AMERICA’S TOP

**HEALTH** & **WELLNESS** **RESOLUTIONS** **FOR** **2015**

The following are the results (ranked in order) of a December 2014 survey conducted online by Harris Poll on behalf of the Council for Responsible Nutrition in which 2000+ American adults were asked to select (all that apply of) the following health and wellness habits they are committing to in 2015.

1. **Drinking enough water**
2. **Eating healthy/healthier in general**
3. **Getting more physically active**
4. **Getting more sleep**
5. **Taking vitamins**
6. Starting the day off right with a healthy breakfast
7. Spending more time with family and friends in real life, instead of online
8. Staying cool, calm and collected when stuck in traffic
9. Visiting my doctor before I get sick
10. Tracking my meals/exercise via mobile app(s), online tool(s) or personal gadget(s)

\*Over one in five adults selected “other health and wellness habit(s)”

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