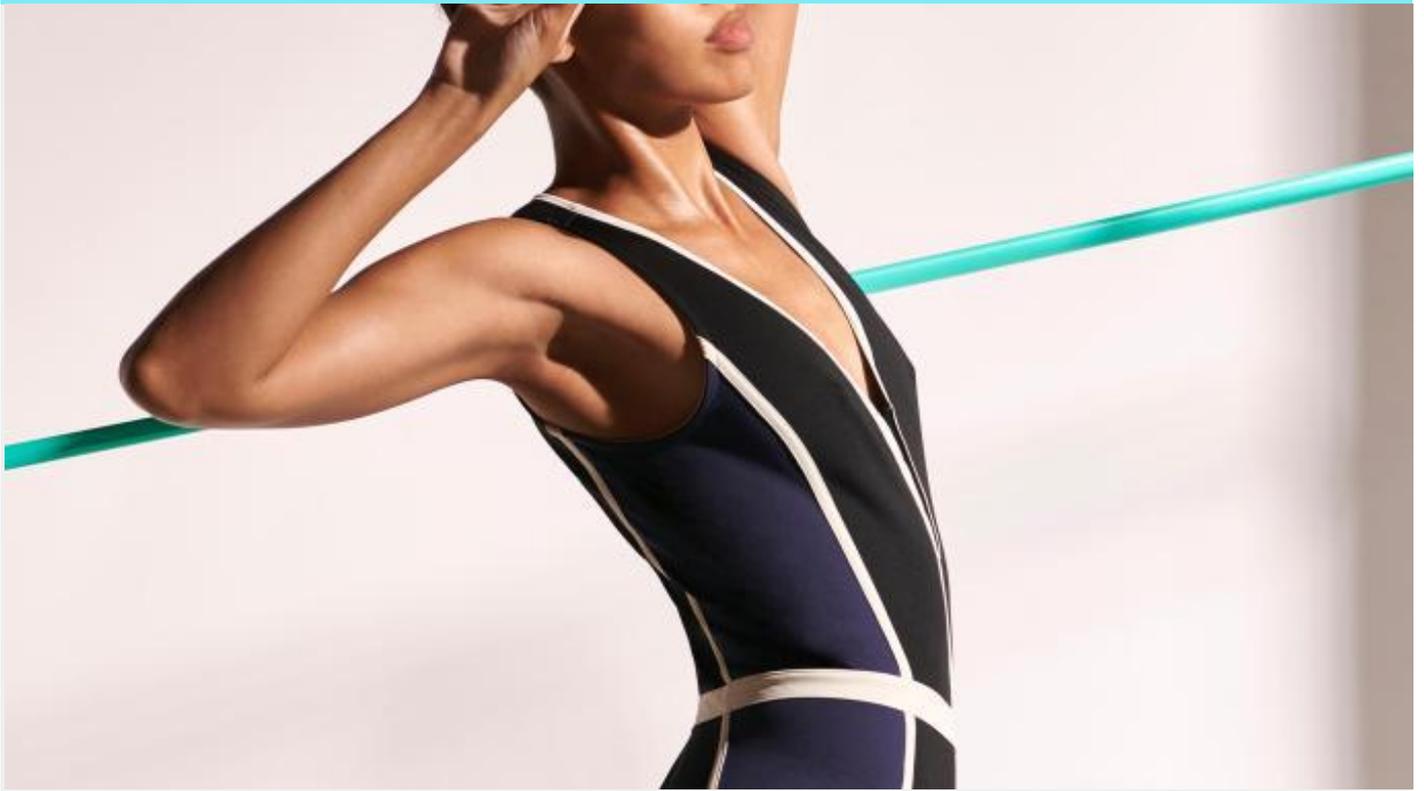


BIG FIT ENERGY: NEW MEDITATION, WHAT WE CAN LEARN FROM GOOP AND THE FITNESS TRENDS COMING OVER FROM AMERICA

From the great outdoors to what Gwyneth did next — welcome to the new wellness trends that will influence the way you work out



Bodysuit, £150; ernestleoty.com
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What are the meaningful fitness trends?

By Alice Liveing, A-list personal trainer and author

I was never a sporty kid. I always desperately wanted to be picked for the school sports teams, but I never seemed to have a particular flair for anything and wrote myself off as simply not being good at exercise. When I discovered weight training years later, I felt I'd finally found my calling. It was the thing I never knew I needed, and came at a time when I'd been in an abusive relationship, which had left my confidence at an all-time low and my anxiety at an all-time high. My body changed, my panic attacks ceased, I got stronger physically and mentally, and I developed an improved relationship with my body.

I began my first foray into the wellness industry when I qualified as a personal trainer. At the time I had gone through my own body transformation of sorts, where I was documenting my new lifestyle on social media, sharing both recipes and fitness videos with my followers. Fitness and wellness looked very different then; it was all about achieving abs and eating chicken and broccoli from a plastic container. Thankfully, things have changed, and I have since realised there is far more to life than a washboard stomach. Now I have a more holistic approach to fitness with my clients, whom I see at the Third Space gym in Soho. When it comes to wellness, the landscape is constantly changing. One minute it's all green juices and downward dogs, and the next yoga is out and HIIT is in. Whatever wellness looks like for you, there is one thing for sure: the £3 trillion worldwide wellness industry isn't going anywhere.

It is a tricky one to navigate, with consumers having to dodge misinformation and pseudoscience almost daily. Luckily, there are some trustworthy voices who can steer you in the direction of sustainable long-term health, rather than quick-fix fads. Here are the latest trends that are set to have a meaningful impact on how we all feel over the year ahead.

Wellness fashion

As consumers we are becoming more aware of the environmental impact of the fashion industry, more conscious of the treatment of garment workers, the length of supply chains and the need for renewable fabrics. And the introduction of athleisure clothing that can actually boost the wearer's wellbeing (think minimising bacteria and increasing airflow) means the wellness fashion industry is set to be big business. For example, the new brand MycoTex creates sustainable fabric from mycelium, which is found in the roots of mushrooms. This eliminates the need for harmful chemicals and pesticides and decreases water usage by 99.5%, and local production reduces transport requirements. When you are done with your garment, simply bury it in the ground and it will decompose.

With mega-brands such as Adidas working with the creative collective Parley to make training-wear from at least 75% upcycled plastic trash, using a low-energy, low-water printing process, wellness fashion is sure to make an impact.

Meditation 2.0

Using mindfulness to calm our stressed-out, digitally overstimulated minds isn't new, but a more nuanced approach is. Medical studies are evaluating the practice and there is a clearer understanding that different types of meditation will benefit contrasting needs. Meditation is now being broken down into three categories by the likes of Bob Roth, one of the world's leading experts on meditation and CEO of the David Lynch Foundation, a non-profit charitable organisation set up by the film director to promote transcendental meditation. Roth says these are a) focused attention, b) open monitoring, and c) self-transcending.

This has given rise to targeted meditation practices such as Sophrology, an emerging stress-management technique that marries eastern meditation practices and western relaxation concepts. Created by the Spanish neuropsychiatrist Alfonso Caycedo in the 1960s, it features 12 levels of study, and includes mindful meditation, breath work, guided visualisation, phenomenology and gentle movement. Try it at BeSophro, which has three clinics in London run by Dominique Antiglio, author of *The Life-Changing Power of Sophrology*.

If you need extra guidance or want to try your first meditation experience, check out Re:Mind Studio in Belgravia, London. Alternatively, download the Calm app, which is my personal favourite, and features sleep stories from the likes of Matthew McConaughey and Stephen Fry.

Nourishing nature

We all know spending time outdoors can be lovely, but imagine a world where nature is prescribed by doctors. That is soon to be a reality, with growing evidence of the benefits of ecotherapy (a formal treatment that involves doing activities outside in nature) showing that it can help with mild to moderate depression. After a successful pilot at a doctor's surgery in Scalloway, a "nature prescriptions" programme is being rolled out in the Shetland Islands — doctors can prescribe "nature" to patients as part of an overall treatment strategy, to reduce the risk of heart disease and stroke, and to give happiness and mental health a boost.

Of course, big business is also jumping on the bandwagon, with the Amazon head offices in Seattle "bringing the outdoors in", as it acknowledges that people feel less stressed and more focused in "green spaces". The best part is, unlike most wellness trends, it is largely free and can be easily worked into a busy working week. So next time you find yourself in a slump, instead of binge-watching Netflix, get outside and boost your mood.



Shorts, £100, Adidas by Alexander Wang. Trainers, £90, Adidas; schuh.co.uk. Cap, £45; hugoboss.com. Socks, £4; weekday.com. VONA CHRZASTEK I VONA CHRZASTEK

In Goop health

By Victoria Moss

It's easy to roll your eyes at Gwyneth Paltrow's Goop empire. Vagina eggs. Selenite wands. Holistic healing. Vegans. But that's all part of the shtick. Every time, say, a qualified medical practitioner throws amusing shade on Gwynnie's wellness world — see the excellent @DrJenGunter on Twitter — sales and interest in the \$250m company peak.

Yes, while everyone has been laughing, GP has turned into quite the spiritual mogul. To mock is to be part of the unenlightened. To be intrigued and ask questions in the search for personal advancement is the Goop way.

So, what did I take away from the seventh In Goop Health summit, the first in London? That perhaps we are more used to "wellness" than we thought: the line-up of speakers and gluten-free food had a sense of familiarity, rather than wacky quackery. Equally, the self-care stands, classes and talks seemed a tamed-down version of previous events. There were no bare bottoms getting vitamin B12 shots, ear-seeders or mentions of clinical psychedelic tests. Was it worth the £1,000 that guests shelled out for a day ticket (£4,500 for a weekend pass, including hotel stay)? That the audience was almost entirely white is perhaps the most clear-cut and damning answer to who would spend the cost of a week's holiday on an all-you-can-drink kombucha day fest. If Goop really wants to pursue diversity of thought, it could maybe start appealing to a demographic beyond privileged middle-class women toting expensive handbags.

What I learnt

- Before taking part in a masterclass with Dr Barbara Sturm, purveyor of aesthetic medicine and strikingly expensive beauty products, the doctor herself impressed upon the gathered congregation that pollution and a heatwave are the very worst things for your skin. (It was 33C and we were in London.) The very best things? Her skincare range. Available to buy at the Goop shop downstairs! Also, do apply a face mask to your arms and décolleté in summer.

- A lavender-infused hazelnut “milk” double-shot iced latte is entirely delicious.
- That reiki and sound healing isn’t your standard regional-high-street class. Sound healing is becoming a bit of a thing. The idea is that it distracts you from your usual senses and thoughts to help you concentrate in the moment. It’s a sort of meditation aid (helpful if you’ve no idea where to start with meditating beyond impersonating Eddie from Ab Fab with a few “oms”). If you spend the whole of a yoga class holding out for the bit at the end where you lie on the floor and “breathe”, you will love reiki! We sat on small, Scandiesque grey beanbags. We closed our eyes and did those slightly embarrassing deep breaths where you have to “Arrrrrr” out at the end. I saw blue lights! I felt emotional! Our healer, Jasmin Harsono, sung soft melodies and played a gong. At the end I felt so at one with the world, I almost hugged a stranger. Almost.
- Speaking of breathing, you’re probably doing it wrong. Stuart Sandeman is the hippie, pink-T-shirt-wearing version of Tony Robbins. He blends transformational breathing and motivational speaking with the aim of alleviating stress and anxiety, while increasing energy levels and productivity. Everyone who left his life-affirming class was crying — with joy. They finally knew how to breathe. (transformationalbreath.co.uk)
- The Daily Stone, a moisture bar that came in my Goopie bag, looks like soap, but glides on skin as beautifully as a lotion. Made from five oils and butters — cocoa, sweet almond, apricot kernel, avocado and coconut — it smells divine and comes wrapped in a muslin cloth in a wooden box, so it’s the perfect answer to plastic-free beauty.
- A vegan ice cream can be as good as a real milk-from-a-cow one. True story.
- That GP speaks a little of the new-world gospel, and we are listening. “At Goop we have realised that when there’s shame around a topic, it can be destructive. Life is a long process of self-acceptance. Women can be things that are contradictory. We can be intelligent. We can be mothers and be sexual.”

What are the fitness trends coming over from America?

By Ellie Austin

Pimp your drink

The latest must-have super-ingredient in your smoothie? Lucuma. This fleshy fruit from Peru can be bought as a powder and is packed full of antioxidants, vitamin B and fibre. Even better, it tastes like sweet potato mixed with maple syrup, and is believed to have anti-ageing properties.

Join the club

New York’s health brigade has a new mecca. The Well in Manhattan is billed as a “complete ecosystem for wellness”, where members fork out \$375 (£300) a month for a one-to-one health coach, “integrative medicine doctors” and unlimited yoga and meditation. Think Soho House for the Goop set.

And... stretch

For serious gym bunnies, recovery time is now just as important as high-intensity workouts. Stretch-only sessions such as Le Stretch (founded by a former SoulCycle instructor) provide the antidote to killer cardio sessions and focus on rehabilitation as a key part of reaching peak fitness.

Styling: Annie Hertikova. Hair and make-up: Celine Nonon at Terri Manduca using Mac. Nails: Joanna Newbold using Chanel Le Vernis in Ballerina and Chanel La Crème Main. Model: Micah Barnes at W Model