

woman&home

SURPRISING SLEEP-BETTER SECRETS

JANUARY 2021 £3.99

Feel Good You

**30-DAY
ENERGY DIET**

**LOSE
7lb**

Fix your metabolism

**75
NEW YEAR
HEALTH
UPGRADES**

- ✓ Be happy
- ✓ Stay well
- ✓ Beat pain

Your best year

**STARTS
HERE!**

How to get the life YOU want in 2021

**SUPERFOOD
RECIPES TO BOOST
BODY AND MIND**

NATURE CALLS

The latest pill-free health cures

**TONE
YOUR
TUM
IN 10**

Get your
waist back

Great hair
EVERY DAY

**EXPERT TIPS FOR
ULTIMATE BOUNCE**

THE TOP 2021 HEALTH TRENDS

We're predicting big things for health and fitness in 2021. Here's what will be making headlines over the coming months...



FITNESS

KEEPING FIT AT HOME...

You don't need a mountain of equipment to strength train in your front room. The Activ5 pocket gym is a handheld device that helps you to tone using your own body as resistance, while the companion app tracks results and provides more than 100 unique workouts.

(£129.99, [activ5.co.uk](https://www.activ5.co.uk))

KEEP FIT APPS

There was a whopping 180% increase in traffic to health and fitness apps in the first three months of lockdown*, and that trend looks set to continue. These are some of the biggest hits that will help us through 2021:

✦ **danceSing on Demand**

An online choir that also keeps you fit with virtual singing classes, dance

fitness workshops and Pilates. (£20 a month, [dance-sing.uk](https://www.dance-sing.uk)).

✦ **Prescription workouts from home**

For people with long-term conditions, these will be huge and the NHS-approved Exi app is one of the first to offer the programme developed by physios and physicians (free, iOS and android).

✦ **LIVENow**

From boxing to barre to post natal, through to HIIT, dumbbells and yoga, workout wherever you are with over 60 classes live-streamed into your home each week. Plus, classes are free until 31 January ([live-now.com](https://www.live-now.com)).



ACTIVEWEAR

INFRARED CLOTHING

KYMIRA sport use fabrics with infrared technology, which captures the body's wasted energy and converts it to a specific wavelength of Far Infrared Radiation (FIR). This improves circulation, increases tissue oxygen, provides pain relief and reduces the onset of muscle soreness. Try **iR50 Recovery leggings (£80, [kymirasport.com](https://www.kymirasport.com))**. Meanwhile Dagsmejan's sleepwear will help you recover while you're in the land of nod. (**£76.99, [dagsmejan.com](https://www.dagsmejan.com)**). It's a faff to keep switching clothes, so try **Lululemon's City Sleek 5 Pocket Pant**, and look stylish whether you're at the gym or at work (**£89, [lululemon.co.uk](https://www.lululemon.co.uk)**).



IMMUNITY

Keeping our immune systems healthy is essential - and the latest supplement to do that is NAD+. NAD stands for Nicotinamide Adenine Dinucleotide, a molecule found in every cell. As we age, levels drop by as much as 50% every 20 years – leading to thinning hair and skin, lack of energy and low immunity. Try **Nuchido TIME+**. A 30-day supply costs **£65** (nuchido.co.uk).



WELLBEING

SLEEP TECH

At least a third of us suffer with insomnia according to the NHS. This year, tech is coming to the rescue; Morphée is an audio sleeping aid combining meditation and sophrology – a therapy to relax the mind and body – to create relaxation and sleeping exercises, and help you sleep better (**£79.95**, morphee.co).

MEDITATION

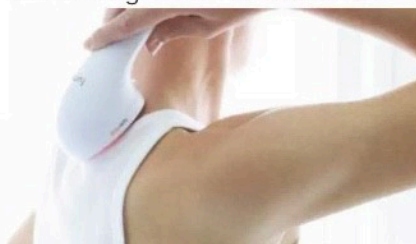
We know meditation isn't new, but 2021 will see an even bigger rise in uptake. If you're worried meditation isn't for you, read *My Mind Won't Shut Up! Meditation for People who don't Meditate* by Marion and Linda Williamson (**£8**, **Trigger Publishing**), which teaches funny and easy ways of meditating to help silence your inner gibberish.



HEALTH TECH

HOME SAUNAS

The Sunlighten Solo System is a portable sauna that heats you up from the core and helps lower blood pressure and aid weight loss. The LumiNIR is a



handheld version with infrared rays to help boost skin health. It's not cheap, but it could be the secret to a serious health boost. **LumiNIR, £499**, sunlightensaunas.co.uk.

HOME-TESTING HEALTH KITS

For everything from menopause to thyroid checks, food sensitivity and UTIs – you can test it at home. TestCard is a home UTI test. Simply dip the stick into a urine sample then use the app to scan your results. (**£10**, testcard.com)

HEALTH APPS

Track your food and eating with the personalised **Diet Plate**, which works as a dietitian, helping you reach your weight-loss goal, and letting you follow macros, calculate saturated fats and work out how much you should eat. thedietplate.com/the_diet_plate_online.



If you suffer from IBS, then **Zemedy** (zemedy.com) will help you get to the root of the problem using a six-week course of CBT techniques to help regulate the nervous system. It's free to download but in-app purchases start from **£18.99 a month**.



Ampersand (ampersandhealth.co.uk) aims to help people with arthritis and IBD to self-manage symptoms by providing access to expert advice and courses focusing on sleep, stress and much more. It's free too! (iOS and Android).

*Study by the Organisation for the Review of Care and Health Apps (Orcha).



PAIN MANAGEMENT

Suffer from pain? Tech is your friend this year. The Nurokor mitouch and the smaller mibody use technology to alleviate pain, reduce inflammation and regenerate cells (**£99**, nurokor.com)

The Livia is a portable, wearable device that works to stop period and endometriosis pain by using Swartwave technology (**£12.99**, uk.mylivia.com).



SUPPLEMENTS

BIOHACKING – boosting mental well-being and performance by hacking into your biology – is set to become huge in 2021. Nootropics improve cognitive function, while adaptogens are herbs and roots that support your body in handling mental and physical stress. Over at liveinnermost.com there are nootropics for every occasion from **£22.95 for 30**.

Sun Eleuthero powder comes from the root of the eleutherococcus senticosus plant and can help metabolise fat and cope with everyday stresses.

£21.95 for a three-week supply (sunchlorella.co.uk).

