

NEWBEAUTY®

FITNESS

Inside the New Wave of Fitness

The world of fitness has widely expanded, so now more than ever there's something for everyone.

By Allie Hogan, Associate Beauty Editor · Jul 17, 2023



Exercise is crucial to our health and wellness—both physically and mentally—but not all of us love heading to the gym or going for a run. The good news: The world of fitness has widely expanded, and now, more than ever, there's something for everyone.

Mental Health and Fitness

The various facets of our wellness are interconnected. Our physical, mental, skin and gut health all impact each other like dominoes: If one isn't strong, it risks toppling the whole structure. For those struggling with mental health, whether medically diagnosed or just going through a rough patch, oftentimes the last thing you want to do is get up and exercise. I've always resented those who have told me regular exercise would improve my mental health, so don't tell them, but they're right. Exercise isn't only benefiting the body—the brain needs it, too.

DanceBody and Alo Moves instructor Katia Pryce calls exercise “getting her daily ‘D.O.S.E’ of happy chemicals—dopamine, oxytocin, serotonin and endorphins.” These happy chemicals and other elements of exercise can contribute to elevated mood and energy and decreased feelings of anxiety and depression, says Danielle Cote, director of training operations for Pure Barre. Karen Maxwell, director of training for CycleBar, adds that she often thinks the mental health benefits far outweigh the physical ones. From better sleep to improved memory, exercise can be a lifeline for a weary brain.

Alo Moves barre instructor Emily Sferra points to a myriad of studies supporting the notion “that physical movement creates a biological cascade of events that results in many health benefits, including brain health and function, which impact our mood and mindset.” Sferra says, “Movement moves us,” but we have to let it. The most effective workout is one you will do consistently, so if traditional exercise doesn't appeal to you, try some of these popular modern takes on working out.

Pickleball

Anyone paying attention to fitness trends has heard of [pickleball](#). It's a game that incorporates elements of tennis, ping-pong and badminton, and it's played on a court, explains Marcos Landavazo, pickleball instructor at Rancho La Puerta. "Pickleball has a short learning curve and doesn't requiring too much running, so it can be enjoyed by almost everyone, with ages of players ranging from youth to 90 years old," says Frank Frounfelker, tennis pro at Sanctuary Camelback Mountain, a Gurney's Resort & Spa.

Founders of Recess Pickleball, Maggie Brown and Grace Moore, say it "takes two minutes to learn how to play and 15 minutes to fall in love, making it the most approachable game." It's such a hit because it's social, fun and easy to learn, even for novices, notes Frounfelker. "It is fast-paced and a bit addicting. It keeps your brain sharp because of the way the scoring system is structured," adds Landavazo.



Rancho La Puerta