**Name of the brand:** Pronamel

**Date to be published:** As Soon As Possible

**Content placement (List the URL if site has multiple content bucket):** <https://www.pronamel.us/healthy-living/>

**Folder Location on My drive:** PopSugar -> Pronamel -> December Article 01 5 Things You Should Spend MORE Money on in 2019

**Related articles (add three):**

* holiday beauty tips that will help you sparkle
  + Related article included in buildkit: pronamel-holidaybeautytips-related
  + <https://www.pronamel.us/amp/holiday-beauty-tips.html>
* 6 healthy choices your 80 year old self wants you to make
  + Related article included in buildkit: pronamel-healthychoices-relatedarticle
  + <https://www.pronamel.us/amp/healthy-choices-to-make-right-now.html>
* most people don’t do this one thing before brushing — here’s why you should
  + Related article included in buildkit: pronamel\_onethingbeforebrushing-related
  + <https://www.pronamel.us/amp/one-thing-before-brushing.html>

**ZINC Number:** CHUSCHPRO009318 v1.5

**Landing page**

**Headline (refer to the brand landing page):** 5 Things You Should Spend MORE Money on in 2019

**Teaser (MSC will provide nr of characters):** Put your money to good use this year by spending it on these things that will help you better yourself.

**Article Tag:** Every Day Strong

**Image Thumbnail (name):** pronamel-5-things-to-spend-more-money-on-in-2019-article , pronamel-5-things-to-spend-more-money-on-in-2019-article-big

**Article page**

**Main image (name):**  pronamel-5-things-to-spend-more-money-on-in-2019-main



**Secondary article image if any (name):** N/a

**Text:**

**[hed] 5 Things You Should Spend MORE Money on in 2019**

**[subhed]** *Put your money to good use this year by spending it on these things that will help you better yourself.*

**[body]**   
This coming year, make a resolution to spend more on yourself and invest in the things that will make you look and feel your best! When you take your self-care seriously, not only will you look good, but you’ll feel good, too. Invest in small things that can make a big impact, so you can lead a healthier life in 2019. Here are a few ideas to get you started.

**[H3] What to Spend Money on This Year**

**1. Fitness goals**   
Staying active is an important ingredient to any healthy lifestyle, and exercising on a regular basis can [reduce stress](https://adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st). Look into joining a gym or a fitness club or taking a workout class — there’s no one-size-fits-all answer. If you invest in an activity you enjoy, you’re more likely to stick with it.

**2. Toothpaste**   
Your smile is one of your best assets, so proactively protect your teeth to keep them healthy and strong. Even the healthiest foods, like tomatoes and berries, [contain acid](https://www.pronamel.us/healthy-living/nutrition-and-dental-health/acidic-fruits-tooth-enamel/) that can cause erosion in your teeth. To prevent this, try a toothpaste like [Pronamel](https://www.pronamel.us/) to reharden your precious enamel (when used twice a day) so you can keep that smile pristine.

**3. Fresh foods**  
Incorporate more fresh, nonprocessed foods into your diet so your body can get the nutrients it needs to stay healthy. [Eliminating processed foods](https://www.health.com/nutrition/eat-clean-give-up-processed-foods) will help fuel your day so you feel more energized. Buying foods like fruits, vegetables, whole grains, beans, and nuts is [a great place to start](https://www.fruitsandveggiesmorematters.org/top-10-reasons-to-eat-more-fruits-and-vegetables).

**4. Education**  
Exercise your mind by brushing up on some knowledge or learning something new. Education is an investment in yourself, and it can further your career. Even if your school days are behind you, try taking a class to learn more about something that interests you.

**5. Moisturizers**  
Your [skin is the largest organ](https://www.aad.org/public/kids/skin) your body has, so it’s important to treat it with care. A good moisturizer can give your skin the [antioxidants](https://www.webmd.com/beauty/features/moisturizers) it needs for a healthy glow. Choose a moisturizer that complements your [skin type](https://www.webmd.com/beauty/features/moisturizers#2) to assist with dry, oily, or sensitive skin.

Start thinking about ways you can invest in yourself in 2019. Do what makes you feel good, and get ready to make this year your best one yet!

**Search Engine Optimization Checklist:**

**URL Structure:** https[://](https://brand.com/amp/article-name.html)pronamel.us/amp/things-you-should-spend-money-on[.html](https://brand.com/amp/article-name.html)

**Title Tag:** What to Spend MORE Money on in 2019

**Meta Description (158):** Put your money to good use this year by spending it on these things that will help you better yourself.

**Keyword usage:** oral health, teeth, toothpaste, 2019, education, diet, fitness

**Headline (h1 Header):** 5 Things You Should Spend MORE Money on in 2019