

# Living360 publishes inaugural health report forecast for 2025

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The online women's wellness magazine has published its Living360 Health Report 2025. The inaugural publication reveals key insights, and forecasts trends for the year ahead under the categories of wellness, fitness and healthy eating – curated following analysis of current data with input from industry experts.

The report highlights five key trends for 2025 across three categories. In wellness, brain health is set to gain prominence. Fitness will see a holistic approach with a focus on recovery, featuring at-home ice baths and compression technology. For healthy eating, fibre will be the central trend.

Download the Living360 Health Report 2025 in full here: [living360.uk/living360-health-report-form/](https://living360.uk/living360-health-report-form/)  
(<https://living360.uk/living360-health-report-form/>)

Editor Mattie Lacey-Davidson stated: "In an era where numerous health trends emerge rapidly within the social media wellness landscape, it is my hope that this report provides a valuable and practical resource for readers to enhance their health in a realistic and attainable way."

For more insight into wellness, healthy eating and keeping fit, bookmark [Living360.uk](https://living360.uk/)  
(<https://living360.uk/>) or sign up to the newsletter for year-round analysis from the Living360 team.

Further reading:

Living360 is petitioning for menopause support to be included in the NHS Health Checks for women over 40, with the aim of improving the experience for women across the UK.

You can read more here: [living360.uk/government-petition-healthcare-women-nhs-menopause](https://living360.uk/government-petition-healthcare-women-nhs-menopause/)  
(<https://living360.uk/government-petition-healthcare-women-nhs-menopause/>)

Or see and sign the petition here: [petition.parliament.uk/petitions/700178](https://petition.parliament.uk/petitions/700178)  
(<https://petition.parliament.uk/petitions/700178>)

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## Notes:

Living360 is an online magazine website helping its readers take a 360-degree approach to wellness. Through articles, newsletters and social media, Living360 tackles wellbeing through mind, body, nutrition, beauty and travel. Its mission is to provide UK audiences with advice that's both aspirational and achievable — helping readers achieve a sustainably healthier lifestyle without sacrificing those much-needed moments of indulgence.

Find out more: Living360.uk (<https://living360.uk/>)

Instagram: @living360uk (<https://www.instagram.com/living360uk/>)

Facebook: Living360 Plus (<https://www.facebook.com/living360plus/>)

LinkedIn: [linkedin.com/living360uk](https://www.linkedin.com/showcase/living360uk/) (<https://www.linkedin.com/showcase/living360uk/>)

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APL Media is an award-winning London-based publisher and content media agency specialising in creating multi-channel content for consumer and trade audiences, primarily in the travel, lifestyle and events sectors. Alongside Living360, APL Media produces the award-winning National Geographic Traveller (UK), Food by National Geographic Traveller (UK), Postcards and Worldwide Destination Guide for ASTA, as well as newspaper guides and digital campaigns for The Telegraph, London Standard and Independent. Events include the National Geographic Traveller (UK) Food Festival and the Travel Media Awards.

Find out more: [aplmedia.co.uk](https://aplmedia.co.uk) (<https://aplmedia.co.uk>)

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