

FORGING THE FUTURE:



Visit NEHC Health Promotion Homepage: <http://www-ehc.med.navy.mil/hp>
Subscribe to this publication by visiting our web site. Click on "Friday Facts"



Friday FACTS

26 December 2003

"Leadership, Partnership, and Championship"

TOP 10 FITNESS TRENDS FOR 2004

The American Council on Exercise (ACE), a nonprofit workout watchdog group, says their fitness trend predictions for 2004 reflect a rising need to meet the demands of time-starved Americans as well as making exercise part of preventive care for a growing number of older adults.

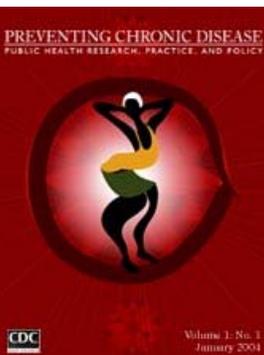


Here are their top 10 fitness trend predictions for 2004:

1. Workouts and exercise programs will respond to the critical need for busy Americans to get an efficient workout in a very short period of time using readily available tools, such as chairs, steps, and walls, to overcome barriers of time and access.
2. Mind and body programs will be blended into traditional workout sessions. Clubs and personal trainers will integrate elements of Pilates and yoga into exercise programs to offer a holistic approach to physical fitness and wellness.
3. Functional fitness will become even more important. Rather than working on muscle groups in isolation, functional fitness will focus on exercising and strengthening several muscles and joints together to help people perform their daily activities with less pain and discomfort.
4. Lifestyle and performance coaching will become more popular as the Internet makes these services more affordable.
5. Health-care providers and companies will provide and partially subsidize preventive lifestyle programs, such as providing web sites for wellness information, risk assessment, fitness calculators, how to contact a fitness professional, and other services.
6. Fitness equipment will get smarter. Manufacturers will offer equipment that provides feedback on everything from lactic acid production (a compound released during exercise) to preparing for a major athletic event like a marathon.
7. More fitness clubs will offer pay-as-you-go pricing rather than long-term contracts.
8. Weight loss and nutrition will get back to basics. Millions of Americans who haven't had long-term success on restrictive weight-loss programs will turn to regular exercise and sensible eating.
9. Exercise will become a larger part of preventive care for older adults to help fight osteoporosis, reduce the risk of everyday injury, and maintain independence. Programs will focus on balance, stability, and strength training in seniors.
10. Simple programs to get sedentary people moving will become more important. States and cities will have more walking programs, and communities will add sidewalks, walking trails, and parks to make it easier for people to become physically active.



SOURCE: News release, American Council on Exercise



PREVENTING CHRONIC DISEASE:

Public Health Research, Practice and Policy
Volume 1: No. 1, January 2004

The inaugural issue of *Preventing Chronic Disease (PCD)* is now available! Please visit our site at <http://www.cdc.gov/pcd>, where you will find downloadable articles from our January 2004 issue and more information on *PCD*.

