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Fitness Fatigue? Check Out These Exercise Trends for 2009

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Like anything else in life, I get tired of my fitness status quot (which at 9 months pregnant isn't much to speak of right now!). You too? If you're yawning a bit about your workout regimen and hoping to spice things up in the New Year, here are some new ideas...

The [American Council on Exercise \(ACE\)](#), recently released its top 10 fitness trends for 2009. Here are some ideas that made the list:

Boot Camp-Style Workouts: The scoop? We want intense programs with fast results (even if someone is yelling at us, drill sergeant style). "Boot camp workouts remain extremely popular because they provide a total-body workout that's varied, fun and challenging. Up to 600 calories can be burned during a boot camp session, which is obviously going to facilitate weight loss."

Budget-Friendly Workouts: Bye bye gym membership, hello living room. "With today's economy showing no signs of strengthening, more people will cut costs to stay in shape. Of the ACE-certified professionals surveyed, 48 percent said that gym memberships will decrease in 2009 and 52 percent said less people will hire personal trainers. Look for more people to use the resources around them as their gym and equipment."

Dance, Dance Revolution: Get ready to get your groove on! "While yoga and Pilates will remain strong, dance-based classes are all the rage this year! Zumba, a fitness program inspired by Latin dance, combines South American rhythms with cardiovascular exercise. Bollywood, ballroom, Afro-Cuban and other exotic dance styles are growing in popularity thanks to shows such as *Dancing with the Stars* and *So You Think You Can Dance*."

Getting Back to Basics: Fitness gadgets and wacky new trends? Not so hot. "Despite the fact that many exercises and equipment are becoming more advanced and trendy, trainers will continue to focus on basic movements and techniques with

their clients again."

Circuit Training: "Studies have shown that interval training combining strength training and cardiovascular activity at different intensities provides a more time-efficient workout than participating in traditional aerobic and weight training sessions. With an increase in popularity of circuit training, many gyms are even setting up their own circuits to allow their members an easy path to fitness."

Kettlebells: Add these to your wish list this year. "The reason for the surge in **kettlebell** training (for kettlebell newbies: They're an odd-looking weight that hails from Russia) is that it gets back to basic training that requires functional, whole body fitness. Kettlebells require an individual to focus on whole-body conditioning because lifting and controlling a kettlebell forces the entire body, particularly the core, to contract as a group, simultaneously developing strength and stability. Kettlebell workouts engage multiple muscle groups, making it a great way to get a whole body workout in a relatively short period of time."

High-Tech Fitness: "From iPods to Cardio Cinema to exergaming (i.e., Wii Fit, Expresso Bikes) the latest in technology will continue to infuse itself in all aspects of fitness. Look for 2009 to provide more interactive video games that provide fitness benefits, as well as new inventions to make exercising a more engaging experience."

Read more fitness ideas from Vitamin G [here](#).

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