitation Classes	Circuit Training
13	HIIT	Health/Wellness Coaching	High Intensity Functional Training (HIFT)	Exercise and Health Promotion Programs in Workplaces	Fitness Programs for Older Adults	Fitness and Nutrition (Healthy Diet)	Home Exercise Gyms
14	Small Group Personal Training	Group Exercise Training	Outdoor Activities	Monitoring of the Training Results	Body and Mind Movement	Body Weight Training	Group Exercise Training
15	Yoga	Outcome Measurements	Clinical Integration/Medical Fitness	Circuit Training	HIIT	Injury Prevention/ Functional Rehabilitation	EIM
16	Core Training	Post Rehabilitation Classes	Small Group Training	Small Group Training (Group Training)	Post Rehabilitation or Disease/Condition Maintenance Classes	Group Training	Lifestyle Medicine
17	Lifestyle Medicine	Home Exercise Gyms	Children and Exercise	Personalized Training in Small Groups	Pilates	Outcome Measurement	Yoga
18	Exercise for Weight Loss	Circuit Training	Licensure for Fitness Professionals	Recruitment of Graduates in Physical Activity or Related Careers	Wearable Technology	Core Training	Licensure for Fitness Professionals
19	Post Rehabilitation or Disease/Condition Maintenance Classes	Wearable Technology	Pilates	High Intensity Interval Training (HIIT)	High Intensity Functional Training (HIFT)	Mobile Exercise Apps	Mobile Exercise Apps
20	Health/Wellness Coaching	Core Training	Group Exercise Training	Training from Combat Sports (MMA, Box, Martial Arts)	Group Exercise Training	Exercise is Medicine (EIM)	Health/Well-being Coaching

