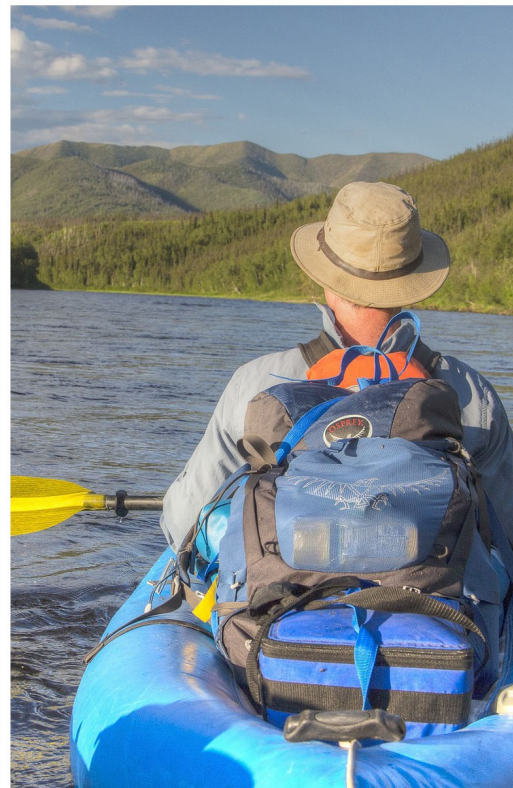


TOP FITNESS & WELLNESS

TRENDS FOR 2019



Contents

Introduction	3
An All-Around Approach to Fitness	4
Wearable Fitness.....	6
Quality Sleep.....	9
Healthy Drinks.....	12
Food as Medicine & Plant-Based Diets	14
Unusual Fitness Practices	15
Active Commuting	16
Mindful Workouts	16
Conclusion	18

Introduction

It seems like every year some new crazy fitness trend or diet plan becomes incredibly popular. In some cases, the way people learn to become healthy catches on, and becomes an effective way to get fit year after year. In this way, a trend becomes a recognized fitness vehicle. Sometimes the opposite occurs, and something that is incredibly popular in the start of the new year fades in popularity by summer, and is gone before the year ends.

Fitness and health professionals, personal trainers and physical therapists closely monitor health and wellness trends as part of what they do for a living. Around September or October they begin to look for trends that will be popular the following year. With this knowledge they can better serve their customers and stay ahead of their competitors, by offering trending fitness programs that are popular with their clientele.

Heading into 2019 there are several trends which many health and fitness professionals have identified last year as growing in popularity and widespread use. If you're a social animal, this can help you spot fitness programs that are likely to have a lot of participants, and you can join them to stay fit and meet some new friends. The fitness trends for 2019 listed below can also help you keep boredom from killing your desire to exercise.

Additionally, if you make a living by helping others improve their health and wellness, the trending activities in this report can help you pad your bank account, while also serving the topical needs of your prospects.

Let's start by looking at a fitness approach that has a lot of people jumping on board because of its versatility and ease of application to just about anyone.

An All-Around Approach to Fitness

On many diets, you can lose a lot of weight quickly. The problem with diets is that you often times have a short-term mindset. You want to lose "X" number of pounds or inches, so that is the target. You either do or don't hit your goal, and after success or failure, you go right back to the unhealthy eating habits that got you out of shape in the first place.

To keep that same thought pattern from wrecking your fitness and health, a trending movement has developed that lets you look at fitness as a lifestyle rather than one particular activity or another.

This is what taking an all-around approach to fitness is all about. Instead of just strength training, focusing on cardio and aerobic exercises, or programs like high intensity interval training, you do a little of everything.

Different fitness programs do different things. Cardio exercise is great for pumping up your heart rate and improving your cardiovascular system. You burn calories while you are working out, so this can help you reach and maintain a healthy body weight, shed unwanted pounds and make your inner and outer health better. The downside for some is that you have to engage in cardio and aerobic exercises for an extended period of time to see real results.



Strength training is great for building muscle quickly. Unlike cardio, you can enjoy a results-producing session in just 20 or 30 minutes. After you are through stressing your muscles, you burn fat for up to 48 hours afterwards. However, some people don't like lifting heavy weights.

In addition to the two fitness practices just mentioned, bodyweight training, stretching, high intensity interval training, walking, cycling, running and hiking all have very specific health benefits. By combining a number of fitness activities, you make sure that you don't get bored performing the "same old, same old" routine over and over, and you realize multiple health benefits. Boredom can lead to skipping workouts, and abandoning a smart fitness practice altogether.

Regardless of your age or fitness level, or the goals you are pursuing for your health and wellness, an all-around approach to fitness as a lifestyle choice rather than just a 2 or 3 time a week activity is extremely customizable. Everyone can find several different fitness practices or programs that make sense for them and their unique, personal situation.

The benefits of all-around fitness are all-around health and wellness externally and internally. Since you are performing so many different activities which deliver different health positives, your internal and external health is positively affected. Your cardiovascular and respiratory systems become stronger, and this means healthy, oxygenated blood is pumped throughout your body.

This leads to wellness from head to toe, inside and out. You build strong muscle that makes you physically more capable, your balance, mobility and agility improve, and your brain benefits as well. Countless studies show that when you are active as opposed to sedentary most of the time, your mind and memory are sharper.

The best way to benefit from an all-around fitness approach is to schedule a different type of fitness activity each day of the week. As mentioned above, this will keep boredom from bashing your fitness efforts, truly anyone can customize their fitness experience, and if inclement weather kills one fitness activity, you can find an alternative to perform indoors.

Wearable Fitness

Health magazine is one of many healthy habit trackers that has noticed wearable fitness as an up-and-coming trend the last few years. Since 2016, health-boosting clothing and technology that you wear has been in the top 10 fitness trends. 2019 looks to be no exception. Generally speaking, wearable fitness refers to electronic fitness activity trackers which monitor, record and report on several fitness metrics.

If you're looking to lose a couple of inches off of your waistline, it's pretty easy to tell if you are succeeding or failing in that endeavor. If you have to buy pants or dresses with bigger or smaller waistlines, you can easily tell if your waist-shrinking efforts are paying off or not. Sometimes though, the specific health benefit you are trying to achieve is not easily identified.

Consider the following scenario.

You notice you've been suffering from a shortness of breath the last few months. You could chalk this up to the normal aging process and the fact that as you get older, your health tends to weaken to some degree. Just to be sure that there is no big health concern at play here, you schedule an appointment with your doctor. You doctor draws some blood, checks your blood pressure and heart rate, and runs a battery of tests.



When the results come back, your doctor sits you down and tells you that you suffer from high blood pressure, which is causing your heart to beat at an abnormally high rate. You understand that heart disease is one of the leading killers regardless where you live on the planet, so you take this news very seriously. You begin working out and exercising, you feel better and it appears that your shortness of breath has disappeared, but how do you know if you have helped your heart in any way?

With a wearable fitness tracker, this is as easy as checking your display.

Depending on the features of your fitness tracker, you can get a real-time reading of your heart rate, the number of steps you have taken, how fast you are walking or running, how many calories you have burned over a specific period of time, and other health-related information. This requires nothing more than a glance at your wrist, smart phone or beltline, as wearable fitness trackers are available in the form of watches, bands and belt-clipping devices.

One other huge benefit of fitness trackers like the Fit Bit, Jawbone Up and Nike Fuel Band is that they keep you constantly reminded that you are trying to become healthier. The most popular type of wearable fitness devices is a watch-like device. As such, it can tell you the time of day like any traditional watch, you can set alarms, and additionally, your watch also tracks and reports how you are doing with your fitness efforts.

Instead of simply performing some type of exercise 3 or 4 times a week on specific days, this constant presence on your wrist reminds you each and every day to do something about your health. Since fitness trackers can be purchased for as little as \$10 or \$20, this is a simple and inexpensive way to positively impact your health.

There are simple fitness trackers that just record how many steps you take, and more complex devices that monitor a number of important health measurements. They are made to wear on your wrist, clip onto your belt, attach to your shoelaces or ride hidden in your pants pocket.

Some are stylish and some are not, there are literally hundreds available in different sizes, colors and abilities, and for the third year in a row, wearable fitness is a top health and wellness trend that doesn't seem to be fading in popularity anytime soon. Since you just clip a tracker on your clothing or strap it to your wrist, there is no learning curve or special skill needed to receive the many health benefits this fitness trend offers.

Here is a list of a few of the most popular and proven activity trackers:

- FitBit Charge 2
- Fitbit Alta HR
- TomTom Touch
- Samsung Gear Fit2
- Jawbone Up
- Nike Fuel Band
- Garmin VivoSmart HR+
- Garmin VivoSmart 3
- MisFit
- Moov Now

Note: With the prevalence of smart phones, there are plenty of applications and downloads you can use to turn your phone into a fitness tracker. Many are free or inexpensive, but there is something you need to know about these convenient and popular health and wellness trackers. They are notoriously inaccurate, and since a wearable fitness tracker can be had for very little money, your health benefits the best when you opt for that type of device over a smart phone download or application.

The best way to make use of this wearable fitness tracking technology might be to choose a watch-styled device. As opposed to a pedometer or health tracker you clip on your belt or your shoes, a watch can be worn 24/7. There are fitness trackers that are entirely waterproof, which means you can wear them in the shower or while swimming. You never have to take them off.

Also, many of these watch-like trackers provide sleep tracking features. Along with recording and reporting on your quality of sleep, you are given suggestions for how you can improve your sleep. Research shows that poor sleep can promote a number of unfortunate health conditions, and negatively impact many areas of your life. Speaking of sleep, that brings us to our next top fitness trend for 2019.

Quality Sleep

How important is it for you to get enough sleep regularly? The National Institutes of Health in the United States report the following:

“Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.”

Sleep researchers will tell you that there is no catching up on sleep that you miss. If you consistently don't sleep for 7 or 8 hours each night, your mental health suffers. Poor sleep quality and not enough sleep are causes of a poor memory, a lack of focus and concentration, and a decrease in your ability to learn new things and perform mental tasks and calculations.

Let's take a look at some of the very significant benefits of quality sleep.

- Regular, quality sleep leads to a mental process called consolidation. This means your memories are strengthened and your mind actually practices new skills and abilities while you sleep.



- Those people that get a good night's rest most of the time tend to live longer. A 2010 study showed that women from 50 to 79 were more likely to die from any cause when they didn't get a good night's rest regularly.
- As you'll find mentioned throughout this report, inflammation is a condition linked to arthritis and heart disease, premature aging and stroke, diabetes and other very real health problems. People who get less than 7 to 8 hours of sleep each night have higher levels of inflammation than those who experience quality sleep.
- Smart sleep patterns seem to boost creativity in multiple studies.
- Several bodies of research, including a Stanford University study, show that quality sleep improves physical performance.
- Sleep the right way and you improve your concentration and focus, feel better about yourself and enjoy high levels of self-esteem, are more inclined to take on a new task or opportunity, are more likely to maintain a healthy body weight, and you have less stress in your life.

Getting quality sleep should be a fitness priority every year. You can see from the benefits just discussed how this simple activity can so dramatically improve your life in a number of ways. How do you ensure you get quality sleep regularly? Here are a few tips.

- Don't take in any caffeine for 5 or 6 hours before you go to bed. Caffeine can stay in your body for hours after it is consumed, and this could make it hard to fall asleep or to stay asleep if you have caffeine within a few hours of bedtime.
- Go to bed at the same time every night and wake up at the same time each morning. This may be hard to do at first. However, once you set up and stick to a sleep routine your mind will prepare your body for shutting down when it notices you are closing in on your regular bedtime. Your brain will also prep you for awakening the same time each day when you stick to a predictable schedule.
- Don't drink anything before you go to bed. Consuming liquid before bedtime can wreck your quality of sleep, because you may have to visit the restroom during the night.

- Exercise every morning. Strenuous physical activity in the morning is linked to better sleep quality. This is because by the time the day ends, your early morning exercise and normal daily routine have stressed your body and mind to the point where they are ready to rest and repair.

It may seem logical that working out right before you go to bed would make you worn down. The opposite is true. Immediately after exercise the body and mind are alert and awake, so exercise in the morning to improve your sleep at night.

Healthy Drinks

Green tea is a known cancer-fighter with health-boosting antioxidants. People who drink 2 or more cups of green tea each day live longer than those who do not. Green tea has also been linked to improved mental health and lower stress and anxiety. Drinking green tea may not sound like much of a fitness exercise, but when adopted as a part of an overall healthy drinking approach, your mental and physical health profiles both improve.

Healthy drinking, and this certainly does not refer to hitting happy hour at your local bar every day, is a trending fitness practice. When you consume beverages that are high in probiotics, you influence positive gut health. The majority of human illness begins in your gut, so feeding it probiotics in drinks like lassi, kefir and kombucha can lead to significant health rewards.

Any type of drink which has been enhanced with vitamins and minerals like vitamin C and omega-3 fatty acids can improve your health, as long as there are not dangerous and toxic chemicals and ingredients involved. Trade dairy milk for coconut or almond milk, and don't forget the healthiest beverage of all ... water. Drinking healthy beverages as opposed to possibly dangerous and unhealthy drinks is a fitness trend that will be big in 2019.

One simple way to benefit from this "drink to your health" practice is to buy a juicer. This allows you to juice fresh, organic fruits and vegetables daily, which lead to a number of health benefits. You should also keep a water or beverage bottle handy wherever you go. This will ensure you have access to healthy drinks all day long, and will keep you from hitting the vending machine when you are thirsty at work.



Food as Medicine & Plant-Based Diets

An unprocessed, plant-based diet has been linked to longer life, better mental health, low stress levels physical fitness and higher levels of self-esteem, self-love and self-belief than a diet without much fruits and vegetables. We now know that what you eat and drink, the nutrition habits you practice, are responsible for as much as 75% of your fitness and well-being.

In other words, you could work on improving your body until you were the perfect picture of physical health, but if you're eating garbage, you will still be unhealthy. This means eating more fresh, raw, organic fruits and vegetables, seeds and berries, nuts and unprocessed whole grains. Those dietary approaches which focus on plant-based eating have been shown to produce mental and physical health and well-being.

The simplest way to benefit from this 2019 fitness trend is to purge your pantry and raid your refrigerator. Processed foods are replaced with fruits and vegetables. If it comes in a box, wrapper or bag, and it contains more than 5 ingredients, it's probably highly processed. Replace these types of foods with foods found in nature, 1-ingredient foods like apples, oranges, lettuce, greens, beans, peas, carrots and tomatoes.

If you practice only one fitness trend on this list, avoiding processed foods and eating healthy, fresh, natural food could have the biggest positive impact on your mental and physical well-being.

Unusual Fitness Practices

As we mentioned earlier, boredom is a fitness killer. When you do static, repetitive exercises on the same days each week, at the same times, it's very easy to become bored and complacent with your workout. This means you start to rationalize taking days off or giving up a certain type of workout plan entirely. One of the biggest benefits of this fitness trend is that it definitely keeps boredom at bay.

Pole dancing is not just for strippers and exotic dancers. This alternative fitness practice can work your body in ways conventional exercises don't. Jumping rope is a strength training and cardiovascular exercise simultaneously. It works your upper and lower body, your exterior body parts as well as your interior systems.

Barre yoga is a "different" approach to fitness that employs free weights, body training exercises and a ballet barre. Karaoke spin class, boxing, rock climbing, trapeze school, naked yoga, cross-country skiing and similar alternative approaches to fitness give you a mental jolt while banishing boredom.

Simply put, if you come up with some way to keep your mind and body fit and it is strange or weird, as long as it's safe, someone will probably be doing it in 2019.



Active Commuting

Fitness researchers have discovered in the first part of the 21st century that walking may be much more impactful to your health and well-being than previously believed. A couple of daily walks of 20 or 30 minutes each may be all you need to dramatically and positively boost your health and fitness levels.



This means making your commute part of your fitness plans.

As the year comes to an end, more people are taking to active commuting as opposed to going to work in a motor vehicle. This may not be an option if you live far away from your workplace. However, if you have to drive 15 miles to work and home every day, why not drive just 10 to 12 miles, transport your bicycle in your vehicle, and then bike the rest of the way?

If you live within a mile or two of your work, you can simply put 1 foot in front of the other and walk your way to health and a paycheck, weather permitting. If you're fortunate enough to live on a river, lake or ocean that provides direct access to your place of employment, taking a boat or paddleboard to work can be an enjoyable workout.

Active commuting can deliver any number of health rewards, including improving your cardiovascular and respiratory systems, boosting your mobility and strengthening your lower body, and you get to enjoy your natural surroundings at the same time. Neurologists have proven that spending just 10 to 20 minutes in a natural environment automatically leads to lower stress levels, and we have already discussed how important it is to minimize stress in your life for mental and physical health rewards.

Leave the car keys on the table tomorrow and walk to work instead.

Mindful Workouts

Like wearable fitness trackers, mindfulness has been a trending fitness practice for several years now. It has become common knowledge to more people than ever before that stress can kill your physical and mental health. Simply having stressful thoughts or experiences leads to an increase in the production of certain chemicals, like cortisol, that cause inflammation. Stress also lowers the level of production of positive chemicals which contribute to higher levels of happiness and health in mind and body.

This is why people with physically “perfect” bodies can drop dead without a moment’s notice, if they have constant stress in their lives. Chronic stress continually works away at your heart and your other organs, and can lead to high blood pressure, cancer and a number of other health problems. So even if you look and feel fit, stress can be doing serious damage.

Being mindful is a proven way to beat stress.

Being mindful during your workout means focusing on the present moment. That doesn’t mean today, or this hour, or this minute. It means focusing on this very millisecond that you are existing. Mindfulness is nothing more than being mindful of what you are doing and what is going on right now. Being mindful during your workout has several benefits.



It helps you ignore distractions that could wreck your results or cause you to stop working out altogether, and mindfulness also decreases the chance that you will suffer some type of fitness-related injury. Since stress and inflammation lead to poor health, and mindfulness stops stress, this practice can dramatically improve your health and wellness from head to toe.

No matter what type of physical activity you are performing, be mindful of your breathing. Mindfulness means focusing on one and one thing only, and in this case, you want to totally experience your breath. Feel your breath slowly entering your body. Pause. Then exhale, noticing everything that is happening with your body and your breath. Don't "try" to breathe, just notice that you are breathing, and experience it.

Some exercise programs, like Pilates and yoga, are better suited to mindful meditation than others. However, any physical activity can benefit from the distraction-erasing, focused, stress-beating benefits of mindfulness that also improve your physical results.

Conclusion

Do any of the fitness trends in this report look attractive to you? Maybe you feel the opposite, and none of the fitness trends for 2019 seem like your cup of tea. That's okay, because fitness is really all about lifestyle. Stay active. If you catch yourself sitting down for an extended period of time, get up and move around. Spend more time outdoors than inside. Watch what you put into your body, the foods you eat and beverages you drink.

Get lots of rest. Drink plenty of water throughout the day. Limit the things that stress you out, because stress promotes inflammation and inflammation promotes disease and illness. You really can become as fit as the healthiest you in your dreams. You can get that way with the fitness programs which look like trendsetters in 2019, or with some other exercise regimen.

The key to being as fit and healthy as you possibly can is to make prioritizing fitness and physical movement on a daily basis. It's your choice. You can get active or stay inactive. Either way, your fitness will mirror your lifestyle, and the choices you make regarding your health and fitness level.