



Fitness trends in Puerto Vallarta and Bahía of Banderas, Mexico: A prospective study toward 2026

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ABSTRACT

Background: Research on fitness sector trends represents a strategic resource for understanding changes in physical conditioning practices and emerging social demands related to health and well-being. This study extends the American College of Sports Medicine's (ACSM) Worldwide Survey of Fitness Trends by integrating a regional longitudinal framework within a tourism-based metropolitan economy, an approach that remains underexplored in Latin American contexts. **Aims:** To identify and compare the main fitness trends projected for 2026 in the Puerto Vallarta-Bahía de Banderas region, examining their evolution over time and their alignment with national fitness trends in Mexico. **Methods:** A descriptive, comparative, and longitudinal design was employed using an adapted version of the ACSM Worldwide Survey of Fitness Trends. Data were collected through a digital questionnaire administered to fitness and health professionals via a non-probabilistic snowball sampling strategy between April and May 2025. The final sample consisted of 218 professionals working in the study region. **Results:** Exercise for body weight control, traditional strength training, and commercial or multi-purpose gyms emerged as the leading trends for 2026. Additionally, priorities related to mental health, youth sports development, and service digitalization gained prominence. Approximately 60% of the locally projected fitness trends coincide with national trends in Mexico, although differences in hierarchical positioning reflect the region's contextual specificities. **Conclusion:** These findings demonstrate a diversification of the regional fitness sector that combines consolidated practices with emerging social and technological demands. Academically, the study contributes a localized longitudinal perspective to the global fitness trends literature, while practically informing professional training, business strategies, and public health-oriented decision-making in tourism-driven urban regions.

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INTRODUCTION

The analysis of trends in the fitness sector has emerged as a crucial analytical tool for understanding shifts in population behavior, the evolution of physical conditioning services, and the demands that shape industries linked to health and well-being (Beauchemin et al., 2019). Such research not only enables the anticipation of transformations in professional practice but also supports the development of strategies aligned with both local and global needs. These insights inform

decision-making across educational institutions, companies, and organizations operating in fitness, sports, lifestyle, wellness, and public health.

The replication of the Worldwide Survey of Fitness Trends conducted by the American College of Sports Medicine (ACSM) across various countries has underscored the importance of recognizing the cultural and social specificities of each context. The first adaptation was undertaken in Spain (Veiga, Valcarce-Torrente, & King, 2017), paving the way for other regions such as Brazil and Argentina (Amaral & Palma, 2019), Greece (Batrakoulis, Jamurtas, & IG, 2020), Colombia (Valcarce-Torrente, Arroyo-Nieto, Veiga, & Morales-Rincón, 2022), and Europe (Thompson, 2022; Kercher et al., 2023), to develop context-sensitive assessments of the fitness landscape within their respective environments. Although these surveys provide a valuable global reference, their aggregated nature may limit the understanding of local dynamics, particularly in regions characterized by strong socio-economic and demographic heterogeneity.

In Mexico, the trajectory of research on fitness trends began in 2019 with a local analysis conducted in Puerto Vallarta (Gómez, *Local Development of the Fitness Market: Puerto Vallarta, Mexico*, 2019) and has continued to the present, incorporating Bahía de Banderas from 2025 onward (Valencia, Almánzar, & Gómez, 2022; Gómez, Figueroa, Cortés, & Valencia, 2022; Gómez, Cortés, González, & Valencia, 2022). Likewise, the *National Survey of Fitness Trends in Mexico* (Gómez et al., 2021) marked a turning point by establishing a longitudinal reference that enables examination of the sector's evolution at both national and local levels, while facilitating comparisons with international findings. Despite this progress, there remains a need for localized longitudinal analyses that capture how global fitness trends are reconfigured within specific regional contexts.

At the local scale, within the Puerto Vallarta–Bahía de Banderas Interstate Metropolitan Area, several efforts have been made to examine the dynamics of the fitness sector—an endeavor of particular relevance given the region's status as a tourism destination characterized by marked demographic diversity, accelerated urban growth, and robust economic development (Gómez et al., 2024; Zamora & Gauna, 2024). This specificity positions the city as an ideal setting to identify how global trends are adapted to a context shaped by unique cultural, economic, and social factors that directly influence exercise practices and the consumption of physical conditioning services (Gómez, Figueroa, Cortés, & Valencia, 2022). In this sense, fitness trends can be understood not only as indicators of professional practice but also as reflections of broader processes of social change, digitalization, and service transformation within tourism-oriented metropolitan areas. Complementing this panorama, the most recent evidence is presented in the technical report *Fitness and Health Trends in Puerto Vallarta–Bahía de Banderas 2025* (Gómez et al., 2024).

From an international perspective, the analysis of fitness trends is aligned with global public health frameworks that emphasize the promotion of active lifestyles and the reduction of physical inactivity, such as the World Health Organization's Global Action Plan on Physical Activity 2018–2030. Examining local fitness trends within this broader framework allows for a better understanding of the potential role of the fitness sector as a complementary strategy for improving population health and well-being in diverse socio-economic contexts.

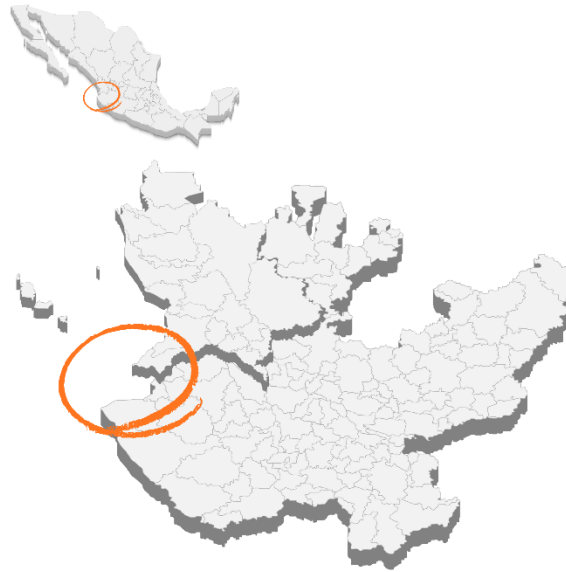


Figure 1. Geographic Location of the Puerto Vallarta–Bahía de Banderas Interstate Metropolitan Area

Accordingly, the present study aims to examine fitness trends in Puerto Vallarta and Bahía de Banderas toward the year 2026, based on information published from 2019 to the present and in relation to the national context. Within this framework, the study addresses the following research questions: What are the most relevant fitness trends projected for the local context in the coming years? What changes can be observed in the evolution of these trends since the first studies conducted in Mexico? And what elements of convergence or divergence emerge when compared with national and international assessments?

METHOD

Research Design

This study employs a descriptive, comparative, and longitudinal trend design to identify and analyze the evolution of the main fitness trends in the Puerto Vallarta–Bahía de Banderas region. Given its observational nature, the study focuses on identifying patterns, changes, and associations over time rather than establishing causal relationships. The reference population consisted of professionals in the field of physical activity, including fitness instructors with university training in physical culture and sports, as well as individuals with verifiable practical experience in the sector, with or without professional certifications, who currently reside and work in the study area.

Participant

The final sample comprised 218 participants, of whom 218 responses were considered valid for analysis. A non-probabilistic snowball sampling strategy was employed, in which initial participants disseminated the survey to professional peers within their networks. This approach was selected due to the absence of an updated sampling frame of fitness professionals in the region and the exploratory nature of trend analysis studies. Data collection was conducted from April 13 to May 31, 2025, using a digital questionnaire administered via Google Forms.

The dissemination of the instrument was supported by faculty members from the Academy of Physical Culture and Sports and the Academy of Sciences, Disciplines, and Techniques of Human Movement at the University of Guadalajara's University Center of the Coast. Additional distribution channels included social media networks associated with graduates of the Bachelor's Degree in Physical Culture and Sports, as well as local fitness sector entrepreneurs and business owners in the region.

Instrument

The questionnaire was designed based on the Worldwide Survey of Fitness Trends developed by the American College of Sports Medicine (ACSM) (Thompson, 2022), an instrument widely applied and replicated internationally. For this study, the instrument was adapted to the Mexican and

regional context, incorporating trends previously identified in international (Australia, Brazil, China, Europe, Spain, and the United States) and national surveys. Content validity was supported through expert review by academics and professionals with experience in physical activity, fitness management, and trend analysis, ensuring the conceptual relevance and clarity of the items. The repeated international application of the ACSM survey supports the methodological robustness and consistency of the instrument for trend identification. A total of 52 items were included, encompassing both consolidated global trends and emerging trends considered relevant to the Mexican and local fitness contexts.

Analysis Plan

The information was analyzed using a descriptive approach. Sociodemographic and occupational characteristics of the participants were summarized using frequencies and percentages. Fitness trends were then classified and weighted by score, and the Top 20 trends were identified in descending order. These results were subsequently compared with findings from previous studies conducted in the same local context, allowing for the identification of changes and continuity in fitness sector preferences over time. The top 20 trends for 2026 in the study region (Puerto Vallarta-Bahía de Banderas) were also compared with the national results in Mexico.

Participation in the study was voluntary and anonymous. Before accessing the questionnaire, participants were informed of the study's academic purpose, the confidentiality of their responses, and the exclusive use of their data for research purposes. Informed consent was obtained electronically before participants completed the survey. No personal identifying information was collected, and data were stored and analyzed in aggregate form.

RESULTS AND DISCUSSION

Results

The sociodemographic profile of the participants reveals a workforce predominantly composed of men, with women represented to a lesser extent. From an age perspective, young adults aged 22 to 34 constituted the largest segment of the sample, followed by participants under 21, indicating a notably young population within the regional fitness sector.

In terms of professional experience, early-career professionals were the most prevalent. Individuals with one to three years of experience stood out as the largest group, followed by those with less than one year in the sector, whereas longer professional trajectories were less frequent. This pattern suggests a labor market characterized by high turnover and limited professional seniority.

Regarding educational background, most participants reported having completed high school or equivalent studies, while a substantial proportion held university degrees in physical activity or related fields. To a lesser extent, participants reported professional training in health-related disciplines such as nutrition, medicine, nursing, physical therapy, or gerontology, reflecting the presence of complementary professional profiles within the sector.

With respect to employment conditions, work in the private and public sectors predominated, whereas participation in civil or sports associations was comparatively limited. Part-time employment clearly outweighed full-time positions, consistent with the flexible, service-oriented nature of fitness-related occupations. In parallel, income levels were concentrated primarily in the lower and middle salary ranges, while higher income brackets were less common among respondents, suggesting moderate economic returns within the sector. See Table 1.

Table 1. Sociodemographic Characteristics

Categories	%
Gender	
Male	61.47
Female	38.53
Age	
Under 21 years	31.19

22–34 years	54.59
35–44 years	9.17
45–54 years	2.29
Over 54 years	2.75
Years of experience in the sector	
Less than 1 year	22.94
1–3 years	40.37
4–6 years	16.97
7–9 years	7.34
10–20 years	9.17
More than 20 years	3.21
Educational background	
Completed high school or equivalent	38.99
University degree in physical activity or related fields	34.86
University degree in nutrition, medicine, nursing, physical therapy, or gerontology	19.27
Master’s degree in physical activity or related fields	3.67
Doctorate in physical activity or related fields	3.21
The fitness sector of employment	
Private	48.62
Public	43.58
Civil/Sports association	7.80
Employment status	
Part-time (≤ 20 h/week)	59.63
Full-time	40.37
Average monthly income	
Less than \$8,300	38.89
\$8,300–\$16,599	34.72
\$16,600–\$24,899	12.96
\$24,900–\$33,200	6.94
More than \$33,200	6.48

Analysis of participants’ main occupations highlights a heterogeneous professional landscape. Personal trainers represented the most prominent group, followed by undergraduate students in physical activity-related programs and sports coaches or instructors. Additionally, roles such as gym managers or operators, nutritionists, health professionals, and gym instructors were also well represented, reinforcing the multidisciplinary composition of the fitness workforce.

Occupations related to group fitness instruction and physical education teaching appeared with moderate frequency. In contrast, gym or fitness program owners, university professors or researchers, and sports managers or promoters were less commonly reported.

In terms of work settings, most participants were employed in public or private gyms open to the general population, underscoring the central role of commercial fitness facilities in the region. Clubs, recreational centers, and educational institutions also emerged as relevant employment spaces. To a lesser extent, participants reported working in medical or clinical fitness programs,

outdoor environments, or self-owned gyms and training centers. Employment in low-cost public fitness programs, home-based training, online modalities, and corporate fitness settings was comparatively limited. See Table 2.

Table 2. Main Occupation, Workplace, and Certifications of Respondents

Main Occupation	%
Personal trainer	20.18
Undergraduate student in physical activity or related fields	11.01
Sports coach or instructor	10.09
Gym manager, director, or operator	8.26
Nutritionist	7.34
Health professional	6.88
Gym instructor	6.88
Group fitness instructor	5.96
Physical education teacher	5.50
Gym or fitness program owner	3.67
University professor or researcher	3.21
Sports manager or promoter	3.21
Health/wellness coach	2.29
Sports medicine physician	1.83
Corporate health and wellness professional	1.38
Exercise physiologist	1.38
Graduate student in physical activity or related fields	0.92
Workplace	
Public or private gym open to the public	31.65
Club or recreational center	16.97
University or school	15.14
Hospital, clinic, or medical fitness program	9.63
Outdoor space	9.17
Self-owned gym or training center	7.80
Public, free, or low-cost fitness facility or program	3.21
In-home training	2.29
Online training	2.29
Corporate setting	1.83
American College of Sports Medicine (ACSM) Certifications	
Yes	9.62
No	90.38

The analysis of projected fitness trends in Puerto Vallarta and Bahía de Banderas toward 2026 allows them to be organized into three hierarchical levels: Top 5, Top 10, and Top 20. Within the Top 5, exercise for body weight control clearly stands out as the leading priority, followed by traditional strength training and the consolidation of commercial or multi-purpose gyms. Youth sports development and group fitness classes also occupy prominent positions, underscoring the importance an early engagement and collective participation in physical activity.

The Top 10 ranking reveals a diversification of priorities, incorporating personal training modalities, wearable technology, exercise for mental health, gamified fitness platforms, and cold and heat therapies. These trends indicate a growing relevance of digital tools, interactive training experiences, and holistic approaches to health and well-being.

The broader Top 20 further reinforces this diversification, integrating trends related to older adult fitness programs, functional and core training, mobile exercise applications, artificial intelligence-driven fitness solutions, lifestyle medicine, and real-time data-based training. Collectively, these findings reflect an expanding fitness ecosystem that increasingly integrates technology, health promotion, and inclusive training models. See Table 3.

Table 3. Top 20 Fitness Trends in Puerto Vallarta–Bahía de Banderas 2026: Evolution and Category

N°	Evolution	Trends	Categories
1	↑	Exercise for body weight control	Gym and training center programming
2	↓	Traditional strength training	Training modalities
3	★	Commercial/multi-purpose gyms	About fitness centers
4	★	Youth sports development	Exercise prescription for healthy populations with specific needs
5	★	Group fitness classes	About the structure of exercise programs
6	↓	Personal training (in-person, online, or hybrid)	About the structure of exercise programs
7	★	Wearable technology	Gym and training center programming
8	↓	Exercise for mental health	Gym and training center programming
9	★	Gamified fitness platforms	Technology in fitness
10	★	Cold and heat therapies	Physical rehabilitation and reconditioning
11	↓	Fitness programs for older adults	Exercise prescription for healthy populations with specific needs
12	↓	Functional training	Training modalities
13	↓	Mobile exercise apps	Technology in fitness
14	★	Core training	Training modalities
15	★	AI-driven fitness technology	Technology in fitness
16	★	Lifestyle medicine	Physical rehabilitation and reconditioning
17	★	Bodyweight training	Training modalities
18	★	Non-aesthetic-focused training	Exercise prescription for healthy populations with specific needs
19	★	Real-time data-based training	Technology in fitness
20	→	Employment of university graduates in physical activity or related fields	Fitness business models

↑: upward trend

↓: downward trend

→: stable trend

★: newly emerging trend

Comparison of fitness trends in Puerto Vallarta–Bahía de Banderas between 2025 and 2026, as well as with national priorities for 2026, reveals both alignment and divergence in trend hierarchies. Exercise for body weight control occupies the leading position at both the local and national levels. Similarly, commercial or multi-purpose gyms, traditional strength training, youth sports development, wearable technology, and cold and heat therapies stand out in both contexts, although they differ in relative ranking.

Conversely, several trends that remain highly relevant at the local level, such as group fitness classes, exercise for mental health, and gamified fitness platforms, do not appear among the national Top 10. In contrast, nationally prioritized trends related to bodyweight training, real-time data-based training, and the employment of university graduates in physical activity-related fields show lower relative prominence in the local ranking.

When examining local changes between 2025 and 2026, a clear shift in priorities is observed. Trends that previously occupied central positions, such as weight-loss programs, combined training and nutrition initiatives, healthy diet programs, and recreational sports clubs for adults, have given way to emerging priorities focused on mental health, digital engagement, and youth sports development. This evolution reflects an ongoing diversification and reorientation of the regional fitness agenda. See Table 4.

Table 4. Comparison of Fitness Trends in Puerto Vallarta–Bahía de Banderas (2025–2026) and Fitness Trends in Mexico (2026)

N°	Puerto Vallarta-Bahía de Banderas 2025	Puerto Vallarta-Bahía de Banderas 2026	Mexico 2026
1	Traditional strength training	Exercise for body weight control	Exercise for body weight control
2	Personal training	Traditional strength training	Commercial/multi-purpose gyms
3	Exercise and weight-loss programs	Commercial/multi-purpose gyms	Traditional strength training
4	Training and nutrition programs	Youth sports development	Functional training
5	Exercise programs for mental health and well-being	Group fitness classes	Wearable technology
6	Functional training	Personal training	Youth sports development
7	Healthy diet	Wearable technology	Bodyweight training
8	Online personal training	Exercise for mental health	Real-time data-based training
9	Recreational and sports clubs for adults	Gamified fitness platforms	Employment of university graduates in physical activity
10	Fitness programs for older adults	Cold and heat therapies	Cold/heat therapies

Discussion

Implications

The results of this study allow for a comprehensive characterization of the fitness sector in Puerto Vallarta–Bahía de Banderas, highlighting both structural continuities and emerging transformations. The positioning of exercise for body weight control as the leading trend at both the local and national levels is consistent with previous findings (Gómez-Chávez et al., 2025). It reflects ongoing epidemiological challenges in Mexico related to obesity and cardiometabolic risk. This

sustained priority suggests that fitness services remain closely aligned with public health concerns and preventive health strategies (Dzau et al., 2017).

At the same time, the persistence of traditional strength training and the relevance of commercial or multi-purpose gyms indicate the stability of well-established training modalities and business models. The emergence and consolidation of wearable technologies and gamified fitness platforms illustrate a process of technological adoption within the sector, in which digital tools are increasingly incorporated to enhance user engagement, monitoring, and personalization (Addolorato, 2025). This pattern is consistent with international observations that highlight the gradual diffusion of innovation in fitness practices, in which early adopters, such as younger professionals and urban-based facilities, play a key role in normalizing technology-driven training approaches (Chen et al., 2025).

The growing presence of digital fitness tools identified in this study, such as wearable technology, mobile applications, and gamified platforms, reflects a broader process of digital transformation within the health and fitness industry. This pattern of technology adoption is consistent with the Diffusion of Innovations theory (Rogers, 2003), which explains how early adopters initially adopt innovations and subsequently disseminate across broader professional groups. In the fitness context, digital tools have evolved from niche applications predominantly used by younger professionals and urban facilities toward wider acceptance within the sector, a process reinforced by changes in service delivery models, professional competencies, and user engagement strategies (Kercher et al., 2023). Accordingly, the incorporation of digital technologies into fitness practices in Puerto Vallarta–Bahía de Banderas can be understood not merely as a technological trend but as an adaptive response to evolving consumer expectations, data-informed health monitoring, and the increasing integration of fitness services within preventive health and well-being frameworks.

At the local level, the inclusion of exercise for mental health and group fitness classes among the top-ranked trends underscores the growing social demand for collective, supportive, and psychologically oriented forms of physical activity (Tian, 2025; Zhuang et al., 2025). Although these trends are not positioned as highly in national rankings, they respond to contextual needs linked to stress, social interaction, and well-being in a region strongly influenced by tourism, service employment, and post-pandemic recovery dynamics. In this sense, local trends complement rather than contradict national and global fitness priorities (Gómez C. L. et al., 2024).

The comparison with Mexico's national trends for 2026 reveals a high degree of consistency in areas related to physical conditioning, metabolic health, and sector professionalization. The fact that twelve trends are shared with the United States (Newsome et al., 2024) suggests an international convergence driven by common health challenges, globalization of fitness services, and the widespread dissemination of evidence-based exercise practices. The inclusion of mental health-oriented programs in both contexts since 2025 represents a paradigmatic shift toward understanding.

When compared with global trend data from the 2026 ACSM Worldwide Survey (Newsome et al., 2024), several trends observed locally in Puerto Vallarta–Bahía de Banderas are also prominent across diverse international contexts. For example, Wearable Technology and Exercise for Mental Health rank among the leading global trends, reflecting a broad professional emphasis on data-informed practice and psychological well-being. Fitness Programs for Older Adults, Functional Fitness Training, and Traditional Strength Training similarly appear consistently across regions such as Australia, Portugal, Spain, and Iran, underscoring shared priorities in functional capacity and chronic disease prevention. These global patterns suggest that while regional nuances exist, there is a robust international alignment in how fitness professionals prioritize emerging practices and long-term health outcomes (A'naja et al. 2024; Gomez-Trujillo et al., 2025).

The longitudinal comparison between 2025 and 2026 in Puerto Vallarta–Bahía de Banderas points to a clear process of diversification within the regional fitness agenda. Trends that previously emphasized combined training and nutrition programs, healthy diet initiatives, or adult recreational clubs have gradually been replaced by priorities related to digitalization, mental health, and youth sports development. This evolution mirrors international patterns (Newsome et al., 2024) and reflects broader social changes, including increased technological integration, demand for personalized services, and greater awareness of mental well-being. Together, these shifts suggest a

transitional phase in which the local fitness sector must adapt its professional training models and service offerings to remain socially relevant and economically sustainable (Islam et al., 2025).

Research Contribution

The findings of this study highlight the expanding role of the fitness sector as a strategic component of public health promotion and regional development. The prioritization of exercise for body weight control, strength training, and mental health-oriented programs reinforces the importance of integrating fitness services into broader health policies and preventive strategies. Moreover, the increasing adoption of digital technologies and wearable devices creates opportunities for innovation, data-informed decision-making, and improved monitoring of physical activity behaviors.

From a public health perspective, prioritizing exercise for body weight control, strength training, and mental health-oriented programs aligns with evidence that recognizes physical activity as a key strategy for disease prevention and well-being. Structured physical activity interventions contribute to cardiometabolic health, mental health, and quality of life across populations (Piercy et al., 2023), reinforcing the importance of aligning regional fitness services with broader health promotion policies in contexts facing high levels of overweight, obesity, and stress.

As the second prospective analysis of fitness trends conducted in the Puerto Vallarta–Bahía de Banderas region, this study establishes a longitudinal comparative framework with national and international surveys. By replicating the methodology of the Worldwide Survey of Fitness Trends, it contributes to the global literature by providing context-specific evidence from a Latin American, tourism-oriented region. In doing so, it informs professional training, policy design, and business strategies, and positions fitness as a relevant driver of sustainable health ecosystems and regional well-being.

Limitations

The main limitations of this study are its non-probabilistic sampling strategy, which limits the generalizability of the findings beyond the study area. In addition, the cross-sectional design and the specific data collection period (April–May 2025) limit the ability to capture seasonal variations in fitness participation and service demand. The use of self-reported data may also introduce response bias, particularly in the prioritization of trends perceived as socially desirable or professionally valued. Future research should address these limitations through probabilistic sampling, longitudinal designs, and complementary qualitative approaches.

Suggestions

Future research should further examine the interaction between local fitness trends and broader social determinants of health, including socio-economic conditions, cultural norms, urban development, and access to technology. Strengthening collaboration among universities, fitness organizations, and public institutions could facilitate the design of evidence-based interventions that promote physical activity and mental well-being. Additionally, expanding digital fitness infrastructure, reinforcing professional certification pathways, and fostering sustainable business models aligned with community health needs may enhance the long-term impact and professionalization of the regional fitness sector.

CONCLUSION

This prospective analysis of fitness trends in Puerto Vallarta and Bahía de Banderas toward 2026 depicts a sector undergoing a gradual but significant transformation, in which consolidated practices continue to play a central role alongside emerging social and technological demands. The sustained prominence of exercise for body weight control, strength training, and commercial or multi-purpose gyms confirms the persistence of modalities closely associated with physical health, prevention, and established service models. At the same time, the increasing relevance of mental health-oriented exercise, youth sports development, and digital fitness technologies reflects an expansion toward more integrative, preventive, and adaptive approaches to fitness. The comparison with national trends reveals both convergence and differentiation. While shared priorities in overweight, obesity, stress management, and general physical conditioning remain evident, local

variations underscore the influence of contextual factors, such as urban dynamics, tourism-oriented economic activity, and regional service structures. This dual pattern highlights the importance of developing strategies that align with global and national trends while remaining responsive to the region's specific social and economic characteristics. From a strategic perspective, the analysis points to three priority areas for the strengthening of the regional fitness sector: the consolidation of professional education and accreditation pathways; the formalization of labor conditions and improvement of economic and social protections for fitness professionals; and the reconfiguration of service offerings to effectively integrate established modalities with emerging demands driven by technological, social, and cultural change. Finally, the longitudinal comparison across years and regions not only allows for the identification of evolving patterns within the sector but also supports the anticipation of future scenarios for professional intervention and program design. In this sense, fitness is positioned as a strategic component of public health promotion, disease prevention, and the enhancement of population well-being, particularly within dynamic urban regions where health, economic activity, and social development are closely interconnected.

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AUTHOR CONTRIBUTION STATEMENT

CA participated in the writing of the manuscript and the study design; VS conducted the data analysis and contributed to the writing of the manuscript; LH and PZ participated in the methodological design, data collection, and manuscript writing; GC conceived the original idea of the research, coordinated the project, and served as the corresponding author.

AI DISCLOSURE STATEMENT

ChatGPT 5 was used during the preparation of this work, particularly in the process of translating from Spanish to English. After using the tool/service, the content was thoroughly reviewed and edited as needed, and full responsibility for the publication's final content is assumed.

CONFLICTS OF INTEREST

The authors declare that they have no conflicts of interest related to the publication of this article, whether financial, institutional, or personal, that could influence the research process, analysis, writing, or publication of the manuscript.

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