



Fitness Trends: Lower Stress, Wireless Workouts

(NAPSA)—Bye-bye supersize. Ditto for skyrocketing obesity rates, high-stress workplaces and—believe it or not—unhealthy airline food.

They will all be things of the past in five to 10 years, according to Barbara Harris, editor in chief of *Shape*, the leading active lifestyle magazine for young women.

Harris says a host of current trends and statistics in the health and fitness industry—not to mention President Bush's recently unveiled "HealthierUS" fitness initiative—will spur the masses to increased emphasis on wellness in the next decade.

"Ten years from now, we'll finally get what it means to be fit," says Harris, who's been at the helm of *Shape* for more than 14 years and was one of the few fitness experts invited to the "HealthierUS" launch at the White House. "More than having money, we'll value living the good life, which will be defined by having a healthy, fit body, enjoying rich relationships and pursuing a soul-nurturing and adventure-filled life."

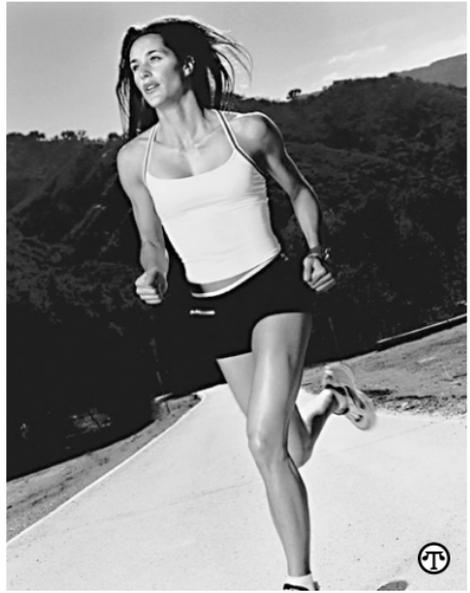
In the next five to 10 years, Harris expects to see the following:

- **Celebs glamorize fitness lifestyle.** Fitness enthusiasts like Madonna, Jennifer Lopez and Halle Berry prove to be healthy role models for staying fit, eating right and living an active lifestyle.

- **Healthier dining.** Healthful foods will be increasingly available in restaurants and cafés in every city in the country, including airport cafés and, yes, even on airplanes.

- **Mind over muscle.** Gyms will become centers for the soul as well as the body. Classes on clarifying values, beliefs and how to live a spirit-filled life will be taught next to the usual aerobics and abs classes.

- **Wireless workouts.** Forget about skipping your workout; per-



A leading active lifestyle magazine reveals tomorrow's fitness trends today.

sonal trainers and online programs will prescribe and monitor each fitness session via PDAs, cell phones and handheld computers.

- **Three's not a crowd.** Group exercise will boom in popularity, thanks to yoga, belly dancing and the latest cardio crazes: stripper-cize and aeroba-go-go.

- **De-stress—at work.** Workplaces will reflect a healthy lifestyle—employers will offer insurance benefits for those leading a healthy lifestyle, and workplaces will guard against the destructive, high-stress environment.

- **Bye-bye supersize.** Americans will embrace a more European approach to life: restaurant portions will be smaller, we'll take more time off work, and healing environments featuring art, color and plants will flourish in homes and offices.

- **Exercise for kids only.** Fitness programs aimed at kids will increase, and physical education classes will be required for school-age children (K-12), slowing childhood obesity rates.

For the latest in fitness, beauty and fashion, visit www.Shape.com.