

# The CABRAL CONCEPT

By Dr. Stephen Cabral



**CHANGE YOUR BODY. CHANGE YOUR LIFE.**

# #1889

## TT: The New Top 10 Fitness Trends This Year

One of my favorite research activities to do each year in the health & fitness field is to review what the American College of Sports Medicine (ACSM) has listed for their findings on “what’s in and what’s not...”

Each year ACSM publishes their Top 10 or 20 most popular trends for the coming year in the health & fitness industry, which can serve as a guide for both consumers and coaches alike...

So on today's #CabralConcept 1889 I'd like to share with you ACSM's new top 10 fitness trends this year - Enjoy the show and let me know if you think they left any important ones off the list!

## EPISODE TAKEAWAYS

# 1

### **The Shift Is Happening**

Although it's been moving in this direction for years, online training is taking over as a real viable option to get in a great workout.

# 2

### **Wearable Tech**

Integrating your daily biometrics is here to stay. Tracking steps, HRV, Average heart rate, sleep, and much more is the wave of the future of you.

# 3

### **Working Out Anywhere**

The pandemic and the closure of gyms showed us the value in body weight and other easy methods of finding a place to workout at home with very little equipment.

## RESOURCES

- ACSM Top 10 Fitness Trends for 2021
- ACSM Top 20 Fitness Trends in 2020
- Dr. Cabral's Resource Page
- 2020 Podcast on ACSM Trends



# DR. CABRAL'S MOST POPULAR RESOURCES



**Dr. Cabral's Protocols & Science-Backed Supplements**



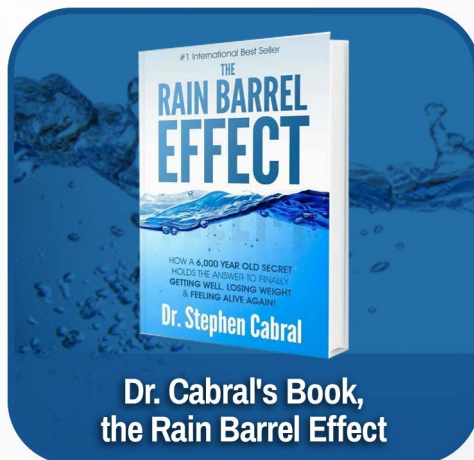
**Discover Hidden Health Issues with At-Home Lab Testing**



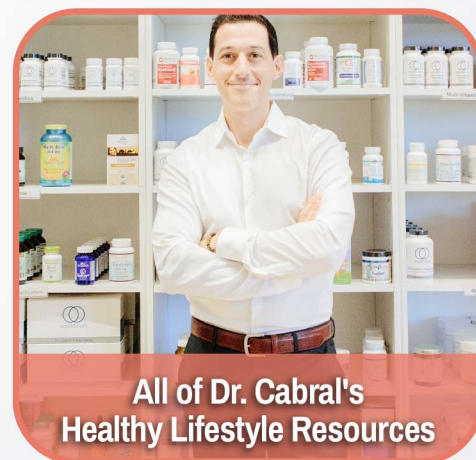
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**Become an IHP Certified Health Coach**



**Dr. Cabral's Book, the Rain Barrel Effect**



**All of Dr. Cabral's Healthy Lifestyle Resources**

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