

2019 Wellness Trends

'Tis the season to get energized for the New Year! Check out our top 10 wellness trend predictions for 2019.

1. **De-Cluttering** – Less is more in 2019! Start with a drawer or cupboard and continue until your home is organized and clutter-free! Getting rid of unused items can make you more productive and reduce stress levels.
2. **Sleep Hygiene** – Adequate sleep continues to be a big health focus. And the best way to promote a good night's sleep is to turn off your screens well before you turn in and develop a bedtime routine that includes mindful activities such as meditation and journaling.
3. **Outdoor Therapy** – The great outdoors can help reduce stress levels, spark creativity and renew energy levels. Make a point of getting outside each day and leave your phone behind.
4. **Functional Fitness** - Exercises that train the body for everyday activities will continue to flourish, especially as the population ages.
5. **Recovery Training** – Trainers know that fitness gains happen outside the gym. In 2019 look for recovery facilities that offer meditation, massage, foam-roller myofascial release and cold-water therapy that help heal the body between workouts.



6. **Intuitive Eating** - Intuitive eaters ignore diet books, enjoy eating, strive for good health – not perfection, are judgement-free about their food choices, pay attention to their hunger and fullness, and find food-free ways to resolve issues such as anxiety and boredom.
7. **Exercise is Medicine** - More doctors are getting behind this movement that promotes physical activity as an effective “prescription” in the prevention and treatment of diseases such as type 2 diabetes, high blood pressure and certain cancers.
8. **Plant-based diets** – Whether it’s for health, ethical, economic or environmental reasons, the consumption of a plant-based diet will continue to increase in 2019. Watch for restaurant menus featuring vegetable “meats” such as lentil burgers and tofurkey.
9. **Non-alcoholic cocktails** – No longer limited to pop or water, abstainers can enjoy a variety of low or non-alcohol drinks appearing on menus at most restaurants and bars. Herb-infused water, Kombucha cocktails and de-alcoholised beer are making a splash and are here to stay!
10. **Food Recovery** – Food recovery is about salvaging billions of dollars of food discarded by grocery stores and making it available to food banks and disadvantaged communities. Households can avoid waste by planning, prepping and storing foods properly.