Wellness Trends

Fads fade, habits stay

◆ ICEBREAKER QUESTIONS

1 **What's the healthiest thing you've done for yourself this week?**

2 **Which healthy habit do you wish came effortlessly to you?**

◆ FREE TALK

1 Growing up, many of us heard health rules like "Don't drink cold water" or "Never sleep with a fan on." **What health advice did you hear the most as a kid, and do you still follow any of it?**

2 Some people pour their energy into the gym, while others focus on rest, hobbies, or time alone. **Which do you take better care of, your body or your mind, and what does that look like?**

3 Anti-aging creams, skin clinics, and compliments like "You look so young!" are everywhere in Korea. **Why do you think Koreans place such value on looking young, and what does aging well mean to you?**

4 Pilates classes, organic groceries, and premium supplements can easily cost hundreds of thousands of won a month, yet walking and sleeping well are still free. **How much do you think money shapes how healthy we can be, and is wellness turning into a status symbol?**

5 From detox teas to pricey protein powders, there's always a new wellness craze promising quick results. **Why do you think people keep falling for these trends, even when they know better?**

◆ SAY IT BETTER

Upgrade what you'd normally say.

Some of my mom's advice is still useful.	→	Some of my mom's advice has really **stood the test of time**.
I don't take care of my mind enough.	→	I tend to **put my mental health on the back burner**.
Koreans care a lot about looking young.	→	Koreans **set great store by** looking young.
Staying healthy is expensive now.	→	Good health **comes at a premium** these days.
I bought it because everyone else did.	→	I just **jumped on the bandwagon**.

Influencers: free speech or responsibility?

1 SITUATION

An influencer with a million followers touts a supplement with unproven health claims, and it sells out overnight. Some say anyone may voice an honest opinion, since audiences are discerning enough to judge it. Others contend that such reach carries a duty of care.

2 TWO SIDES

Choose a side. If one side is empty, assign teams randomly. Everyone must speak twice. The larger side goes first. First, explain your own view. Then, speak again in reverse order and respond to what you heard.

A FREE SPEECH COMES FIRST

"A larger audience does not shrink anyone's right to an honest opinion."

Viewers can read reviews or ask a doctor first. Bad advice gets called out in comments, and fear of blame breeds self-censorship.

B REACH BRINGS DUTY

"The larger the audience, the heavier the cost of every careless word."

Fans buy because they like the person, not the science, and impressionable teens copy them. A quick fact-check before posting silences no one.

3 FOLLOW-UP QUESTIONS

Ask a question that could make the other side reconsider its position. Then, be ready to answer their question.

ASK SIDE A

1 Most people won't ask a doctor before buying a 30,000-won supplement. If viewers rarely check, who protects them?

2 TV health ads must follow strict rules. Why shouldn't an influencer with an even bigger audience be held to the same standard?

3 If your teenager got sick from a supplement their favorite influencer recommended, would you still call it an honest opinion?

ASK SIDE B

1 If followers are adults who chose to buy, why shouldn't they take responsibility for their own decisions?

2 If influencers had to fact-check everything, many might stop posting honest reviews. Wouldn't that hurt consumers?

3 Even TV doctors have recommended products that proved useless. If experts can be wrong, what can we expect from influencers?

4 FINAL ROUND

FINAL POSITION	What did you think at the start? What do you think now, and why?
MVP VOTE	Who made the strongest point? Name the person and explain why.

KEY EXPRESSIONS

tout
: to praise something publicly in order to sell it

self-censorship
: holding back one's own views to avoid trouble

discerning
: able to judge well what is good or true

impressionable
: easily influenced by what others say or do

a duty of care
: a responsibility to keep others from being harmed

be held to the same standard
: to be judged by the same rules as others