



Winter Wellness Check-up

January 13, 2015

TerraWellington.com

NEW YORK, NY -- (Marketwired) -- 01/13/15 -- Terra Wellington, Wellness and Lifestyle Contributor, shares four wellness goals for looking and feeling better in 2015.

The first goal is to 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. 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.

This year there has been a lot more emphasis on veggies and fruits and you'll see that continue throughout 2015. So the second goal is to find veggies and fruits in the ingredients. Preferably this would be the whole-food ingredient, not just the flavoring. [SoyJoy](#), for example has gluten-free snack bars with plant-based protein. They have real berries, real bananas, and real mango that you can actually see and taste in the nutritious bars. They won't crumble in your purse, which is a big plus! A fun idea is to heat an unwrapped bar in the microwave for 10 seconds and pair it with hot cocoa. It's super tasty!

Another goal is to go back to some old-fashioned calorie counting. Many restaurants now list calories on the menu to help you. It's important to choose low-calorie beverages too, like the new line of [Sonic Splash Hand-Crafted Sodas](#) at Sonic Drive-In. They start at zero-calories with sparkling ice-cold, crystal clear soda -- a bubbly base for thirst-quenching flavors. SONIC then infuses the soda with real fruit, like strawberries and pineapple, and unique fruit flavors to make a SONIC Splash just for you.

This year we will see double the amount of health technology apps and devices available. A fourth goal for 2015 is taking advantage of technology that monitors and tracks your progress like your vital signs or healthy behaviors. 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. You can even keep track a child's or parent's medication schedule. It gives you a reason to encourage them with their health.

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