

# GOOD THINGS TO KNOW

*A Decade of News You Can Use!*

## ACSM'S TOP 10 TRENDS 2016

**WEARABLE TECH** – Think Jawbone®, Fitbit®, Apple Watch® to track fitness

**BODY WEIGHT TRAINING**  
Not just Push-Ups & Pull-Ups

**HIIT – HIGH INTENSITY INTERVAL TRAINING** – Short bursts of high intensity Followed by short recovery

**STRENGTH TRAINING**

**EDUCATED, CERTIFIED & EXPERIENCED FITNESS PROFESSIONALS**

**PERSONAL TRAINING**

**FUNCTIONAL FITNESS** – Replicating daily living Activities with strength Training

**FITNESS PROGRAMS FOR OLDER ADULTS**

**EXERCISE & WEIGHT LOSS**

**YOGA**

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## 10 MORE WORLDWIDE FITNESS PREDICTIONS

Each year the American College of Sports Medicine surveys members for their opinion on the industry's direction (see GTTK, Winter/Spring to compare '15s predictions). Top 10 at sidebar is no surprise to me. Eleven through twenty include: GROUP PERSONAL TRAINING, WORKSITE HEALTH PROMOTION, WELLNESS COACHING, OUTDOOR ACTIVITIES (hiking, canoeing, games or sports), SPORT-SPECIFIC TRAINING, FLEXIBILITY & MOBILITY ROLLERS, SMART PHONE EXERCISE APPS, CIRCUIT TRAINING, CORE TRAINING & MEASUREMENTS (both client and facility accountability to programs' success).

## MY TAKE TO THE MIX

Starting in the early 90s and for quite a few years, my colleague [Nancy Kaufman](#) and I lead both weekday and weekend hour of power walks. Interestingly, some group members still meet and walk together.

So, in keeping with [Step It Up! The Surgeon General's Call to Action](#) to get communities moving and the American Council on Exercise's toolkit, Walk the Talk! (For fitness pros to create walking programs in their zipcodes.), **WALKING GROUPS** will be in vogue again! Try one of these walks as published in [The Los Angeles Times](#).

**TREKKING POLES** way more affordable than 10-years ago (\$55 @ Adventure 16) to make urban walks or forest trails safer for baby boomers and/or balance challenged folks.



*[Not Your Father's Cane](#) – Photo © AARP Bulletin*

**ISOMETRICS** an easy, efficient, effective way to improve and maintain muscle tone/mass and bone density with site specific, joint protective exercises preferably with the \$29.95 OsteoBall®!



Basically a daily no-sweat workout, 10-minutes at home or at work does the job. Learn more click, [here](#). **MIND BODY** classes, not just yoga but tai chi, qi gong and guided meditation cuz we're all so damn stressed out.

**SITTING, NOT AS DANGEROUS FOR EXERCISERS** - Really? Here we go again, another gloomy health concern recanted by another small study (Researchers examined sitting habits of employees of the British Civil Service in London and admit the data may be skewed as the majority of these workers walk to and from rapid transit stations). So, I've been reporting the dangers of sitting for prolonged periods of time, even if you exercise, over a few GTTK volumes and with solid data indicating weakening of posterior muscles, tightening of anterior muscles, detriment to the circulatory system, etc. What can you do? Keep exercising, get up, move during your workday and start addressing anterior muscle tightness, especially chest muscles which can also make your neck stiff. Try this pectoral stretch from the American Council on Exercise (ACE) *Photo © ACE*



Face a wall, place forearm and palm on wall, take a breath, slowly turn away from wall as you exhale until you feel stretch in your shoulder and chest, hold at least 10-seconds, keep breathing, repeat on other arm.