

The Wellness Report— Spring 2016

Top Wellness Trends to Watch in 2016

These are the top #1s from different verdicts; they could be the biggest up-and-coming trends for us to watch for in 2016!

Why Everyone is Eating Breakfast, Lunch, and Dinner out of a Bowl

Bowls are branching out to claim lunch and dinner, too, and they're making a savory appearance on healthy-leaning restaurant menus, going by the name of grain bowls, macro bowls, veggie bowls, poke (sushi-style) bowls, and more.

There's even a cookbook called ***Bowl*** coming out by foodie-author Lukas Volger this year.

Credit: well+Good 2016 Wellness Trends <http://archive.wellandgood.com/fitness-wellness-trends>



Outdoor, adventure-based fitness

More and more of us are putting the "out" into "workout." From adventure-based workouts such as obstacle courses and themed gymnastics, to outdoor-based workouts like parkour and hiking, exercise trends are getting back to nature.

One obstacle-course company, which already boasts more than a million annual participants in its regular races through mud, fire, and water, recently announced that it was partnering with a TV studio to launch a new reality series. The constant media spotlight will continue to boost participant numbers in the new year.



Outdoor calorie calculator

These calculations of calories burned relate to an average 155 lb (70 kg) adult doing the selected activity for 30 minutes.

- obstacle courses and other vigorous-level calisthenics: 298 calories
- horseback riding: 149 calories
- snowshoeing: 298 calories
- snorkelling: 186 calories
- rock climbing: 298 calories
- rowing: 316 calories
- ice skating: 260 calories

210-13900 Maycrest Way, Richmond BC V6V 3E2
Tel 604.270.1142, Toll Free 1.888.766.6390
Fax 604.270.3662, Toll Free Fax 1.888.636.1430
Website: www.dupuislangen.com
E-mail: info@dupuislangen.com

Credit: ALIVE January 1, 2016 <http://www.alive.com/health/top-health-trends-of-2016/>

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All-inclusive wellness studios.

The thing about wellness is that it's a lifestyle. You just don't go to a yoga class and then go to have a burger. You go to yoga and then you're probably craving a plant-based meal. Same goes for when you go for a holistic treatment. Afterward, you probably want to hang out and meet like-minded people. Enter the birth of wellness centers.

L.A. is driving this trend with the 10,000-square-foot Wanderlust Hollywood, equipped with yoga and meditation spaces, lots of events, and a café from Seamus Mullen. In Canada, places like Nordik Spa-Nature in Quebec offers a weightless Källa treatment, which takes place in the only indoor flotation pool.

Source: [The Telegraph Lifestyle | Wellness December 28, 2015](http://www.telegraph.co.uk/wellbeing/health-advice/seven-wellness-trends-to-watch-in-2016/) <http://www.telegraph.co.uk/wellbeing/health-advice/seven-wellness-trends-to-watch-in-2016/>



Greens. More greens.

We're not just talking about dark leafy greens, but actual greens that we routinely don't use like matcha green tea, seaweed, algae, or for those of you new to the NS way of eating, then of course those dark leafy greens. All of these can be incorporated into your diet with ease, check out some of these recipes to help you explore:

Matcha:

[Matcha Tea Latte](#), [Green Mint Chocolate Chip Ice Cream](#), and [Popcorn 4 Ways](#)

Algae:

[Tropical Tango Smoothie](#), [Spirulina Globes](#), and [Blue-Green Spirulina Milk](#)

Seaweed:

[Veggie Sushi Rolls](#), [Epic Thai Spring Rolls](#), and [Avocado Shallot Dip](#) (with [kelp](#) sprinkled on top)



Credit: [Nutrition Stripped January 7, 2015](http://nutritionstripped.com/top-10-wellness-trends-2016/) <http://nutritionstripped.com/top-10-wellness-trends-2016/>

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