

What's hot in 2016

This year's must-try health and exercise trends

LIVE STREAMED WORKOUTS

'These are already big in the US and about to take off in Australia too,' says Ben Lucas, owner of Flow Athletic in Sydney.

'Now those people who don't live near their favourite studio or trainer can participate in sessions online! We expect live streaming to be popular with body weight training such as yoga and some strength sessions.'

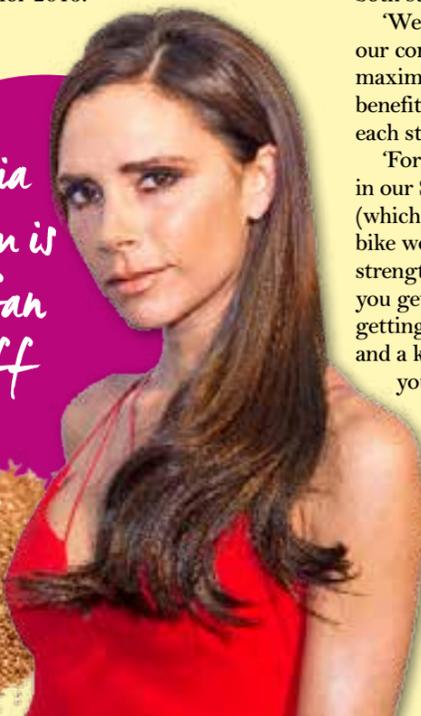
Fiona Tuck (fionatuck.com).

'Teff is an Ethiopian grain and one of the few grains to contain vitamin K, which we need for blood clotting and bone health. Teff is high in vitamin B, iron, fibre and calcium – making it a new superfood contender for 2016.'

TEFF

'There is a new kid on the block set to cause quite a stir within the health industry – meet Teff!' says nutritional medicine practitioner

Victoria Beckham is a big fan of Teff



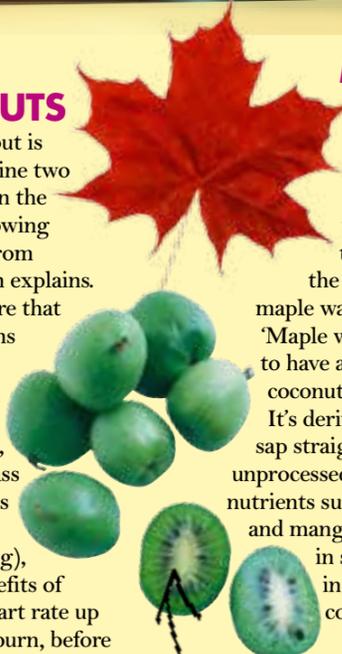
HYBRID WORKOUTS

'A hybrid workout is when you combine two training styles in the one session, allowing you to benefit from both styles,' Ben explains.

'We make sure that our combinations maximise the benefits of each style.'

'For example, in our Strike class (which combines bike work and strength training), you get the benefits of getting your heart rate up and a kilojoule burn, before you even lift a weight.'

'By the time you move onto the strength component of the workout, your body is already in fat-burning mode. And you're likely to train harder because you're doing something completely new!'



MAPLE WATER

'If you're loco for coco, there's a newbie on the market that's taken Europe and the US by storm – maple water!' Fiona says.

'Maple water is claimed to have all the benefits of coconut water and more.'

It's derived from maple sap straight from the tree, unprocessed and full of nutrients such as potassium and manganese. It's low in sugar and lower in kilojoules than coconut water.'

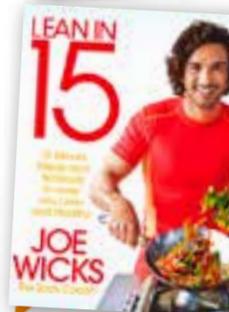
KIWI BERRIES

'Kiwi berries are miniature kiwifruit that look like green cherry tomatoes but taste like kiwi,' Fiona explains. 'Packed with antioxidants and extremely high in vitamin C, these little gems are sure to be a hit as they don't need peeling.'

BODY TO THE BRINK!

NEW Health

She's 61 and she looks great! Model Christie Brinkley says her anti-ageing weapons are organic food, coffee, yoga and spin classes. 'There's plenty of studies to support drinking coffee,' she says. 'I've always believed in a rainbow diet – as many colours and foods as you can eat, the better.'



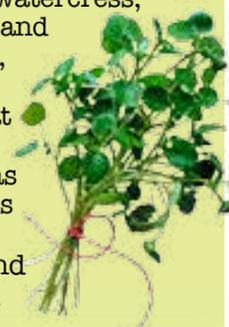
CLEAN AND LEAN

He counts super-fit singer Ellie Goulding as a fan, so you know UK trainer Joe Wicks is good! Helping you eat more while exercising less, his book *Lean In 15* (Macmillan, \$32.99) has tips, exercises and healthy meals you can make in just 15 minutes, such as Sweet Potato Cottage Pie and Lamb Koftas.

New diet alert!

The Victorian diet

It was the era of being prim and proper – and perfectly nourished, according to experts who say we should be eating the way people did in the British mid-Victorian era. With a diet high in vegies such as watercress, cabbage and beetroot, meat and meat scraps, there was less focus on salt, sugar and tobacco.



They call it puppy love...



Sick of saying no when your kids plead for a pet pooch? It might be time to say yes! A US study has found dogs can help reduce childhood anxiety, with additional research claiming that kids who grow up with pups have a 13 per cent lower risk of asthma than those who don't.



Advertising
Although your first attempt to quit smoking mightn't be your last, your body will benefit from the smoke free period.
- Dr. Cindy Pan



Quit while you're ahead

Would you like to give up smoking once and for all? Amcal is here to help you make it happen...



BEATING THE HABIT
Quitting smoking successfully is a marathon. It can take the average smoker up to six attempts before they kick the habit for good. While it can take some time to quit smoking, every attempt is a positive step for your health.

WHY QUIT?
Giving up smoking can have some major health benefits. In fact, the positive effects of quitting can be seen in just six hours as your blood pressure decreases. The longer you stay cigarette free, the more health benefits you'll see:
• Within 24 hours, there's more oxygen in your body
• Within seven days, your lung's natural cleaning system begins to recover
• And within two months, your immune system starts to recover.

HOW TO QUIT
While you might struggle to quit smoking on your first go, there are things you can do to help you stay smoke-free for longer. These include making a list of reasons why you want to stop smoking and spending more time with friends who don't smoke. You can also reach out to your local Amcal Pharmacist.

YOU'RE NOT ALONE
At Amcal, there's always a pharmacist on duty who can provide the ongoing support and advice you need to quit smoking. They can provide you with hints and tips, and advise which products would work best for you based on your habits. Whether it's your first attempt at quitting or your fifth, Amcal can help guide you through your quitting journey.



For advice about quitting smoking and the positive effects it can have on you and your family, speak to your Amcal pharmacist or GP today.

Find your nearest Amcal at amcal.com.au

Information: 1. Quit Now. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
2. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
3. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
4. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
5. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
6. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
7. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
8. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
9. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>
10. Quitting Smoking. (2012). Smuggling Your Body. Retrieved from <http://www.quitnow.gov.au/quitnow/>