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essen und smoothies trinken dass sich die werbung zu beginn jeden jahres unsere guten vorsätze zu nutzen macht ist ja nichts neues im januar beschließt schließlich die mehrheit von uns ab sofort ein besseres leben zu führen laut statistiken sind sport und ernährung die top themen der guten vorsätze zum jahreswechsel das weiß die kosmetik lebensmittel und gesundheitsindustrie nur zu gut und beglückt uns jedes jahr mit vielen neuen produkten jedoch scheint sich in den letzten jahren ein besonderer trend zur fitness und gesundheit entwickelt zu haben früher bedeutete luxus markenklamotten zu tragen und teure autos zu fahren heute gelten auch grüner saft ein fitter körper health und wellness als aushängeschilder in form sein sich gut zu ernähren den eigenen körper bestmöglich pflegen das ist kurz gesagt das statussymbol der stunde für unseren körper und die gesundheit geben wir gerne geld aus und fühlen uns dabei nicht einmal schlecht denn wellness konsum ist konsum ohne schlechtes gewissen und kann vor anderen viel besser dargestellt werden egal wie viel man verprasst am ende hat man etwas für sich getan etwas das über puren genuss weit hinausgeht so fällt es auch viel leichter den kauf der neuen teuren sportschuhe zu rechtfertigen ist schließlich eine investition für das leben

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