

## 5 Fitness Trends to Try in 2015

Curious about what's going to be hot in the wellness sphere next year? Well, you've come to the right place. We put our sneakers to the ground to find out what fitness trends could be making their way into your gym in 2015. Happy sweating.

### **Body weight training**

According to an American College of Sports Medicine (ACSM) survey of more than 3,000 fitness professionals worldwide, body weight training is predicted to be the next big thing. "Expect to see it continue to expand in all movement experiences including both group and personal training," says Carol Espel, Senior Director, Group Fitness and Pilates at Equinox. "Look for the comprehensive incorporation of gymnastics, adult jungle gyms, workout spaces that are uncluttered with weight machines and open for training, greater suspension training options, primal movements, and more programming that is less focused on standard weight lifting protocols." In other words, those tried and true exercises that don't require equipment—like lunges, squats, push-ups, and burpees—are here to stay, so embrace them.

### **High-intensity interval training (HIIT)**

OK, HIIT (think P90X) did take a hit over the past year dropping from the number one spot on the 2013 ACSM survey to number two this year. But we assure you that this technique, which alternates intense bursts of exercise with short, sometimes active, recovery periods, isn't going anywhere. The reason: It's super effective. "People are exercising in shorter bursts and they are still seeing results," notes Donna Cyrus, Senior Vice President of Programming at Crunch. This should be no surprise, though. After all, who wants to slave away at the gym for hours each day when you can blast fat in as little as 20 minutes? Exactly.

### **Treadmill training**

Boutique studios that specialize in one specific fitness genre—be it underwater cycling or trampoline workouts—will continue to rise in popularity. However, within this group fitness sector, indoor group running has been steadily gaining momentum. From big gym chains like Equinox and Crunch to smaller studios like Mile High Run Club, treadmill-based training is poised to become the new "it" workout. Yes, many view this piece of machinery as a torture device (I know I've called it a dreadmill on more than one occasion), but these classes are truly beneficial, helping to improve your running through speed, incline, and interval-based drills.

"There is a trend in fitness to return to simplicity, and running is the oldest form of exercise," explains Andia Winslow, a fitness expert and coach at Mile High Running Club. "With indoor treadmill training, participants are in a controlled and yet challenging environment where they can, regardless of fitness level, keep up with class while running on industry elite commercial equipment. With less strain on bones, joints and tendons, runners can focus instead on form, specialized and programmed intensity and being wholly engaged with their runs." Even better: You will never have to worry about it being too cold or raining too hard to log those miles.

## Recovery efforts

Don't you just love a super intense workout? The way it pushes you to your limits, leaving behind a reminder (read: sore muscles) of all the hard work you put in. Here's the deal, though, too much intense training can throw your body out of whack, leaving it open for potential injuries, which is why recovery is essential. "A balanced body is key, which means all of your muscles are working correctly, not just some of them," says David Reavy, PT, owner of React Physical Therapy and creator of the Reavy Method. "Weak muscles will fatigue quickly, and you over train muscles that are already strong. The compensation and overuse of muscles and not the work brings the need for recovery." This is why "we will continue to see the rapid expansion of group formats that include self-care protocols for self myofascial release (SMR), such as foam rolling and therapy balls, core strengthening and dynamic stretching, full recovery days and clear focus on sleep as an integral part of one's fitness regimen," says Espel. "And of course restorative yoga formats will continue to become a much more prevalent part of programming."

## Digital engagement

In our tech-obsessed world, this one seems like a no-brainer. Just take Nike, for example: I learned at their Women's Summit last month that 9 million women have downloaded the Nike Running app and 16 million women have downloaded the Nike Training (NTC) app. And that's just one company—think about all of the other fitness apps and cool trackers out there that put a wealth of health info at our fingertips. The reason we're still obsessed with these modalities is because "they provide inspiration, guidance and coaching," explained Stefan Olander, VP of Digital Sport for Nike at the summit. Not to mention the social factor. Adds Espel: "We will continue to see an even greater level of engagement of the use of multiple devices to track and log movement, nutrition, sleep and all aspects of activity," she says. "The challenge for all will be determining what data is pertinent and then how providers and health care experts take the most relevant information and make it continually meaningful to users."

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