

## Wellness Goals 2015 with Terra Wellington

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*We're all trying to look better and feel better for 2015, but what are the health and wellness trends and goals that can get us to where we want to be? Wellness and Lifestyle Contributor Terra Wellington talked with TV and radio shows across the U.S to give her tips for a solid start to a healthy year. Let's go wellness goals 2015!*



### Improve Your Skin's Health

**GOAL ONE: Look for personal care products that focus on improving your health.** For skincare – you want to **improve your skin's health**, not just its appearance. So, look for products that are designed to **work at the cellular level** because healthy skin starts below the surface.

[Asea's Renu 28](#) all-natural skin gel is a great example. It improves your skin's health at a cellular level through its patented "Redox Signaling" technology. This enhances the body's natural renewal process by targeting and repairing damaged skin – all without harsh chemicals.

## Scout Out Veggies and Fruits

Over this past year we've seen a lot more emphasis on adding veggies and fruits into your diet. This year you'll see this trend continue with veggies and fruits in packaged products and snacks.

**GOAL TWO: Find veggies and fruits in the ingredients.** Preferably this would be the **whole-food ingredient**, not just the flavoring.

Take [SoyJoy](#), for example. They have gluten-free snack bars with plant-based protein, but you have **real berries**, **real bananas**, and **real mango** that you can actually see and taste in the nutritious bars. And they don't crumble in my purse – a big plus! And here's something fun – heat an unwrapped bar in the microwave for 10 seconds and pair it with hot cocoa. It's super tasty!

## Read Menu Calories

**GOAL THREE: Go back to some old-fashioned calorie counting.** However, when we're eating out, it can be difficult to keep the calories down. Here's a help: many restaurants now list calories on the menu to help you. And **choose low-calorie beverages too.**

Like at [Sonic Drive-In](#), they have a new line of **Sonic Splash Hand-Crafted Sodas** that are **low on calories but also have real fruit mixed in** – like strawberries and pineapple. These new sodas are kind of like guilt-free smoothies without the calories.

## Help Loved Ones with Health Apps

**GOAL FOUR: Take advantage of technology that monitors and tracks your progress** – like your vital signs or healthy behaviors. This year we will see double the amount of health technology apps and devices available.

An example is the [Care4Today Mobile Health Manager](#) free app, which gives you a **daily reminder of when to take medications**. The most common reason people don't take their medication is that they simply forget. And you can even keep track a child's or parent's med schedule, such as for a parent who lives far away. The info from the technology can give you a reason to **encourage them with their health**.

## Get Exercise on the Cheap

**GOAL FIVE:** Try old-fashioned **body weight training** as an easy way to get fit this year. This is when you **use your body as the weight**, such as with lunges, squats, and push-ups.

The beauty of this comeback is that you don't need a gym membership to do weight training. And you don't need to buy equipment for it either.

But you might want to work with a trainer for a month to come up with 4 to 5 varied routines that are done right – that way you know you're not going to hurt yourself. And then you can have **another way to get exercise on the cheap**.

*Terra Wellington is working on behalf of the companies mentioned.*

[diet](#), [food](#), [health](#), [nutrition](#)