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

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| **2007** | **2008** | **2009** | **2010** | **2011** | **2012** | **2013** | **2014** | **2015** | **2016** | **2017** | **2018** |
| 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) |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |