



**GLOBAL WELLNESS
SUMMIT 2018**

OCTOBER 6-8 | TECHNOGYM | CESENA, ITALY

The Highly Anticipated 2018 Global Wellness Economy Monitor Research Report

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Global Wellness Economy Monitor

October 2018



GLOBAL WELLNESS
INSTITUTE™

EMPOWERING WELLNESS WORLDWIDE







Publix.
HEALTH & WELLNESS

MAKE THE good habits STICK

This year, get back to the basics of balanced eating patterns by setting reasonable goals to help you follow a path to success.

Get started with these easy-to-implement ideas.

[LEARN MORE](#)

A BALANCED APPROACH TO EATING

Add more variety to your food routine with fruits, vegetables, proteins, grains, and unsaturated fats.

[READ MORE](#)

Saks WELLEY STUDIO

A boutique workout studio where fashion meets fitness while overlooking Fifth Avenue - home to a variety of fitness classes pop-up shops and exclusive wellness events.



Wegmans
Holiday Health & Wellness

What's Inside

Ask your Pharmacist
How can I stay healthy during cold and flu season?
Love your skin organically

For the Holiday Season
Gifts for everyone

Wellness by Rite Aid

GET YOUR FLU SHOT TODAY

because 39% of her classmates didn't.

No appointment necessary. Free with insurance. High-Dose vaccine available. Free Cold & Flu Protection Plan. *Restrictions may apply. See pharmacist for details.

IKEA'S NEWEST COLLECTION WANTS TO TURN YOUR HOME INTO A WELLNESS SANCTUARY

GOOD HOME
by TAMIM ALNUWEIRI, APRIL 4, 2018

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Walmart Wellness Day: April 21
21 de abril

Saturday 10 am to 2 pm

- Free health screenings*
- Consult with our pharmacist
- Low cost immunizations
- Virtual reality: Smoking cessation

Sábado de 10 a.m. a 2 p.m.

- Pruebas de detección gratis*
- Consulta a nuestro farmacéutico
- Vacunas a bajo costo
- Realidad virtual para dejar de fumar

*Where available. See pharmacist for details.

Health Haven Resort & Well-being Club

CHECK IN



10 YEARS
GLOBAL WELLNESS
SUMMIT

Complementary
& Alternative
Medicine

Fitness &
Mind-Body

\$542 billion

Beauty &
Anti-Aging

\$999

Beauty &
Anti-Aging &
Weight-loss

\$999 billion

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Wellness is...

The active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.



The **Wellness Economy** is...

Industries that enable consumers to incorporate wellness activities and lifestyles into their daily lives.

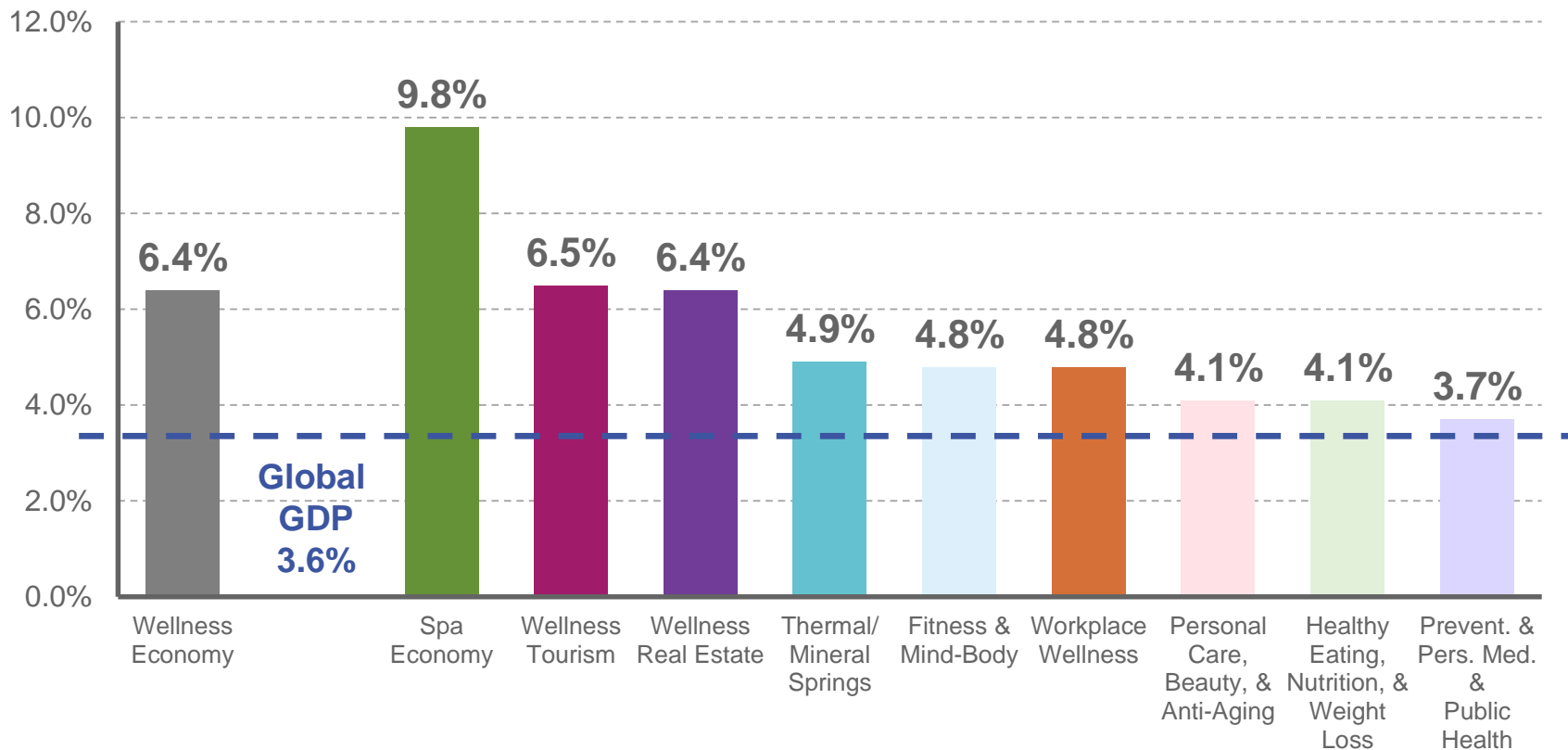
\$3.7 Trillion
2015

\$4.2 Trillion
2017

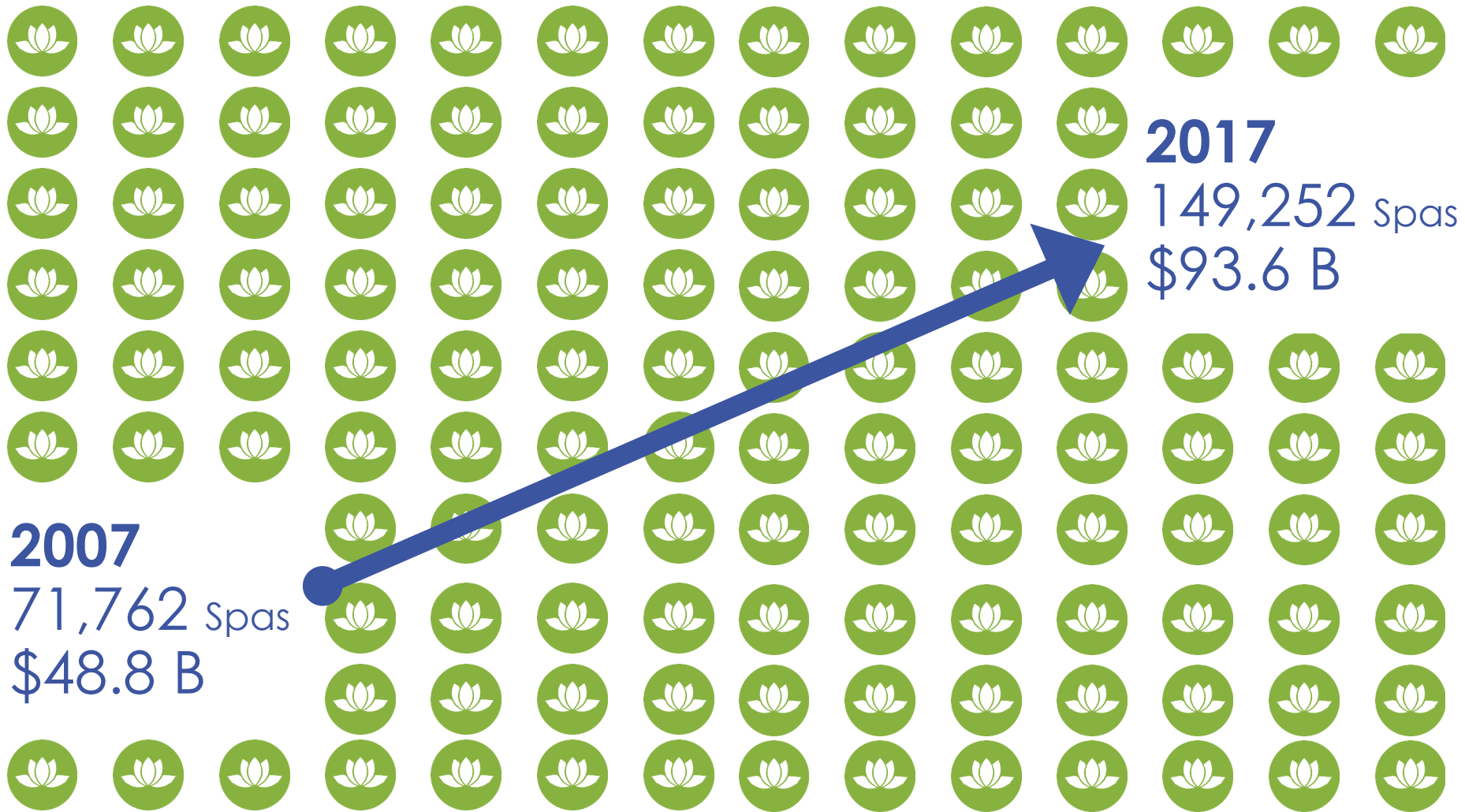
GLOBAL WELLNESS ECONOMY: **\$4.2 trillion in 2017**



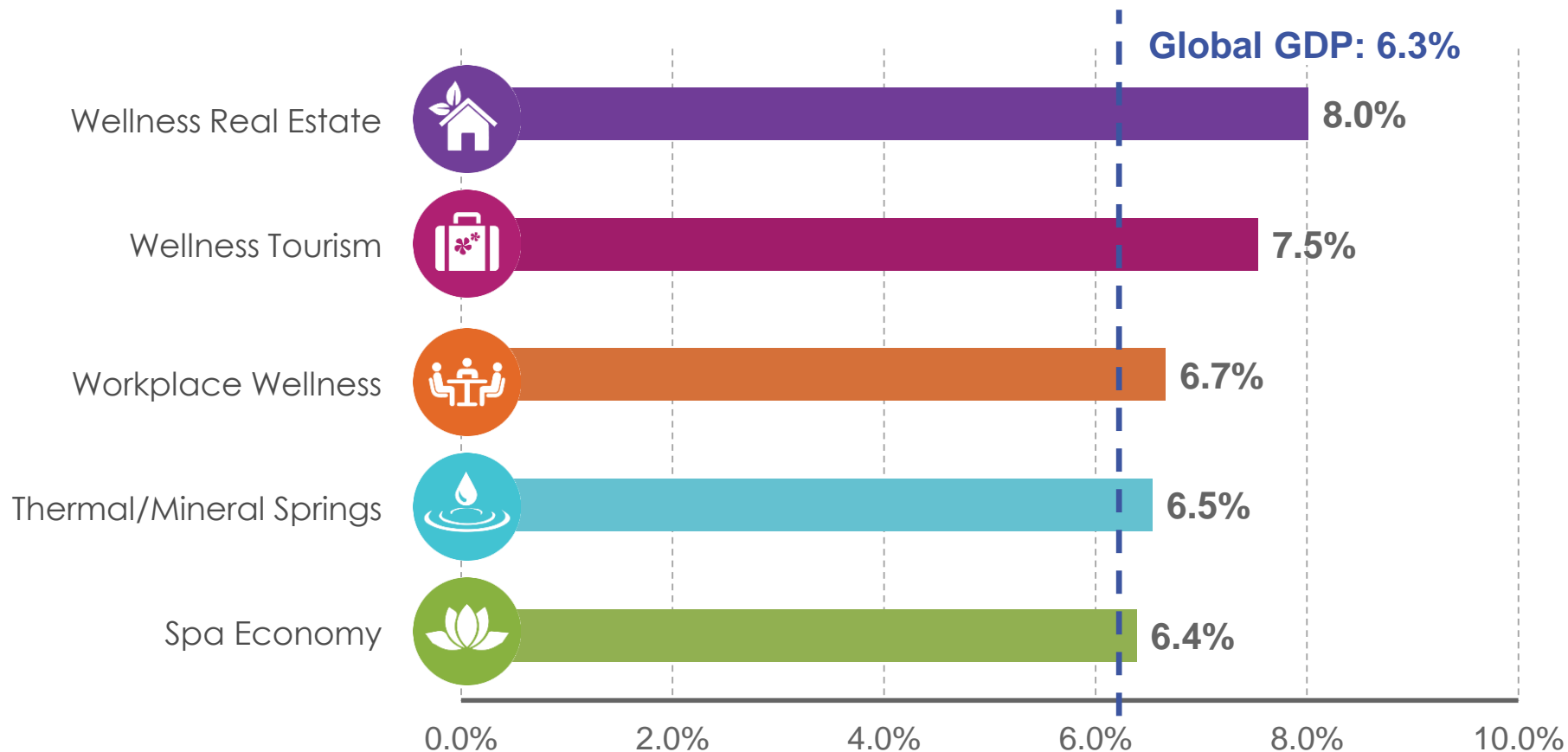
Average Annual Market/Revenue Growth, 2015-2017

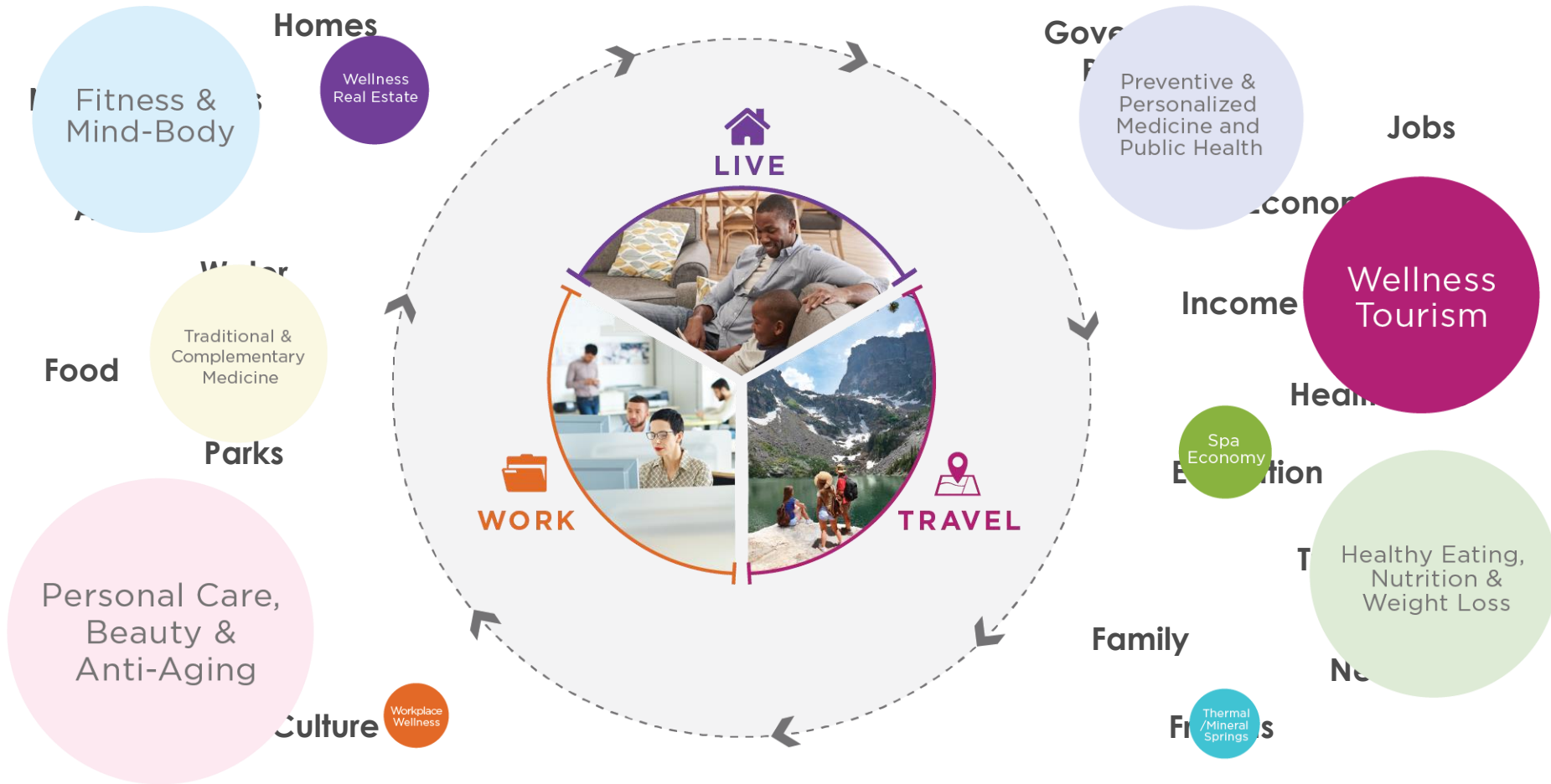


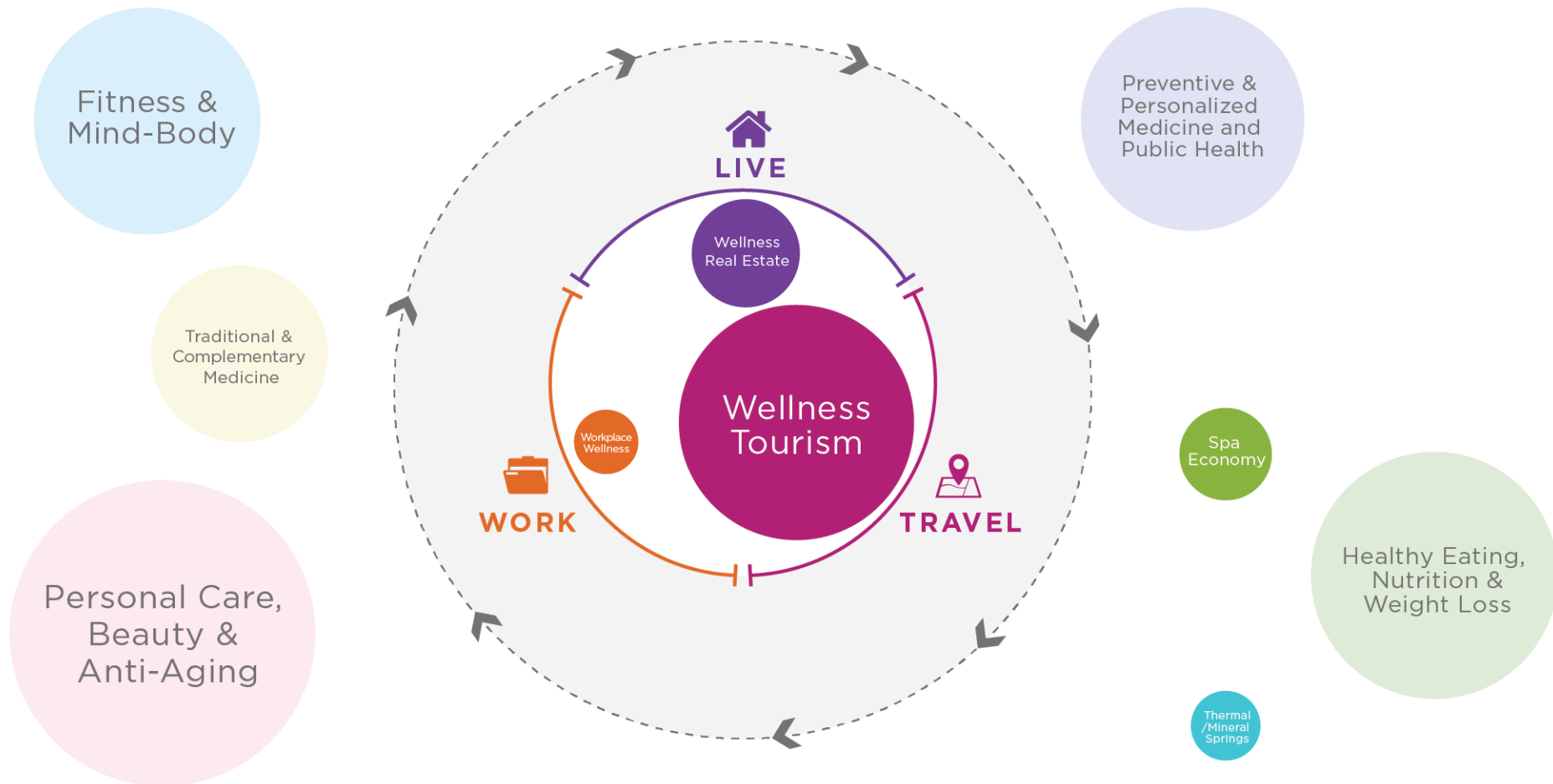




Projected Average Annual Growth Rate, 2017-2022











LIVE

Wellness Tourism



WORK



TRAVEL

Fitness &
Mind-Body





LIVE

Traditional &
Complementary
Medicine

Wellness
Tourism

Workplace
Wellness



TRAVEL

Thermal
/Mineral
Springs



WORK





Wellness
Real Estate

Healthy Eating,
Nutrition &
Weight Loss



WORK



TRAVEL





Wellness
Real Estate

Spa
Economy

Wellness
Tourism

Workplace
Wellness



TRAVEL

Fitness &
Mind-Body

WORK



LIVE

Wellness
Real Estate

Fitness &
Mind-Body



WORK

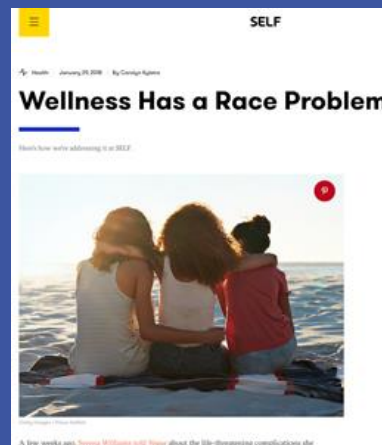
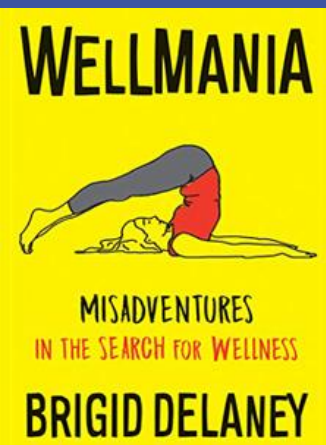
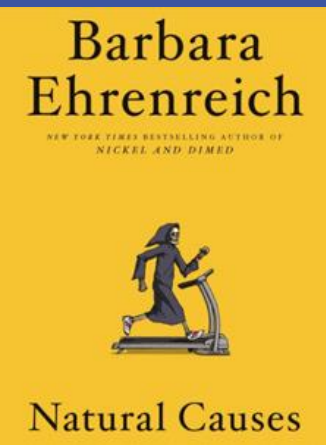
Workplace
Wellness



TRAVEL

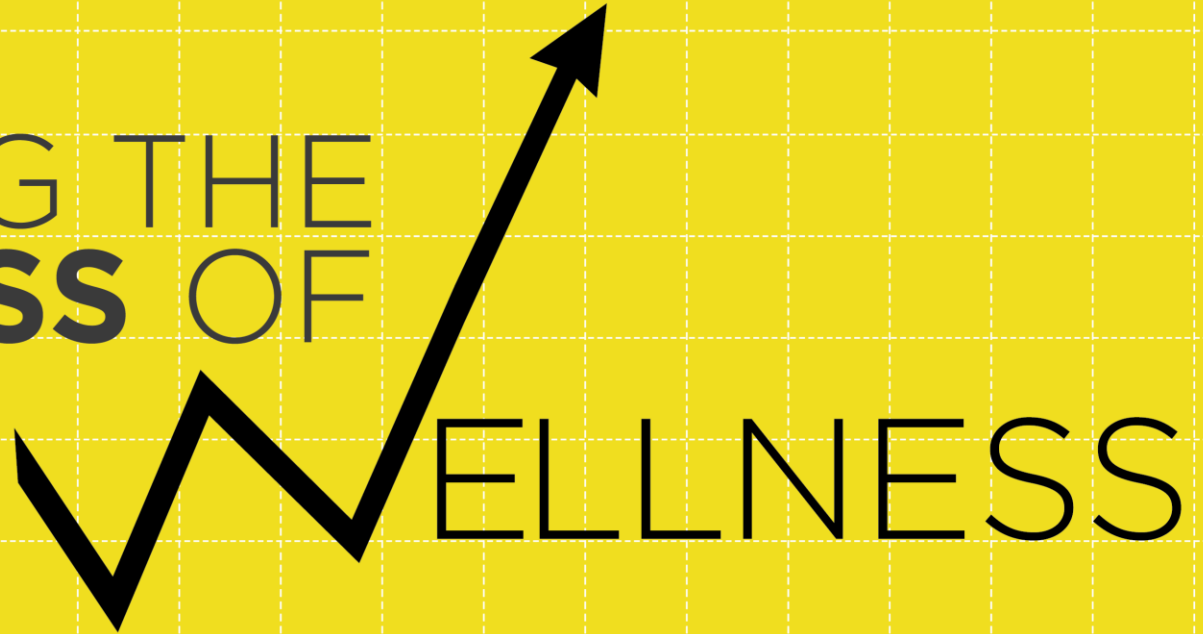
Personal Care,
Beauty &
Anti-Aging





\$4.2 TRILLION

SHAPING THE
BUSINESS OF



WELLNESS





SHAPING THE
BUSINESS OF
WELLNESS