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WELLNESS BY DESIGN

Award winning design studio
Zulufish on creating a home space
for movement and wellbeing

Creating a dedicated space for health and mindfulness is the perfect way to welcome the change of season. From morning yoga rituals to post-work workouts, designing a space for movement and activity will embed health and wellbeing into your daily routine and way of living.

The home gym is no longer a few weights and a yoga mat in the corner of a bedroom. With wellness now firmly embedded in how we live, it's no surprise that embracing that way of living in our home is becoming more popular and top of homeowners' wish lists. The British Retail Consortium reported in 2025 that spending on fitness continued to rise, particularly among the 18 to 34-year-old demographic, with 8% of growth coming from this cohort as they prioritise health over nightlife.

This is reshaping how we design our interiors, with the home becoming the space to focus, recharge, and invest in personal growth, whether it's integrating a serene home gym, creating flexible zones for movement, or simply carving out a corner for mindfulness and breath. Design is no longer just about how a space looks, but how it supports a lifestyle.

Creating this dedicated space for health and mindfulness is the perfect way to welcome the change of season and the warmer and longer Spring days. From morning yoga rituals, to post-work workouts, designing a space for movement and activity will embed health and wellbeing into your daily routine and way of living.

Caroline Milns, Head of Interior design at Zulufish shares her top tips for designing a home gym space:

"A well-designed home gym should feel like an extension of your home, not an afterthought. Start with natural light and good ventilation to keep energy levels high.

Use calming, tonal colours and tactile finishes



to create a serene yet motivating atmosphere. For example, installing wood panelling is an excellent way to zone and introduce design intrigue to the workout space. This natural material will also ground the space in nature, fostering an environment of wellbeing and calm.

Storage is key, integrated cabinetry or concealed shelving keeps the space clutter-free, creating a streamline feel that enhances a calming and zen-like atmosphere. Additionally, incorporate mirrors to enhance light and form and consider zoning with soft flooring for flexibility.

Most importantly, design with intention; whether it's yoga, strength or cardio, let the space reflect your wellness goals while maintaining the design integrity of the rest of your home. A calm space will promote a calm mind, gearing you up perfectly for a healthy way of living." 📌

Home Gym Interior Design by Zulufish in partnership with HUX London.

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