

Follow the Three Top Fitness Trends for 2020 for Better Health

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Whether you are just getting started or want to add something new to your fitness routine, most of us have one common goal: to achieve better health.

Three trends leading the way in 2020 will accomplish just that!

#1 TREND | ACTIVE RECOVERY & MINDFULNESS

Active recovery programming is essential to our overall health. These programs are breathing new life into the meaning of rest days.

These programs recognize that our ability to work out is limited by our ability to move, therefore they focus on movement and self-care. Being able to move with ease improves our everyday lives. These classes incorporate a variety of equipment from small to larger stability balls and foam rollers, to yoga blocks and bolsters.

Programs offered at our Recreation Centre include: Having a Ball, Body Balance, BFit, Gentle Yoga, Deepstretch Yoga and Friday Yoga Mix.

Mindfulness has made its way out of the yoga studio and into other forms of group exercise and fitness training. Mindfulness taps into both our physical and mental health, improving our quality of movement, mental acuity, stress management, quality of sleep and self-esteem.

A variety of mindful movement programs, such as Yoga and Pilates, are offered here at the Recreation Centre on multiple days.

Slower and functional movements, along with meditation and breath work reap great benefits.

Our fitness programming and complimentary classes include some form of meditation and mindfulness practices in various degrees.

#2 TREND | FAST & FOCUSED WORKOUTS

Express workouts are gaining popularity. For those who just can't find enough hours in a day, studio franchises are offering 30-minute express workouts at lunch. Remember the 20-minute workout? Some of the most popular fitness trends from the '80s and '90s are making a comeback.

Behaviour change and exercise tolerance are also fundamental to these 30-minute workouts. For those just starting a physical activity routine or coming back from illness and injury, this option is ideal.

The market is also demanding more flexibility. Some prefer to do their own cardio and then pop into a 30-minute class of stretching, strength training or guided meditation.

Four of the five complimentary classes offered at the Recreation Centre last 30 minutes. Check out the *Spring Lifestyle Guide* for details.

#3 TREND | AEROBICS & CARDIO

Aerobics are making a comeback. Hi-low and low-impact group fitness programs are gaining popularity.

Think heart health and brain health! These classes work the full body and are highly functional.

We will be adding a New Cardio Kick Start class to the complimentary class line-up starting this spring: Wednesday mornings 10:15 to 10:45 a.m. in the centre room.

As your wellness director, I share the same vision as Exercise is Medicine Canada: "Physical activity is an integral part of the prevention and treatment of chronic disease in the Canadian Health Care System, so that more Canadians meet Canadian Physical Activity Guidelines."