

2019 Fitness Trends

Ivana Popovic February 05, 2019



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([Newswire.net](#) -- February 5, 2019) -- The fitness industry continues to grow each year with more and more people looking to get into better shape. Many people will have already been looking to get into training for that summer body with a trip to Vegas planned for example. This means people should have a look at a [review of Eurogrand casino](#) , prior to travelling over before they go and hit the tables. So what are the top fitness trends in 2019, which you can get involved in?

Shorter Workouts - HIIT

Where better to start than with possibly the most popular growing workout in the fitness industry; this being high intensity interval training. So why is this? Well so many of us now live such busy lives with work and family commitments that we struggle to fit in a regular workout into our days. This form of interval training typically consists of intense workouts that last under 30 minutes in what requires maximum effort. This form of training certainly needs a high amount of motivation but can reap fantastic results. HIIT training has been shown to burn up to 30 per cent more calories than your other typical training such as resistance, cycling or running. This type of training is only set to grow as it becomes more and more popular each year.

Fitness tracking

Technology continues to grow so it is no surprise that it is pushing through into the fitness industry. [Wearable fitness trackers](#) is something that is continuing to rise whilst also becoming more and more advanced. The competitive market now means there are a vast amount to choose from and at a reasonable price. Whether this be the Apple Watch, Fitbit or the likes of the Polar series for the more professional approach to training.

This is all about accuracy to your training, you get all of this with these trackers. They tell you your calories burned, heart rate, EKG, sleep analysis, hydration, recovery, exercise intensity and workout timing. These can tell you whether you are improving your fitness or simply detraining, they are a fantastic tool to accompany both the professional and general gym goer. Fitness training is now also becoming available on your handheld devices, which is also a positive for those not wanting to spend the cash on a new product. Fitness tracking is very positive for the industry and is certainly going to help people reach their fitness goals.

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