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Group Exercise Instructor | ACSM Certification

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Physical Activity Guidelines for Americans - acsm.org

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Updated Physical Activity Guidelines Now Available - acsm.org

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ACSM's Health & Fitness Journal® presents the annual results of its worldwide fitness trends survey, now in its 14th year. Over 3,000 health and fitness professional ranked 38 possible trends on a scale of 1 (least likely to be a trend) to 10 (most likely to be a trend).

ACSM Fitness Trends

The American College of Sports Medicine (ACSM) promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

ACSM | The American College of Sports Medicine

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