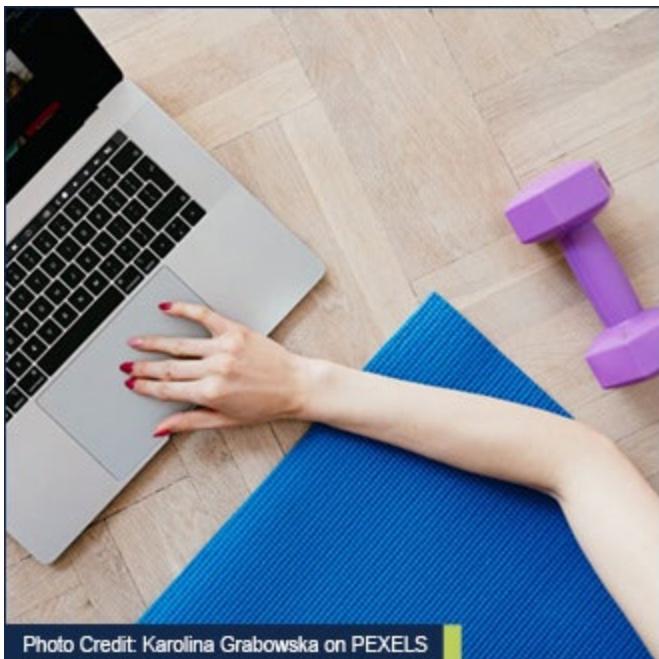


WELLNESS CONNECTION

LIVE WELL. WORK WELL.

FEBRUARY 2022

INSPIRE TO MOVE - Trends of Excitement!



By Lydia Schillinger

Did you know that working out can actually make you feel happy? During a workout, neurochemicals in our brain race around boosting our mood. Serotonin, oxytocin, and dopamine make up this [Happiness Trifecta](#) that causes that excited, happy feeling. Any activity, such as exercise, that produces an increase in the production of these neurochemicals makes us feel happy. The start of a new year is an exciting time to pick up new healthy habits. Trying out a new fitness trend such as listening to a great wellness podcast, working out to a new YouTube video, or trying a new fitness app

are all great ways to give your Happiness Trifecta a boost!

In researching material for this article, I came across the [Well + Good podcast](#). A lot of the features in this podcast go along with similar ideas that we commonly share in our Inspire to Move articles. Trends on topics such as fitness, health and beauty, and ways to stay calm are all included. This podcast features innovators, leading experts on many topics, and entrepreneurs who share their knowledge and research on all the latest trends.

Watching YouTube exercise videos and fitness apps are also trendy now as more people are choosing to work out in their home gyms. While using your own weight machines, free weights,

and yoga mats, you may find that working out at home can make you just as happy as a visit to the gym. Some positive Youtube fitness influencers that I find to be helpful are [Chloe Ting](#), [Johanna AKA Growwithjo](#), [Lilly Sabri](#) and [Damien Patrick](#). Popular fitness apps are [FitOn](#), [Fitness with Jazz](#), and [Peleton](#). The fitness apps all offer a variety of memberships and a wide range of workouts for all fitness levels.

Help your new year get off to a great start. Bring your Happiness Trifecta full circle with one of these new fitness trends. Write to us and let us know what activity or new experience you tried. We may feature your story in our newsletter.

References:

[Psychology Today - The Neuroscience of Giving](#)

[Well + Good podcast](#)