

HEALTHFUL TIPS



2019 Health and Fitness Trends

Many of the health and fitness trends that started last year are being refined and improved upon. This is a great year to make health and fitness a top priority!

FRESH, WHOLESOME, UNPROCESSED FOODS

People will continue to be more selective of the foods they choose as they understand the consequences of the typical American diet. The move away from processed foods will continue to expand in 2019 as more options for convenient “clean” eating will be available in grocery stores, restaurants, and meal delivery services. Although there will always be the latest fad diet to choose from, plant based diets will remain the standard for healthy eating.

DEEP BREATHING

Guided or controlled breathing to influence the body's mental, emotional or physical state, while anything but new, has caught on. Free or low cost apps to help learn and practice this effective method for calming and mindfulness are widely available (calm.com, InsightTimer.com).

HIGH TECH HOME WORKOUTS

We have already seen some pretty impressive home workout options that re-

ally engage and motivate—and that trend is set to expand. A new generation of high quality fitness apps, YouTube Channels, and online workout programs are already in play. You can stream live fitness classes—strength training, yoga, cardio, spinning, HITT, and more. Fitness trackers monitor and display your progress during the workout—motivating you further as you see your strength and endurance improve.

FITNESS JEWELRY

Let's face it, fitness trackers have not been the most glamorous accessory. They are super helpful, tracking steps, calories burned, food intake, sleep quality, and even your stress response. You've gotta love all of that health data at your fingertips. Now these trackers are moving off wrists and becoming rings and necklaces. I can't wait to see what's next!

FOOD DELIVERY SERVICES

Convenience is no longer limited to the fast food lane. All types of food delivery services are set to expand. Want fresh ingredients all portioned out for quick at home meal prep—there are services for that. Looking for hot and ready delivery of clean foods—more options coming your way. Interested in having it all delivered, from toilet paper to fresh greens—that's available. I love these services that make

your life easier and improve the quality of your food. Just keep in mind—you can chalk up some major steps walking through the grocery store selecting your own food and you'll be giving that up to gain convenience.

HEMP-BASED PRODUCTS ARE GOING MAINSTREAM

2019 will bring more hemp-based products. CBD and hemp-seed oil based products are sure to become widely commercialized as use of these cannabis plant products become more acceptable. In addition to skin care and bath products, foods and beverages featuring these substances are sure to surface at your local health-food stores and supermarkets. Why CBD and hemp? There is no “high” to be had from these substances, but there is evidence that they may be helpful in relieving pain, reducing anxiety and depression, reducing the side-effects of chemo like nausea, and may even have some cancer fighting properties.

Latch onto the trends most valuable to you this year as you continue your journey towards health and wellness. It's those little daily habits that contribute to your overall health—use these new opportunities to make those habits stick.