



INFLUENTIAL™

THE ART OF LIVING WELL

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JANUARY / FEBRUARY 2018

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*Physician-Approved
Nutrition
Tips to Look
and Feel
Your Best*

**RESOLVE TO
IMPROVE YOUR
FINANCIAL LIFE**

**ACTRESS
BELLAMY
YOUNG**

*Shares Her Chronic
Dry Eye Story and Tips
for Starting the
Conversation with
Your Eye Doctor*

LOVE
IS IN THE AIR
EVERY DAY!

*New Year,
New You.
Be Your
Best, Most
Productive
Self in*

2018

*How to
Find the Ideal
Gift for
Her for Any
Occasion*

*Photography
by Luke Nugent*

***You Can Have It All,
If You Want It!***



CONTRIBUTING WRITERS

This Issue would not be possible
without these InFLUENTIAL people



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Denise is a licensed esthetician and makeup artist with a studio located in Westlake. Denise Bell Skin Care offers fully customized facials and skin treatments, as well as microblading, microneedling and microcurrent.

Also available are skin care and makeup classes ranging from 101's for teens to master classes that cover ingredients and how to choose the correct products for you. To find out about services or products call 512-784-3044 or visit www.denisebellskincares.com.

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Brad is a therapist, clinical supervisor, and consultant in private practice in Westlake. He works with eating disorders, men's issues, divorce recovery and athletic performance issues.

He is also the director of professional relations and a faculty member at Austin Family Institute. In addition to his practice, Brad consults with organizations that have experienced a traumatic event. Prior to entering private practice, Brad worked as the executive director at two eating disorder treatment centers.

He has presented on male eating disorders at national and international conferences and has been quoted on the topic by *Reuters*, *the Wall Street Journal* and *Huffington Post*.

Brad is a former board member for the National Association for Males with Eating Disorders.

Prior to his entering the behavioral health field, Brad worked as the chief of staff and legislative director for a state representative in Austin. To contact Brad, you can reach him at 512.329.5595.



Merilee Kern

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As a branding pundit, wellness industry veteran, consumer health advocate and influential media voice, Merilee Kern spotlights noteworthy marketplace innovations, change makers, movers and shakers.

Also a two-time fitness champion, her groundbreaking, award-winning "Kids Making Healthy Choices" Smartphone APP for children, parents/caregivers and educators is based on her award-winning, illustrated fictional children's book, "Making Healthy Choices – A Story to Inspire Fit, Weight-Wise Kids."

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DIET APPS HELPING TRAVELERS REALIZE SLIMDOWN SUCCESS WHILE JET SETTING

If weight-loss is on your list of resolutions for 2018 even though you may be traversing the globe far and wide, you'll definitely want to check out the seven apps below. Have a plan, work that plan, and let these apps help you stick to that diet resolution while on-the-go, successfully hit your slimdown goals, and even earn some cash in the process.

1. FatSecret

This 100% free app is packed with tools, including food and exercise diaries, healthy recipes, and nutritional info for just about any food item you can think, to help you achieve your diet goals. Reportedly with over 35 million users, it's easy to see why they claim to be the fastest and easiest calorie counting app around.

2. Loselt!

This food tracking app has both free and paid levels, depending on how much functionality you want to access within the app. In addition to food and exercise tracking, Loselt! syncs with Apple Health, Google Fit, and provides

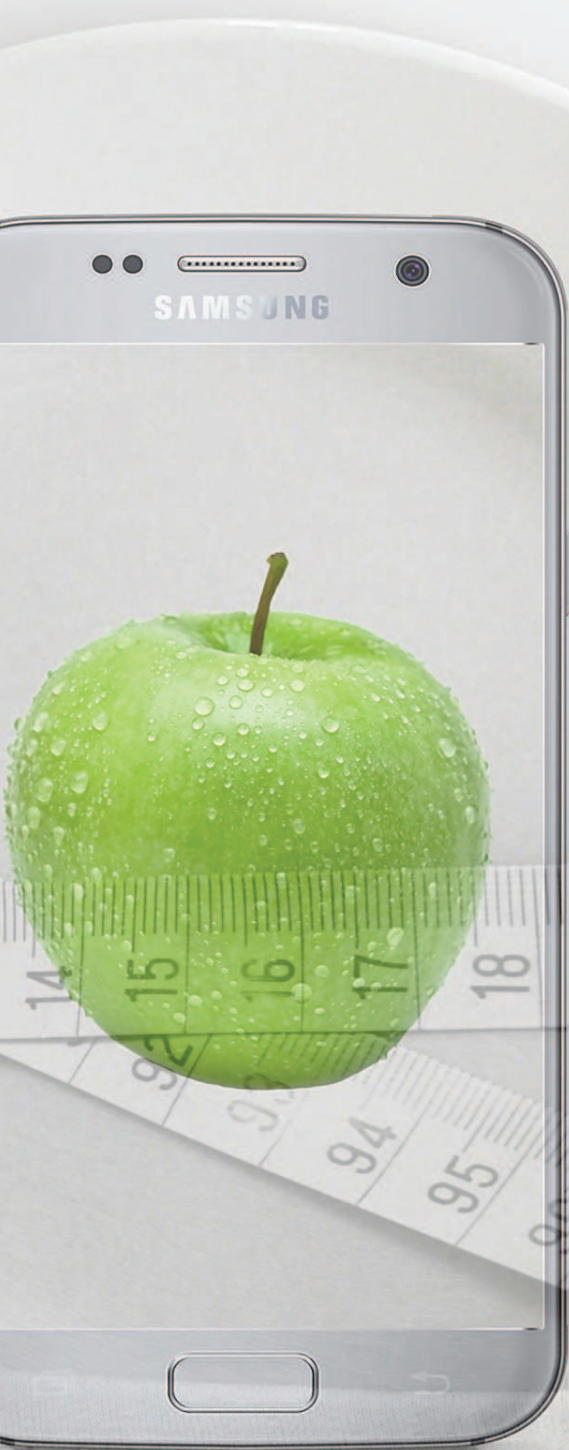
EVEN THE MOST WELL-INTENTIONED NEW YEAR'S RESOLUTIONS CAN QUICKLY BECOME NOTHING MORE THAN A FOND MEMORY WITHOUT A SOLID PLAN IN PLACE TO KEEP A TRAVELER MOTIVATED AND ON TRACK. AND, IF ONE UTILIZES TOOLS AND RESOURCES THAT ARE A MEANS TOWARD THAT END, ALL THE BETTER. AND IT SEEMS SOME ASSISTANCE IS IN ORDER, AMID RECENT HIGH-PROFILE REPORTS CITING A DOWNRIGHT SOBERING STATISTIC THAT FULLY 80% OF NEW YEAR'S RESOLUTIONS FAIL BY FEBRUARY.

WRITTEN BY MERILEE KERN,
'THE LUXE LIST' EXECUTIVE EDITOR
PHOTO COURTESY OF HEALTHWAGE.COM

support for wifi scale connections. At the premium level, you can also sync with fitness trackers and apps, track your daily water consumption, and access a library of meal plans, recipes, and workouts.

3. HealthyWage

This app actually PAYS you to lose weight! With the HealthyWage app, you determine how much weight you want to lose, how long you want to take to lose it, and how much you want to wager each month. If you successfully reach your goal by the end date of your challenge, you win your prize. The average HealthyWa-



ger prize is over \$1,200! You can also join team challenges, jackpot challenges, and step challenges through the app. Participants have collectively lost over 1 million pounds and gained over \$10,000,000 since company's inception.

4. Daily Burn

With the Daily Burn app, you can access over 800 streaming workouts from your smartphone so that you can get your workout on no matter where you are. The app features many different styles of workouts at a variety of different levels, all led by expert trainers. Additionally, by answering a few simple questions, you'll receive personalized recommendations to help you achieve your custom fitness goals.

5. Fooducate

This free app offers a plethora of built-in tools to help you achieve your diet, health, and fitness goals. These tools include a health (food and activity) tracker, an extensive database of nutritional info, a popular discussion forum, and articles to both educate and motivate you.

6. Rise

For less than \$50 per month, the Rise app pairs users with an expert nutritionist who will work with you one-on-one to achieve your goals. From providing feedback on the meals you eat to offering new workout ideas and celebrating your successes, your Rise nutritionist acts

as your very own healthy eating coach in the palm of your hand.

7. PlateJoy

Many people rely on menu planning as a secret to their weight-loss success, but it can take a lot of time and creativity. PlateJoy eases that burden by preparing fully customized menu plans and grocery lists tailored to your specific health goals for just \$59 per 6-month subscription. Accessing your plans through their app adds just another level of convenience when you're at home or on the go.

With apps like these, your weight-loss success could be just a download away. As long as you're willing to put in the work, they'll deliver the support, motivation, or inspiration you need to hit your diet goals. ●

Some or all of the accommodations(s), experience(s), item(s) and/or service(s) detailed above may have been provided or arranged at no cost to accommodate this review, but all opinions expressed are entirely those of Merilee Kern and have not been influenced in any way.

Source: U.S. News <http://bit.ly/2CeznPI>