

Hot Topics

What's buzzy in natural health

Give Yoga Some Facetime

Anti-aging tips and tricks never go out of style—and face yoga is here to prove it. Face yoga consists of performing facial exercises to stretch, tone, and strengthen the muscles in the face, in the hopes of warding off wrinkles and sagginess, and slowing down the signs of aging. The theory is that repetitive facial exercises can help the muscles and skin in your face appear younger and healthier—much like traditional yoga can tone and strengthen muscles throughout the body. With poses called the “Forehead Smoother,” the “Neck Lifter,” and the “Cheek Sculptor,” it’s no wonder anti-aging enthusiasts are trying the face yoga method on for size. But does it really work? Depends on what kind of benefits you’re looking for. By utilizing massage, acupressure, and exercise, a session of face yoga will certainly leave you feeling more focused, relaxed, and calm (which can also make you appear more radiant and well rested). And while the science supporting this trend is squishy at best, here’s hoping that, if you decide to give face yoga a try, you’ll say goodbye to at least some of those fine lines in the process!



Step Aside Pickleball, There's a New Way to Stay Active

There’s no doubt about it: over the past few years, pickleball—that trendy blend of tennis and ping-pong—has become the latest sports craze to hit the courts. It’s so popular that the Sports & Fitness Industry Association estimates that 4.2 million Americans play at least once a year.

But pickleball’s allure may be short lived thanks to competition from another net-based sport called padel (pronounced ‘puh-dell’). Already popular in Spain and some Latin American countries, this mix between tennis and squash is played in doubles on an enclosed court surrounded by walls of glass and metallic mesh. Not only will engaging in a fast-paced game of padel provide aerobic benefits; it’s also been shown to improve coordination and muscle tone. Plus, it’s a great way to socialize and improve stress. And it’s appropriate for all ages! Want to give this tennis-squash mash-up a try? Check online for a local coach who can help you master the basics.



Get Your Sleep Back on Track

There’s a device to track every activity under the sun these days, but what about technology that monitors inactivity? Yup, there’s tech for that, too. Enter sleep trackers—devices that essentially work by measuring how little you move throughout the night. By detecting inactivity, a sleep tracker can tell you when you fall asleep and when you wake up and start moving again. Many sleep trackers also come with the capability to monitor the overall quality of sleep you get each night by tracking if you toss and turn, or wake up before you’ve gotten sufficient shut-eye. Some even have technology that will evaluate the conditions of your sleeping environment and determine if factors like temperature and light exposure are impacting your sleep patterns. If sleep (or energy levels) are something you struggle with, a sleep tracker may be exactly what you need to discover whether the duration and quality of sleep you’re getting needs an upgrade. ■