



# MUST HAVE'S

Trends - What's Hot

Reflecting on the year's trends and must-have's, some of these items and fads became a thing of the past while others kept going strong. Most trends had been around for decades, they just change their shape, style, materials, or structure. Essentially, they are reinvented in a new way with a fresh set of eyes and a bit of a new look from someone else's vision. When we look back over the decades many trends tend to make a comeback, of course there are always new items introduced to every generation and it seems the speed of that is ever-increasing.

The difference is they "go viral" which means they enjoy a much quicker snowball effect than in previous decades due to Social Media and the speed of which news travels. Due largely in part to on-line shopping, celebrity 'shout-outs' and of course, the all famous TikTok.

Remembering, that in a blink of an eye all these things we love and cannot live with out are here one minute and gone the next. So, enjoy, savour, and a note to 'Future You', have fun looking back in 20 years at what was hot when you were in high school.

## WHAT WE WORE all the rage street wear

### SWEATER VESTS



What was once reserved for the likes of Doug Funnie, Chandler Bing and deeply nerdy college professors became a cool wardrobe staple for everyone from Gen Z high schoolers to 40-year-old professionals. They're supremely easy to wear, flattering on everyone regardless of age or body type.

### EXERCISE DRESSES & TENNIS SKIRT



In keeping with the year's general theme of wanting to be both comfortable and cute, exercise dresses and tennis skirts seemed like excellent examples of how clothing can accomplish such a duality. We obviously can't talk about workout dresses without mentioning the Outdoor Voices design, which truly launched this trend after a wave of fashionable women posted photos of themselves sporting The Exercise Dress in early spring. Tennis skirts had a similar social media-fueled rise, first becoming popular on TikTok, before being adopted by the masses as a much more comfortable alternative to last year's bike shorts craze. By mid-summer, every athletic brand had its own version, allowing us to pretend to be Naomi Osaka-level tennis stars seven days a week.

WHAT WE WORE Source: [purewow.com/fashion](https://www.purewow.com/fashion)

### Y2K NOSTALGIA



Marie Claire

Scarf tops, butterfly clips, nylon bags, one-shoulder tank tops, patterned pants, kitschy prints—all these 2000s must-haves and more came roaring back for a second spin in the spotlight, with somewhat mixed results. Younger generations went *gaga* for the era's bright colors and smile-inducing patterns, and many adults reveled in the chance to relive (or try for the first time) the trends their tween selves were most excited about. On the other hand, some were less enthused about the return of Juicy Couture tracksuits, Ed Hardy tees and low-rise jeans.

### CLOGS, BUT MORE SPECIFICALLY CROCS



Seventies-style clogs were on the rise in 2021 with multiple designers (Hermès, Stella McCartney, Givenchy, Burberry, etc.) featuring the classic Danish footwear on the runway. And while plenty of millennials and Gen Xers were happy to adopt the comfy, quasi-dorky shoes, Gen Z had a different take in mind. In what has to be the most unexpected trend twist of the year Crocs—the clunky, EVA foam clogs worn predominantly by chefs, nurses and anyone under the age of 5—became a must-have item.

### DR. MARTENS & OTHER LUG-SOLE BOOTS



You could argue that the rise of the chunky combat boot started back in 2019 when Prada models stomped down the runway in lace-up boots adorned with their own mini ankle pouches. But it wasn't until 2021 that classic lace-up Dr. Martens (and the many spin-offs they inspired) really became mainstream. The reason for the return? Partly because of their links to '90s grunge nostalgia and party because they're just very stylish and functional shoes. Over the past two years, folks have leaned very strongly into clothing that's practical above all else, and these boots are exactly that. Multiple other lug-sole styles followed suit, like Chelsea boots (both mid-calf and ankle-height) and Wellies, followed by even more chunky footwear options like loafers and platform Mary Janes.

### MOST DOWNLOADED SHOPPING APPS of 2021

1. Shopee
2. Shein
3. Meesho
4. Amazon Shopping
5. Flipkart
6. AliExpress
7. Wish
8. Pinduoduo
9. Lazada
10. Alibaba

# WHAT WE DID

boredom is no longer an option

Staying home is more necessary than ever right now in light of the coronavirus pandemic. And while you might understand why isolating yourself is important to stop the spread of the virus, you also might be wondering what the heck am I supposed to do for the next few weeks?!

## 1. WATCHING TV & MOVIES

Don't forget the popcorn

Being stuck at home is the perfect excuse to binge-watch all your favorite shows or movies. While Netflix and Hulu are popular picks, of course, people have also recently become obsessed with Disney+—and for good reason. You can choose from any Disney flick your heart desires (including Marvel, Pixar, Star Wars, National Geographic, and the animated classics) and, because there are no R-rated movies, all of the content is completely family-friendly.

## 2. READING

Check off your to-read list without leaving home

Whether your choice of reading material is an e-book, audiobook, or actual physical paperback, escaping into a page-turning read is a great way to pass the time. Consider signing up for Book of the Month—the subscription service delivers a curated selection of must-reads right to your doorstep every month.

## 3. WORKING OUT

Get your sweat on from home

Can't get to the gym? Bring the gym to you. That's what plenty of people are doing, with the help of at-home workout essentials like dumbbells, resistance bands, a Pilates ring, and more. And while you can find plenty of free videos on YouTube, you can also sign up for a subscription to online services like ClassPass, Alo Moves, or Nike Training Club, all of which offer virtual classes led by expert instructors. You can take everything from barre to HIIT to yoga from the comfort of your own living room.

## 4. ARTS & CRAFTS

Get those creative juices flowing

There's something about doing arts and crafts as an adult that makes us feel like a kid again. And there are so many projects to choose from. Maybe it's learning how to knit. Maybe it's taking a watercolor painting class online. Or maybe it's simply grabbing some markers and filling in the pages of an adult coloring book.

An easy answer? Take up a new hobby. To help inspire you, **NerdBear** analyzed recent Google search trends to the most popular hobbies.

## 5. BOARD GAMES

Who will be the ultimate champion?

If you're quarantined with friends or roommates, challenge everyone to a little friendly competition with a board game tournament. While you can stick to the classics—Monopoly, anyone?—there are also tons of new games worth checking out. Psst: Even if you live alone, you can get creative and host game night via Zoom or FaceTime with your friends and family.

## 6. DIY PROJECTS

A little paint goes a long way

All those Pinterest projects you "don't have time" for? Well, now that you're home 24/7, you do. Whether it's something as fun as making a pallet bookcase or as practical as painting your bedroom a new color, you can shop for your materials online, then browse YouTube or Pinterest for easy-to-follow tutorials.

## 7. BAKING

Sometimes you just need it

If you've opened up Instagram the last week or so, chances are high you've been bombarded with pictures of homemade bread, cupcakes, muffins, even Pop-tarts. It seems like everyone is baking these days—and can you blame them? Spending time in the kitchen whipping up that recipe you've been drooling over is not only fun, it's productive (and delicious!).

## 8. GARDENING

Cultivate your green thumb

Just because you're stuck at home doesn't mean you can't get outside. One way to spend more time outdoors is by taking up gardening, which you can learn via online workshops. And if you don't have a yard (i.e. if you live in an apartment or in the city), you can still garden indoors. Consider getting a few houseplants or grow your own herb garden with a starter kit. YouTube or Pinterest are always ready to help with easy-to-follow tutorials.

## 9. VIDEO GAMES

Game On

There's a reason so many people are obsessed with gaming, especially right now—it's fun, challenging yet entertaining, and an awesome way to socialize with friends from a distance. Whether you have an Xbox, Nintendo Switch, or some other gaming console, you can shop for digital games—which you can download and play instantly—at plenty of retailers online. Bonus: Unlike actual discs, digital games are stored on the cloud so they don't take up space in your home and they're accessible anytime, anywhere.

## 10. WRITING

Put pen to paper

It doesn't matter if you're journaling, blogging about what you ate today (i.e. all the snacks in the pantry), or writing the next chart-topping novel—writing not only keeps your brain busy but also boosts your creativity.

## 11. LEARN A NEW LANGUAGE

Surprise yourself

Bonjour! Hola! Guten Tag! Kon'nichiwa! Ciao! No matter which language you want to add to your arsenal, there's a slew of online lessons, videos, and apps to help. While the classic Rosetta Stone is still just as popular as ever (you can try it for three days for free!), there are also free apps like Duolingo and Babbel that provide thousands of language lessons from experts on everything from vocabulary to grammar to pronunciation.

## 12. LEARN TO PLAY AN INSTRUMENT

Get those creative juices flowing

Why settle for listening to music when you could play it instead? I.e. stop saying you've always wanted to learn how to play guitar, piano, ukulele... and just do it. You can find plenty of free tutorials and lessons on YouTube.



WHAT WE DID Source: [reviewed.com/lifestyle](https://www.reviewed.com/lifestyle)