
1990

IDEA introduces a membership category and newsletter for personal trainers.

The IDEA Foundation offers its first personal trainer certification.

The first World Aerobic Championship is held in San Diego in conjunction with the IDEA International Convention.

Exercising on stair-climbing machines becomes the fastest-growing fitness activity (American Sports Data Inc.).

Study shows that 20 minutes of resistance exercise performed 3 days per week is sufficient for developing higher levels of strength (American Fitness Quarterly).

“Healthy People 2000” is created by the U.S. Department of Health and Human Services. The objectives: to get 30% of Americans engaging in moderate daily physical activity and to reduce sedentary lifestyles to no more than 15% of the population within the next 10 years.

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IDEA holds its first personal training conference.

IDEA launches the IDEALink (Local Interaction, Networking and Knowledge) program.

Step/bench pioneers Gin Miller and Connie Missett's Jazzercize® celebrates its 20th anniversary.

Judi Sheppard Missett’s Jazzercize® celebrates its 20th anniversary.

The Institute for Aerobics Research reports that moderate levels of exercise will greatly reduce a person’s risk of premature death—even if other risk factors are present.

Research review finds that step exercise appears to be safe and effective but does not burn fat better than other aerobic exercise executed at similar intensities and durations (La Forge).

Report confirms that exercise can lower resting blood pressure in hypertensive populations (Exercise and Sports Sciences Review).

Research suggests that aerobic exercise can reduce joint pain in people with arthritis (The Physician and Sportsmedicine).

IDEA moves forward with three major events per year. The second one-on-one conference is held in Washington, DC.; the International Convention is held in San Diego; and the Educational Conference is held in Orlando.

1991

IDEA’s membership reaches the 20,000 mark.

The IDEA Foundation changes its name to the American College of Sports Medicine (ACSM).

The American College of Sports Medicine (ACSM) reviews its position on exercise prescription to include strength training workouts.

Study comparing different exercise programs finds that a combination of aerobics and strength training yields the greatest fat loss, while actually increasing lean body mass (ACSM’s annual meeting).

Study provides strong evidence that employees with positive health behavior (including physical activity) cost companies considerably less in medical claims (American Journal of Health Promotion).

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IDEA holds its first educational conference in Europe.

IDEA celebrates its 10th anniversary.

Study finds that a mind-body component can add significant psychological benefits to the exercise experience (Rinne & Stricker).

Study finds that high-intensity strength training effectively preserves bone density in postmenopausal women (The Journal of the American Medical Association [JAMA]).

A new guideline advising sedentary adults to accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week is announced by the Centers for Disease Control and Prevention (CDC), the President’s Council on Physical Fitness and Sports, and ACSM.

IDEA conducts its first Canadian Fitness Leadership Conference in Toronto.
Researchers find that walking and aerobic dance increase bone mineral density.

IDEA introduces a Code of Ethics and a set of ethical practice guidelines exclusively for personal trainers.

World Fitness IDEA includes a series of equipment-based group fitness classes, such as BodyPUMP™, indoor rowing, and treadmill workouts.

Researchers find that women who exercise at least 3 hours a week reduce their risk of breast cancer by 37% (The New England Journal of Medicine).

Study finds that water exercise significantly improves older women’s muscular endurance and ability to perform activities of daily living (Medicine & Science in Sports & Exercise).

Six fundamental standards of care for health and fitness facilities are identified in the second edition of ACSM’s Health/Fitness Facility Standards and Guidelines. Most standards from the first edition are now explained as recommendations rather than standards.

Study finds that “lifestyle physical activity” (e.g., walking briskly or doing yard work) is just as effective as a structured exercise program in improving overall health (JAMA).

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IDEA introduces “Make Fitness Happen,” a campaign to increase fitness participation among the inactive.

Fitness professionals explore the power of the Internet and e-mail (IDEA Today).

Exercising with free weights becomes the most popular fitness activity in America (American Sports Data).

Researchers find that walking and aerobic dance increase bone mineral density (Medicine & Science in Sports & Exercise).

ACSM reviews its guidelines on quality and quantity of resistance training for adults, now recommending at least one set (8–12 repetitions) of a minimum of eight exercises that train the major muscle groups, performed at least 2 days per week.

The American College of Rheumatology releases guidelines for the management of osteoarthritis, with an exercise regimen listed as critically important.

IDEA conducts and publishes the industry’s first comprehensive Fitness Programs Survey.

Researchers find that low fitness levels are associated with higher death rates (JAMA).

The American Heart Association publishes a revised exercise standards report listing a sedentary lifestyle as a key independent risk factor for developing cardiovascular disease.

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IDEA’s first opinion statement addresses music volume and the danger of hearing loss for instructors and participants during group exercise classes.

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The Fédération Internationale Gymnastique adopts sportaerobics, formerly known as “competitive aerobics,” as a new discipline, thereby positioning the sport for the Olympics.

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IDEA introduces IDEA Fitness Edge, a publication specifically for group fitness instructors.

Dean Ornish’s Multicenter Lifestyle Heart Trial finds that heart patients who combine a low-fat diet with moderate aerobic exercise, stress management techniques and group support can substantially improve their risk factor and clinical status.

The National Association for Sport and Physical Education releases Physical Activity for Children: A Statement of Guidelines, explaining the amount and intensity of exercise that’s best for prescienceous kids.

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IDEA releases Earth’s First Comprehensive Health & Fitness Source, a collection of editorial, educational, and scientific material on health and fitness issues.

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Physical Activity and Health: A Report of the Surgeon General is released, officially validating, for the first time, what decades of research have revealed about physical activity and health.

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IDEA Personal Trainer Trendwatch shows postrehabilitation training as an area of steady growth. Group personal training also increases in popularity.

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IDEA publishes an updated opinion statement, “Recommendations for Music Volume in Fitness Settings,” providing additional information on noise and hearing loss.

A National Institutes of Health (NIH) study finds that fitness professionals—conducted by IDEA—finds that 85% of fitness professionals are satisfied with their jobs, 18% more than the U.S. norm.

The first industry-wide work satisfaction study of fitness professionals—conducted by IDEA—finds that 85% of fitness professionals are satisfied with their jobs, 18% more than the U.S. norm.

IDEA introduces lifestyle coaching as an up-and-coming field for personal trainers at the IDEA International Personal Training Summit in Philadelphia.

The Surgeon General’s Call to Action to Prevent and Decrease Overweight and Obesity strongly emphasizes the importance of adequate physical activity.

An NIH report announcing new guidelines for the detection, evaluation and treatment of high cholesterol underscores the beneficial role of exercise.

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IDEA Health & Fitness Source, IDEA Personal Trainer and IDEA Fitness Journal are all incorporated into one magazine, IDEA Fitness Journal, which reports on the issues most relevant to members’ fitness careers.

A new IDEA logo recognizes the spirit and passion of IDEA members.

IDEA partners with Lighten Up California, a team wellness program that encourages Californians to increase physical activity levels, lose weight and live healthier lifestyles.

A new column called “Inner IDEA” is added to IDEA Fitness Journal to emphasize the mind-body connection to health, wellness and fitness.

IDEA introduces a new mind-body membership to professionals such as Pilates and yoga instructors, offering them many resources, including specialized educational products and industry discounts.

Study finds that walking at least 2 miles per day reduces the risk of dementia in older men (JAMA).

The U.S. Department of Agriculture releases the new 2005 Dietary Guidelines for Americans, which emphasize the importance of fruits and vegetables, whole grains, low-fat dairy and low-fat protein foods.

Researchers predict that the rapid rise in obesity among children and teenagers in the past 30 years will be serious enough to offset any improvements in longevity from probable advances in biomedical technology.

The 2005 IDEA Programs & Equipment Survey finds that personal training is still the most popular program in fitness.

The U.S. government revises the Food Pyramid for the first time since 1992; the new model, an interactive online tool that can be customized to the individual, is called MyPyramid.

IDEA launches its third Maggie Award for excellence in magazine publishing.

Thousands of articles from past issues of IDEA publications are uploaded to the IDEA Online Article Archive on www.ideafit.com, giving members easy digital access to reliable information.

IDEA celebrates in silver as it marks 25 years of fitness industry leadership!

This timeline is not a comprehensive list of fitness events over the past 25 years. Items were selected to represent significant fitness developments.