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### Fitness Trends in 2025

Here are some of the biggest trends to expect in fitness this upcoming year



1. **Wearable Technology**- fitness trackers just keep gaining momentum! New tech is on the market that links to fitness apps which provide individualized programming and biofeedback like sleep and heart rate variability
2. **Training Modalities**- trends include fitness classes aimed at Older Adults, High Intensity Interval Training, and Functional Fitness programs
3. **Mental Health**- it's not just about building physical strength, it's also about fostering mental resilience. This means adding mental health exercises into routines to balance overall wellness

## Health Optimisation



In 2025 the conversation around wellness is shifting in its approach, making it more about intentionality.

**Biohacking has gone mainstream! Wellness is no longer just about optimizing performance, it's about feeling good and living longer. The reframe is "health optimization", which means taking advantage of technology and practical advice to make living well more attainable.**

**Longevity science provides us with the basics to optimize sleep, reduce stress, and eat for cellular health. This will increase not only your lifespan, but also your health span- meaning you can have a sharp mind and active body past 50!**

**To become a longevity seeker, try the following:**

- **Prioritize strength training**
- **Limit ultra-processed foods**
- **Reduce chemical exposure (skincare, plastics, cleaning products, etc)**
- **Spend time in nature**

**Once you've mastered these basics you can live well in the modern world. These ideas promote personalized holistic health and can help balance an industry that's full of quick fixes and consumer products full of empty claims.**

## NEW Fitness Classes



**Kristi Kleinsmith** is happy to announce new group training classes, both indoor and outdoors, to help you make fitness a priority!

Starting in January, evening classes include:

**Foam Roll Your Pain Away**  
**Functional Fitness**  
**The Power of Posture**  
**Full Body Stretch**  
**Kickboxing**



Call for more details, or to reserve your class spot!

519-542-6060



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## Easy Vegan Chili



This healthy, hearty plant-based recipe is perfect for chilly days! It's packed with protein and fiber, and best of all its sustainable and flavorful!

### Ingredients

- 1 small yellow onion, diced
- 2 green bell peppers, diced
- 3 ribs celery, diced
- 3 small carrots, sliced thin
- 3 cloves garlic, minced
- 4 tbsp chili powder
- 1 tbsp cumin
- 1 tsp oregano
- ½ tsp cayenne
- 1 tsp sea salt
- 2x 15oz cans red kidney beans, rinsed and drained
- 2x 15oz cans pinto beans, rinsed and drained
- 2x 28oz cans crushed tomatoes
- 1 cup vegetable broth
- Optional toppings: green onion, sliced avocado, etc

### Directions

1. In a large pot, add 1/3 cup of broth and add onion, celery, and green pepper. Cook until golden brown.
2. Reduce to medium and add garlic, carrots, and remaining spices (chili powder, cumin, oregano, salt). Sauté for 2-3 minutes
3. Add beans, tomatoes, and remaining broth. Bring to a boil. Then reduce to a simmer. Cover and cook for 10 minutes.
4. Remove lid and cook another 5-7 minutes until carrots are tender, stirring occasionally
5. Serve warm with optional toppings as desired

