



Exercise Hot Topics

Presented By | HealthCheck360





AGENDA

Top trends in 2024

Top predictions for 2025

Inspiration for your routine!





2024 TRENDS

Top 5 workout classes in 2024

- Pilates
- Yoga
- Strength training
- Cycling
- Barre



PILATES AND YOGA

Benefits

- Pilates and yoga
 - Core Strength
 - Back and hip pain
 - Posture
 - Prevention of injuries
 - Flexibility, balance and mobility
 - Energy/Stress/Mood
 - Immunity
 - Cognitive function
 - Sleep

*Discuss with your doctor whether these exercise types are appropriate for you.





STRENGTH TRAINING

Benefits

- Strength
 - Muscle and bone
- Calorie burn
- Fall/injury risk
- Heart health
- Blood sugar
- Mental/brain health

Things to consider

- Types
 - Traditional
 - Weights/resistance bands
 - HIIT
 - Circuit

***Discuss with your doctor whether these exercise types are appropriate for you.**





CYCLING AND BARRE

Benefits

- Cycling
 - Cardiovascular
 - Leg strength
 - Low impact
 - Mental health
 - Balance/posture/coordination
- Barre
 - Flexibility/posture
 - Strength
 - Injury prevention
 - Mental health

*Discuss with your doctor whether these exercise types are appropriate for you.



2025 TREND PREDICTIONS

Data and technology

- Wearable technology
 - Trackers, VR
- Using data (ex. – steps/heart rate/sleep) to create goals
- Virtual personal training/classes
- Apps

Functional Fitness



2025 TREND PREDICTIONS

Exercise for mental health

Community/Group Sports

- Pickleball





**EVERY
NEW DAY
IS A CHANCE
TO CHANGE
YOUR
LIFE**

SUMMARY

There are many ways to stay active

Try new things

Have fun!



UPCOMING WEBINARS

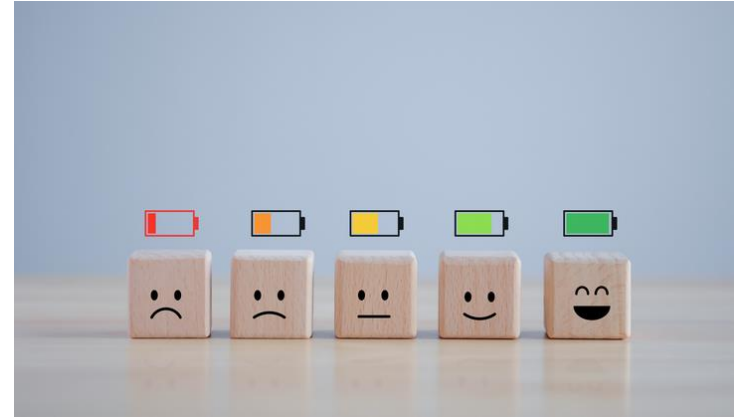


Grocery Shopping 101

Step into your next grocery shopping trip with ways to navigate the store for the best nutritional options and ways to save.

March 5

Find out more on www.healthcheck360.com/blog



Boost your Energy Today

We all need enough energy to accomplish our goals. Join us to learn how to finally ditch your mid-day slump and turn the dial on your energy levels for good.

April 2





LIFESTYLE REWARDS

1. True or False: There are many different types of exercise that benefits you.
 - a. True
 - b. False
2. What was one of the top 5 exercise trends of 2024?
 - a. Strength training
 - b. Volleyball
3. What was one trend for 2025 that was mentioned?
 - a. Stress testing
 - b. Data and technology

****If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.****



CONTACT US

www.twitter.com/healthcheck360

www.facebook.com/healthcheck360

www.healthcheck360.com/blog

www.instagram.com/healthcheck360/
[@HealthCheck360](#) or [#HealthCheck360](#)

WATCH PAST WEBINARS AND REGISTER FOR UPCOMING
www.healthcheck360.com/blog

CONTACT A HEALTH COACH

1-866-511-0360 or healthcoach@healthcheck360.com

