



*Blue SMOOTHIES, ladder
WORKOUTS and fat-shifting headsets.
We UNCOVER the health and wellness
trends TRANSFORMING the year ahead.*

WORDS AMY MOLLOY

Remember when Bikram yoga was a 'breaking' fitness story, you first tasted quinoa, and this thing called CrossFit burst onto the scene? Sorry to the tyre-flipping devotees, but those all feel like old news now.

Last year we all moved onto drinking Bulletproof coffee after Barre class, ate everything out of bowls (either poke or acai), and went crazy for cryotherapy.

So what's next? We break down the emerging wellness trends that are sure to take over your lunch breaks (and Instagram feeds). Keep up!

GOING NATIVE

A lot of superfoods come from South America, but Australia has its own – and they're becoming more popular. The Kakadu plum, or gubinge, is full of vitamin C and has long been used by the Indigenous community to boost immunity. It's recently been repackaged as a trendy topper for smoothies and cereals, and in protein balls by Kakadu Plum Co. Or how about a 'wattleccino'? You can now make your morning coffee with native wattleseed, which is caffeine-free and high in protein.

MINDFUL DRINKING

This isn't necessarily about giving up alcohol completely, but about being more mindful of your units, drinking less and having dry weeks or months to get your body back on track. Last year saw two mindful drinking festivals in London, organised by Club Soda – a mindful drinking movement. The market for alcohol-free beverages is growing, led by roaming cocktail start-up Trolley'd, and St Peter's Brewery, which derives 15 per cent of its annual sales from selling their alcohol-free beer.

Republic
start-up
campus



WELLNESS ARCHITECTURE

An emerging trend in the travel sector sees global resorts being designed – or redesigned – to offer spaces that aren't only structurally beautiful, but make guests feel happier and healthier just by stepping through their doors, according to booking platform Health and Fitness Travel. At resorts such as Soneva Kiri in Thailand and Aro Hā in New Zealand, features include 'living walls' with indoor greenery, and designs that encourage movement and mindfulness.

HOTPOD YOGA

Yes, it's another yoga trend! But this one addresses a specific problem. British mates Max Henderson and Nick Higgins had their sights set on making hot yoga more accessible. Their solution? An inflatable cocoon-like pod which can be heated internally to 37°C, and blown up inside any standard office space. Popping up across England, continental Europe and South Africa, pods are so small when deflated that some instructors transport them on bikes.



Soneva Kiri
in Thailand

FAT-SHIFTING HEADSETS

Too good to be true? We'll reserve our judgement! According to neuroscientists at the University of California San Diego, the Modius Headset – currently available from Indiegogo for US\$449 – works by sending a signal to the part of your brain that controls fat storage, naturally shifting your metabolism to burn more fat, resulting in an increase in lean muscle percentage. So far, it's hit more than US\$800,000 in sales.

BLUE IS THE NEW GREEN

Expect an uptick in blue hues in your #fitfood Insta-feed. According to Frida Harju-Westman, nutritionist at health app Lifesum, blue lattes and smoothies will overtake green as the colour pop of food. Made famous by vegan-friendly coffeehouse Matcha Mylkbar in Melbourne, blue lattes feature E3 live blue algae (hence the colour!). The superfood packs a high dose of protein too.

IN-OFFICE FITNESS

Last year's trend is only expected to grow, with more workplaces enlisting experts to boost employee wellness. In London, health coach Nikkola Daniel is a name to watch. As the wellness director at creative start-up campus Republic (all 55,741 square metres of it), she runs fitness classes and smoothie workshops, and delivers healthy snacks to businesses, including Deliveroo and the British Journal of Photography.

SHAKES AND LADDERS

Imagine how toned you'd get from 30 minutes of climbing a ladder. At Rise Nation, the latest West Hollywood workout trend founded by celebrity trainer Jason Walsh, participants are pushed to their limits on specially-designed mechanical ladders, designed to promote healthy spine alignment. More Aussie gyms are adding Jacobs Ladders' to their gym floor – it's a bit like a ladder and a treadmill that have been combined into one. Ouch! >





HPE
Clothing

TAILOR-MADE VITAMINS

Do you need the same nutrients as your neighbour? Probably not! That's why vitamin companies are offering the option to customise your own vitamin, with a recipe that suits your needs. Melbourne start-up Hearts & Crosses Vitamin Rituals configures your vitamins according to the results of a survey. With a monthly subscription, a supply is delivered to your door.

HOLISTIC DENTISTS

A dentist who only cares about your teeth? How 2017! As interest in the connection between mind and body grows, holistic dentists look at how factors such as nutrition, sleep, fitness and stress impact our oral health – and overall health in general. Australian dentists Dr Ron Ehrlich and Dr Lewis Ehrlich are spearheading the trend at their clinic, Sydney Holistic Dental Centre. They look at the impact of emotions, environment, breath and nutrition on your overall wellness.

ACTIVWEAR SUBSCRIPTIONS

A year's worth of gym kit delivered to your door? Where do we sign? As the subscription box trend continues, activewear brands are catching on. In the UK, HPE Clothing – a new high-performance sport- and yoga-wear brand – offers a year's subscription, which includes six deliveries (you can pick your items, or let them choose for you). An American version, Sweat Style, will select items for you based on what you tick in your online profile. As they say, 'Your workout is hard enough; don't sweat the shopping.' Sign us up.

COUPLES COUNSELLING FOR CO-FOUNDERS

It's on the rise! According to our sources in Silicon Valley, a growing number of co-founders are signing up to 'couples therapy' to cope with the stress of co-raising their business baby together. Inner-city clinic Well San Francisco promises to 'guide you and your business partners to a new way of relating' with their program, which caters to anyone struggling with their office relationship. Meanwhile, mindfulness coach Jerry Colonna offers emotional support to the Valley's brightest executives.



MEMORY-BOOSTING BIKING

The BikeAround system combines a stationary bike and Google Street View simulator to assist people with dementia. As well as offering elderly people a safe environment for exercising, it also encourages reminiscing – beneficial for dementia treatment – as the biker can visit a city from their past, or cycle around a new country for the first time. In fact, the action of cycling in general has been shown to boost brain power. In one study, pedalling a stationary bike for 30 minutes increased bikers' memories, reasoning and planning.

SEEKING SILENCE

All over the world, noise pollution is seeing companies embracing silence, according to Sabijn Linssen, founder of wellness travel agency Retreat Here. "People are exposed to noise on a daily basis, whether it's traffic, city noise or a busy workplace," she says. They've seen a rise in people seeking holidays that offer peace and quiet. But that's not all. You can now visit a silent hairdresser, silent restaurant, silent disco, and, at Google, they have silent lunches. Shhh!

*Two Minute
Moves* by Lizzy
Williamson

MOOD TRANSFORMERS

We're seeing a shift to exercise regimens that, instead of focusing on 'body transformation', have the power to transform your mood. This is according to trainer Lizzy Williamson, author of *Two Minute Moves*, who created a time-saving workout program after overcoming postnatal depression. In America, *The Class* by Taryn Toomey is reducing fitness fanatics to tears. The 'cathartic movement experience' uses repetitive plyometric poses to 'challenge and enlighten you while building an incredibly strong, lean, resilient body'.

WORKOUT EAT-OUTS

Is your post-workout 'meal' a protein bar from the vending machine? It's time to upgrade, as health clubs up their culinary prowess! In Bondi Beach, *The Well* – which consists of a gym and a café – offers a paddock-to-plate menu designed by a fine-dining chef. In the UK, newly opened fitness space *Blok London* houses the city's first gym-based bone broth bar (we're told it's popular!), while Kensington gym *Core Collective* divides its designer menu into pre- and post-workout suggestions. 🍷

