

Top fitness trends for 2018: Back to basics

By Patti Neighmond, NPR

Enough already with the activity trackers and fitness apps. They're so 2017. If you're tired of tech and of exercising solo and are ready to simplify your routine – maybe even join a group exercise class – you'll be in good company this new year.

The latest annual survey of fitness professionals suggests 2018 will find more of us ditching the gadgets and getting back to basics in the way we work out: more resistance training, yoga and jump-ropes; fewer earbuds and iWatches.

In the recent survey, the American College of Sports Medicine checked in with more than 4,000 fitness professionals around the world and asked them to look beyond marketing and discern exercise trends from fads.

Read the whole story