



THE GLAMOUR HEALTH FORECAST

See that? That's the healthy new you, thanks to 2016's hottest lifestyle trends (clue: spiralling is *so* last year). **Gemma Askham** reports

Try to imagine a time when you'd show off photos of a green vegetable instead of a blurry celebrity you saw at the airport, drink the juice of boiled bones by choice, and not only buy cauliflower – the devil of your childhood – but combine it with... pizza. Well, that was 2015. Milk came from a nut, not a cow. Fourteen per cent of us bought a juicer. And when we got excited about dates, we weren't talking about last night on Happn. Health consciousness officially entered the mainstream, one #inspo hashtag at a time. Want to know what's in store this year? Nutribullet a green juice and let's begin...

2015 SPIRALISING 2016 HOME SMOKING AND FERMENTING

Thanks to Deliciously Ella, courgetti became last year's dinner-party staple – with "spiralling" a totally valid answer to what you were doing of an evening. Now, home-smoking kits (such as Lakeland's Smoking Gun, £61.99) are predicted to become cult cupboard-candy, with Waitrose's annual trend forecast suggesting eggs, butter,

cocktails and vegetables will all be served with some DIY smoking. But with fermented foods like sauerkraut, kimchi (a Korean vegetable dish), miso and kefir (a fermented milk drink) providing digestive benefits that probiotic supplements simply can't match, 'live foods' are moving from shop-bought to shop-shunned. "I think the biggest fermented foods trend of 2016 will be the openness to learning how to make ferments at home," says Summer Bock, a microbiologist and fermentationist. "Digestive issues like constipation, heartburn and bloating can be tackled by eating two forkfuls of probiotic-rich fermented veggies with a meal." Fermentation involves adding salt to veg or kefir grains to milk or water – see *Fermented* by Charlotte Pike (£16.99) for recipes.

2015 BARRE 2016 GLIDERS AND ROLLERS

The ballet-training handrail was all over 2015, with Barretone and Barrecore classes proving as popular as the 'Body'-prefixed workouts (BodyPump, BodyAttack) of the 2000s. But 2016 sees a return to purchasable kit, with gliders and rollers top of the list, says Joan Murphy, co-founder of Frame gyms and collaborator on ►

"Virtual reality
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◀ Whistles sportswear. Placed under your hands in planks or feet in lunges, “Gliders are discs that slide across the floor, which are great for core and shoulder stability. Think of lying in a plank and extending your arms across the floor, staying engaged at all times,” she explains. Professional pads are available, but she suggests paper plates as a DIY alternative. Then there are foam rollers – the after-exercise stretching tool. “With HIIT and body-weight training proving so popular, rollers get deeper into the muscles and target areas that aren’t as easy to stretch.” Rolling your calves/bum/back over the device uses your body weight to ‘roll’ out tension – start gently and increase pressure as muscles relax.

2015 SELF-TAUGHT MEDITATION

2016 MEDITATION GOES MAINSTREAM

The fact that Headspace, the app that teaches meditation in ten-minute chunks, has had a million downloads suggests mindfulness is going nowhere – except everywhere. “Meditation will go mainstream way beyond the yoga and fitness industry, becoming a common part of corporate and military models for health, productivity and efficiency,” says Tiffany Cruikshank, founder of Yoga Medicine (with its 127K Instagram followers), and author of *Meditate Your Weight* (out April 5). In October, the UK’s all-party parliamentary group summed up a year’s worth of research by advising that meditation courses be made available to recurrent depression sufferers and taught in schools (it’s proven to improve GCSE results) and prisons (to reduce re-offending). Both Google and the BBC are hiring mindfulness teachers for staff, while gyms will roll out meditation as a stand-alone discipline or as the final exercise in classes.

2015 SCANDINAVIAN

2016 HAWAIIAN

With Scandinavia’s fish, berry and rye diet now as commonplace as Ikea’s Billy bookcase, there’s a new addition to your food geography – and vocabulary. Meet poke (poh-kay) – a Hawaiian staple set to become the new sashimi. It’s made

of cubes of raw tuna, marinated in soy sauce, avocado, mango and ginger (among other ingredients), and arranged over seaweed-flavoured rice. Available in LA restaurants and US Whole Foods stores, it’s now hit the UK: available at POND Dalston in London, through eatpoke.co.uk, and at Hawaiian restaurants around the country. Look for kale and tofu poke springing up as veggie alternatives.

2015 WAITING AT THE GP

2016 GP ONLINE

The words ‘technology’ and ‘medical advice’ haven’t always safely hung out in the same sentence. The game-changer? Babylon Health – a new app that, for £4.99 a month, offers unlimited video-message and phone consultations with GPs. Founded by physics engineer Dr Ali Parsa, it won the 2015 BT Infinity Lab Award for Digital Innovation and is being used in trials by NHS trusts to reduce reliance on appointments. Use ‘Ask’ to text questions to GPs or ‘Consult’ for a video/phone call, seven days a week. The drawbacks? You’re assigned the next available GP, not a regular one; serious concerns require in-person advice; and while it can order prescriptions to a pharmacy of your choice, you pay a private charge, not the NHS’s £8.20. iTunes, GooglePlay.

EAT WHAT?! 3 TRENDS WE’RE NOT 100% SOLD ON

1 Cricket flour

It’s more protein-rich than beef with much less fat. But it’s still what celebrities eat on telly to humiliate themselves.

2 Charcoal water

Designed to improve alkalinity, but currently loaded with sugar, as charcoal tastes exactly like you’d expect – burnt grill tray.

3 Sea urchin

In ‘caviar’ form, the latest in the roe trend is apparently a great match with avocado on toast. But smoked salmon is still exotic, right?



Food with spikes? Yeah, we’ll pass...

2015 GOURMET DOUGHNUTS

2016 SAVOURY SNACKS

With the sacking of bog-standard jam and introduction of flavours like salted honeycomb and sticky toffee pudding, 2015 was the year doughnuts reached immortal status. But sugar is still no one’s friend – cue the rise of savoury snacks beyond the ‘handful of nuts’ standard. Marketing agency Sterling-Rice Group forecasts a rise in labneh – a salted Middle Eastern yoghurt – served with flatbread, grain salads or roasted fruit – and savoury porridges made of rye, black rice or quinoa topped with mushrooms, smoked fish or egg. Popcorn will move from sweet to seaweed or sesame flavour; cereal bars will be snubbed for bean bars or chickpea snacks; and beef jerky will have a comeback. ▶

2015 75% SITTING TIME IN OFFICE JOBS

2016 ENFORCED STANDING-UP

You know you're tapping into an issue when a book tops Amazon's exercise-release chart six months before its launch date. This is the case for *Deskbound: Sitting Is The New Smoking*, out March 17, by physical therapist Kelly Starrett. The book comes fresh off 2015 research that found Brits sit for 8.9 hours a day; once you top seven hours, each additional hour – or *Game Of Thrones* episode – brings a 5% increased risk of going the way of the late Lord Commander. But it's office jobs, not HBO, upping our laze-game. New Public Health England guidelines want sitters to spend two of their 16 waking hours upright – building up to four hours in four months. How? Experts' top picks are adjustable sit-stand desks, which only 1% of UK offices have, compared to 90% of Scandinavians'. If you're still trying to get budget clearance for a new stapler – let alone a new desk – walking meetings, incentives for working out, and daily step-count targets are likely introductions over the next 12 months.

2015 FIVE-A-DAY

2016 SEPARATE RULES FOR FRUIT AND VEG

Australia already splits its fruit and veg quota into different daily targets – two servings of fruit, five of vegetables. Given fruit's much higher sugar content, "2016 may be the first year we split fruit-and-veg into separate words and recognise that they have different roles in the body," says food influencer Dave Asprey, who created the butter-in-coffee phenomenon said to boost fat-burning and energy. In a market once dominated by fruit, 13% of all European juice launches up to August 2015 were vegetable, says Mintel – with favourites kale and chlorella (a green algae) joined by pumpkin, sweet potato, asparagus and pepper. Look out for drink-cold soups hitting the juice aisle, too, predicts the Sterling-Rice Group.

2015 FITNESS- TRACKING APPS

2016 FITNESS VIRTUAL REALITY

This is the first year that virtual-reality headsets launch, and while initial uptake outside of the gaming community may be a bit Google Glass-like, "I anticipate them

being a big talking point," says Rafe Blandford, mobile strategist at global tech agency DigitasLBI. Three devices are scheduled for arrival by summer – Oculus Rift, Sony PlayStation VR and HTC Vive, all thought to be around the £200 mark. So what do they bring to your workout? In short, a complete change of setting. Blandford draws parallels with the motivational effect of the Wii Fit or the Zombies, Run! app, which shouts instructions to avoid a zombie attack. Another possibility is to be taught by a virtual PT. "We don't fully appreciate what virtual reality can be used for yet – but it will be about making fitness more enjoyable."


2015 YOUTUBE CLASSES

2016 WEBCAM CLASSES

Hear the word 'webcam' and we know you're more likely to think 'weird sex documentary on Channel 4' than 'really useful health tool'. But (workout) times are a-changing. Instead of watching a YouTube tutorial with no idea how your downward dog is stacking up, yoogaia.com offers live, interactive webcam classes in yoga, Pilates and barre. Via your webcam, the tutor can offer feedback on how to correct your form; only they see all the other participants – though depending on the number of other users, it's unlikely to be as personal as attending a class. After a free seven-day trial, it's £14.99 a month, including the option to watch recorded classes any time.



THE health book of 2016

Last year might have been all about The Tracy Anderson Method, but 2016 is the year of Dalton Wong's *Feelgood Plan*, also known as: how to be fit and have a life. Jennifer Lawrence's personal trainer – the man who got her *Mystique*-ready for this spring's *X-Men: Apocalypse* – has put together a book of scientifically proven antidotes to extreme fitness quick fixes, and his biggest A-list fan is so impressed, she's written the foreword to it. "When I'm in London, I love to train in his gym," says Lawrence. "And then we go out for burgers and fries with his family – it's all about balance. Dalton is different to other trainers because he understands what my body needs – how to exercise and enjoy food. I could never live on a 'diet'. Dalton taught me how to eat, move and live a delicious but healthy life." A health plan that involves eating burgers and looking like *that* in head-to-toe blue body paint? We are so on board with that. 



The Feelgood Plan by Dalton Wong and Kate Faithfull-Williams is out January 7 (Ebury Publishing, £14.99). Dalton Wong is also founder of Twenty Two Training in London (twentytwotraining.com)