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Top Wellness Trends for 2016

In the world of wellness, it's important to keep an eye on upcoming trends. While it's great to have a routine of eating, sleeping, stress management and exercise that works well for individuals, it's also fascinating to see what new options there are out there. Could you, for example, discover something new that will make a huge impact in your life? It's entirely possible, and at The Wellness Show, it's our goal to help educate our audience and help them to discover the latest and greatest ways to feel their best.

Here are the top wellness trends that are going to make an impact in 2016:

Mindfulness and Holistic Living. Happily, we are finally saying goodbye to crash diets and instead focusing on living our lives mindfully, and with all components—diet, exercise, spirituality and sleep—in mind. Many of the “hard core” exercise trends of the last few years are now giving way to a more well-rounded routine that includes rest and recovery. No-carb diets are giving way to diets that include high-fiber, complex carbohydrates to give a slow burn of energy.

Kelp. Look out kale and Brussels sprouts! Kelp is the newest green superfood. Seaweed is loaded with vitamins, enzymes, and especially minerals, like manganese, calcium, magnesium, copper and zinc. Visit the Harmonic Arts booth at the show to discover how to integrate this superfood into your life.

Minerals. While often in the past, we've focused more on the vitamin content of foods and supplements, we're now realizing that minerals are incredibly important as well. Rick Fischer, Holistic Coach and author, describes them as the “spark plugs of life.” Learn how to rebalance your minerals from Rick at 4:15 pm on Sunday, February 14 at the Wellness Show, and you can purchase them in liquid form from Amazon Trading's booth.

Matcha. Green tea is moving out of our tea pots and into mainstream food! Because it's sold as a powder, it makes it really easy to integrate this superfood that helps improve memory and increase your energy into baked goods. Pick some up from My Matcha Life at the show, or sample Zen Organic's different matcha flavours. Plan to attend a cooking demonstration with Chef Tammy-Lynn McNabb, who will be making Matcha and White Chocolate Cheesecake Mousse with Green Tea Shortbread Cookie Crust.

On Demand Economy. In a world where you can literally have anything delivered to your door within minutes, you can now have an entire pilates studio brought right to your work or home. Local business, Tone Pilates, brings the studio to you. They'll come in, set up the equipment, work you out, and be gone in just an hour!

Sensory Deprivation. Meditation is becoming more and more popular all the time. For those that have a hard time blocking out the world to meditate, a Sensory Deprivation Tank can be the answer. Visit Pure Float at the Wellness Show, and experience one of their NeuroSpa sound therapy chairs, a unique relaxation practice that benefits both the brain and body through music and vibration.

Avocados. The hippest healthy food trend to hit last year was Avocado Toast, and it's not going anywhere. We're more eager than ever to incorporate these healthy fats into our diets. One way to do so is by putting it into a green smoothie, and then adding some Alligga Flax Seed Oil to your smoothie to further bump up the amount of Omega-6's.

Athleisure Fashions. Vancouver is the city that created the head-to-toe yoga look, but athletic gear is getting more and more technical all the time, and more and more popular as celebs like Kate Hudson create their own lines. You can check out the latest in Athleisure at the Firma Energywear booth and fashion shows at The Wellness Show.

Dance your Booty Off! A huge fitness trend for 2016 is dance classes. You don't have to be a dancer to take them—it just makes for a fun workout where you won't easily get bored. Dancing offers cardio and strength training in a fun little package. This year at The Wellness Show, we'll be featuring Ballet Fit (includes barre work, cardio, core and flexibility), Grooving (non-choreographed hip-hop), and Cardio Cabaret (a sassy warm up, struts and combos, and a ballet-inspired cool down).

Social Meditation. Meditation, once thought to be a very solo venture, has now become "the new happy hour." Many people are enjoying meditating in a group with friends. Take one of the group meditation classes at The Wellness Show; Nirmala Raniga, Founder, Chopra Addiction & Wellness Center will be doing a 20-minute guided meditation on Friday, February 12.

The Wellness Show opens its doors from 12-7 pm on February 12, 10 am to 7 pm on February 13, and 10 am to 6 pm on February 14. The show takes place at the Vancouver Convention Centre East, Exhibit Hall B & C, 999 Canada Place in downtown Vancouver. Tickets are \$14.50 General Admission, \$12.50 Seniors 65+ or Students with valid ID, \$6.00 Children (5 and under free), and \$30.00 for a 3 day pass. Family passes for two adults and two children are available for \$25. Tickets will be available online at thewellnessshow.com, or at the door.

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