

NORTH AMERICA: UNITED STATES

1. What is currently making news in your country when it comes to wellness or wellbeing?

As a physician practicing functional and integrative medicine, I am seeing a shift in healthcare to include preventive healthcare, the inclusion of “alternative” providers into mainstream, conventional medical settings, the appreciation of the limitations of conventional medicine in caring for chronic disease and the need to develop approaches to health beyond the pharmacological ones that dominate today.

2. Please provide one sentence that describes what you think are important developments in your country for each of the following:

Fitness: Fitness is moving out of stagnant weight stations and into more group movement classes. Competition between these participants in a group class is at a new high. These same classes are forming social circles that extend beyond the gym and so fitness is now where many people are creating community.

Wellness Communities/Real Estate: As a physician practicing in a wellness residential community, I see the demand for this type of lifestyle growing. People want to surround themselves with likeminded neighbors also engaged in a healthy lifestyle, and they do not want it to be excessively rigorous, but rather a blend of social activities, exercise, learning, healthy food, etc.

3. How would you describe the state of workplace wellness in your country?

Increasingly people are aware of better food choices at work, the need to stand up and move throughout the day and other behaviors that can nurture wellbeing. But these efforts are but a small attempt to safeguard against long hours and work the bleeds into personal time constantly. The globalization of our work lives and interacting with other parts of the world on different time zones also challenge life-work balance.

4. What has been the general attitude about investing in spa/wellness in your country in 2015? Specific examples?

Our property, the Carillon Hotel, is a great example of what travelers want: a vacation that offers them the opportunity to improve their wellbeing at a deeper level than just "vacating". It has been a large investment by a group that has no previous experience with this industry, but sees it as an important offer in tourism and lifestyle.

Spa is at the dawn of being taken more seriously than "just pampering" and people are beginning to understand the health implications of what a spa offers and expanding on that.

5. Whose responsibility is it to create a well world?

Every individual has a role in this....

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