

Fitness Trends for 2021



By Carly Silva

2020 has been a chaotic 12 months, but this new year calls for new beginnings, and that means new workout routines. Getting fit this new year is a great way to start 2021 off with a fresh start, but choosing your workouts might look different than normal.

If you're looking to get in shape this new year pandemic-style, check out these new [fitness trends](#) to follow in 2021!

1. Utilize at-home workouts: With the coronavirus pandemic surging the country, staying at home is one of the best ways to stay safe, and that doesn't have to mean skipping the gym. Bring the workouts to your own home by following along in YouTube or online workout programs. This is a great way to stick to a fitness routine without the risk of leaving your home.

Related Link: [Fitness Tips: 5 Yoga Poses for Stress Relief](#)

2. Find outdoor workouts: Outdoor workouts are becoming a very popular trend during the coronavirus pandemic, as staying outside is much safer than being indoors. Try finding classes that are held outdoors, or conduct your own outdoor exercise like bike riding or hiking.

Related Link: [Fitness Tips: The 6 Best YouTube Workouts to Try Right Now](#)

3. Focus on health-oriented workouts: A lot of times, workouts are focused on improving body fitness and appearance. But this year, health is increasingly important. Make sure to remember to focus on your health by choosing workouts that will improve cardiovascular health so that your body stays healthy all year long.

4. Find gyms with good hygiene standards: Another major trend this year is finding places with good hygiene standards and coronavirus precautions, especially gyms. Be sure to do research about your gym's efforts to keep members safe, and keep health and safety as a priority throughout your workout.

5. Try exercising the mind, too: Another fitness trend to follow in 2021 is to remember to take care of your mind just as much as your body. The coronavirus pandemic has brought on a plethora of distress for everyone, so keeping your mind, body, and spirit in good health is a must for 2021. Try to focus on workouts that release serotonin for you, or even think about adding a meditation to the end of your workouts to take care of your mind as well!

What are some other fitness trends to follow in 2021? Start a conversation in the comments down below!