



staying
HEALTHY



**Fitness trends:
What's hot in 2018?**

What will be the most popular fitness trend this year?

According to health and fitness experts across the globe, the answer is high-intensity interval training.

The answer came from the American College of Sports Medicine's annual "Worldwide Survey of Fitness Trends." The annual survey, now in its 12th year, predicts the top 20 fitness trends for 2018.

The electronic survey received 4,133 responses from personal trainers, health/fitness directors, physical therapists, doctors, nurses, and others. The survey was designed to confirm or introduce new fitness trends, not fads. Trends were defined as "a general development or change in the way people are behaving." A fad was defined as "a fashion that is taken up with great enthusiasm for a brief period."

The top five fitness trends identified in the 2018 survey include the following:

1. High-intensity interval training, which typically involves cardio activity with short bursts of high-intensity exercise, followed by a short period of rest or recovery. HIIT ranked

- third in the 2017 survey.
- 2. Group training that involves more than five participants.
- 3. Wearable technology, which includes activity trackers, smart watches, heart rate monitors, and other devices. Wearable technology was number one in the 2017 survey.
- 4. Body weight training, which involves a person using his or her own body weight as a form of resistance training. Body weight training was ranked number one in 2015.
- 5. Strength training, which usually involves weights.

Other top fitness trends (listed in order by ranking) included:

- 6. Educated, certified, and experienced fitness professionals
- 7. Yoga
- 8. Personal training
- 9. Fitness programs for older adults
- 10. Functional fitness (exercises that improve daily activity)

New to the top 20 fitness trends were licensure for fitness professionals, core training, and sport-specific training. Falling out of the top 20 list were worksite health promotion, smartphone exercise apps, and outcomes measures.

Clinton Schlosser, ATC

Clinton is a certified athletic trainer in Horizon Health's Rehabilitation Services Department. He joined Horizon Health in January 2017.



As an athletic trainer, Clinton helps assess and treat athletic injuries. He also assists athletes with rehab plans and injury prevention.

Clinton is one of three athletic trainers that Horizon Health provides to local school sports programs. He specifically serves as the athletic trainer for Chrisman junior high and high school sports.

"I grew up around sports and saw the value of how athletic trainers can help athletes prevent injuries and get through them," he said.

Clinton received a bachelor's degree in athletic training and a master's degree in sports administration from Eastern Illinois University. He is originally from Henry, Ill., located near Peoria, and currently lives in Charleston.

In his spare time, Clinton enjoys lifting weights and playing sports.

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721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

(217) 465-4141

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944



Is it time for a mobile fitness app?

Need motivation to start exercising or eating healthy? A mobile fitness app might be the answer.

Fitness apps can provide everything from tracking physical activity and food choices to offering motivational messages.

According to a recent study, participants who use fitness apps are much more active than non-app users. The study conducted by the Journal of Medical Internet Research examined whether the use of exercise apps is associated with increased levels of exercise and improved health outcomes.

Based on responses from the 726 people surveyed, the study concluded that exercise apps help people overcome barriers like a lack of understanding or organization, which leads to better exercise habits.

The following are some of the top fitness apps recommended by Active.com and Healthline. Some apps have a cost, while others are free. Some are free with optional in-app purchases.

Couch to 5K

Monitors a runner's distance and pace with the ability to connect to a supportive community.

MyFitness Pal

Includes step and calorie counters, a barcode nutrition scanner, and recipe importer.

Sleep Cycle

Tracks sleep patterns and wakes you during light sleep--the natural way to wake up feeling rested.

MapMyRun

Type in your zip code and choose from a number of popular running routes.

Lose It!

A classic calorie-counter app that also logs exercise.

Pocket Yoga

A database of illustrations,

descriptions, and benefits for more than 200 poses. Includes a progress log.

DietBet

Submit weigh-ins, track progress, read and send motivational messages, and win money based on bets placed on personal goals.

Calm

A meditation app that is especially useful for beginners.

Fitness Buddy

Acts as a personal trainer, providing videos and instructions for each exercise, meal plans, and personal training plans.

JEFIT Workout Tracker

A strength training app with more than 1,300 weight training exercises. Plan workouts and track your progress, with programs for beginners to bodybuilders.

JULY & AUGUST

Community Health Programs

DASHING TO THE DOC

July 5-August 23

» This eight-week program is for students who have completed third, fourth, fifth, sixth, and seventh grade to help prepare them for the Doc Acklin Race August 25. The program takes place each Tuesday and Thursday at 6:30 pm at the Paris High School track. Cost is \$25, which covers the entry fee for the Doc Acklin race and a T-shirt. Scholarships are available. Call 217-466-4228.

MONTHLY HEALTH SCREENINGS

July 13, August 10

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings, 7 to 9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

DINE WITH A DOC

July 13

» Connie Rhoads and Terra Ogle, licensed clinical social workers at Senior Care, will be the featured speakers at this free monthly program at 11 am at Trinity United Methodist Church, Marshall. Sponsored by Senior Education Ministries.

FREE ADULT CPR/AED CLASS

July 18, August 6

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

BACK TO SCHOOL BANG

August 4

» Now in its fourth year, this special health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to 1 pm in the Paris Clinic. Snacks, giveaways, area vendors, school/sports physicals and immunizations (9 am to noon) will be available. Normal copays for services provided will apply. Please bring your insurance card and immunization records. No appointment is necessary. Patients will be seen on a first-come, first-served basis.

ACKLIN INVITATIONAL & OPEN RACE

August 25

» Horizon Health and Paris High School will sponsor this third annual event in memory of the late Dr. James Acklin. The invitational will be for local cross country teams with a 3-mile open race. The event will take place at the high school, with the open race beginning at 7:30 am. Cost is \$10 or \$20 with T-shirt. To sign up, visit MyHorizonHealth.org/DocAcklinRace.