

# Well-thy Pinoy Profiles 2017



## *“Well-thy”*

Start your new year with a healthy dose of fitspiration. :) I created this [Well-thy Pinoy Profiles blog series](#) in 2016 with the aim of inspiring more individuals to take care of themselves by taking care of their health and their bodies. Through interviews with well-thy Pinoys, I share insights on fitness motivations as well as tips on how to successfully maintain healthy and active lifestyles.

Send this Well-thy Pinoy Profiles 2017 PDF compilation to those who you think might benefit from it. Wanna be healthier this year? It's completely possible!

I wish you a fruitful and happy 2018,

Patricia

# Jeff Lo



*Photo from Jeff Lo.*

***Occupation*** Entrepreneur

***Hobbies*** Running, Surfing, and Photography

***Public social media profiles*** IG [@pinoyfitness](#); [@iamjefflo](#)

## **When did you decide to live healthy?**

What sparked your fitness journey? Was it because of a weight loss concern? If yes, what was your beginning weight and/ or measurements and what is your current weight and/or measurement now?

It's been years, way back in 2001. I knew little about fitness those days. As a geeky Computer Science major, I felt weak and unhealthy so I decided to start going to the gym.

It was only in 2009 that I discovered running; it became the "in" thing that time so my friends and I tried it. It was hard at first, but the moment my body started to adapt to the sport, I realized how running improved – and continues to improve – my endurance and my fitness.

## **How do you stay healthy?**

If your fitness journey was sparked by a weight loss concern, how long did it take for your weight loss transformation? What physical activities did you do then? What is your favorite fitness activity now?

It was never a weight concern, but more of the feeling of being fit and healthy. I love the feeling of being able to run a marathon or hike a mountain. So I make sure to constantly run and work out so that I can enjoy outdoor activities more.

## **How has your eating habits changed?**

What are some of your diet staples? What are your favorite indulgences/ cheat meal treats?

I always thought that I can eat anything as long as I work out or run, but a few years ago I realized that it's not the right way to go about fitness.

After working together with different coaches, I finally realized that living a healthy lifestyle also includes eating "healthier" food.

I don't really have any particular diet plan, but I started to cut down on fast food and reduced my sweet intake (like sodas). I've also added in more protein to my daily diet. I don't really eat veggies, but I'm considering to add that to my diet too.

For cheat meals/treats, I still indulge in a can of Coke Regular and a bar of chocolate once in a while.

## **Why do you keep healthy?**

What do you do now to maintain your health and fitness level?  
What keeps you going? Who or what is your inspiration?

In general, I like the feeling of being healthy and fit. The idea of being able to join a running race, or explore the mountains on my own two feet. I can walk all day when I travel abroad.

## **In your opinion, what's the one thing people can do to kick-start their journey to wellness?**

What piece of advice can you give someone who wants to be healthy but is unsure of how to begin?

First, commit to the change. The journey to wellness means that you will have to change some of the things you are accustomed to. Change the food that you eat, exercise, and quit bad habits. This will not happen if you're not committed.

Think long-term: imagine yourself 1-2 year from now, imagine what you want to happen, and stick to that goal. Normally, you will need to sacrifice more at the beginning as you adapt to the new lifestyle, but once you achieve your goal, it's gonna be easier to maintain it that way.

# **Nica Hechanova-de Erquiaga**



*Photo from Nica Hechanova-de Erquiaga.*

***Occupation*** Yoga Teacher

***Hobbies*** Watching movies and tv series; Collecting children's books

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## **When did you decide to live healthy?**

What sparked your fitness journey? Was it because of a weight loss concern? If yes, what was your beginning weight and/or measurements and what is your current weight and/or measurement now?

As a kid, I was always active and into sports. I didn't worry about my weight since I was very thin and had fast metabolism. When I got to college, my diet didn't change and because I wasn't as active as I was before, I started to gain weight and felt more sluggish. I started exercising again (through boxing and circuit training) but I didn't get to my desired weight or fitness level. I was probably 10-15 pounds heavier back then compared to the present. It was only when I started playing Ultimate Frisbee that I began to shed the weight. Later on, yoga toned and defined my muscles more.

## **How do you stay healthy?**

If your fitness journey was sparked by a weight loss concern, how long did it take for your weight loss transformation? What physical activities did you do then? What is your favorite fitness activity now?

Playing competitive Ultimate Frisbee and the twice to thrice weekly training helped me trim down a lot. It wasn't a drastic loss of weight; in fact, it was quite gradual since I didn't make such a big leap in my diet except for avoiding fast food. When I started a regular and consistent yoga practice, my body started to feel a lot leaner and my diet and food choices also started to change. I am still consistently practicing yoga and am currently trying out wall climbing.

## **How has your eating habits changed?**

What are some of your diet staples? What are your favorite indulgences/ cheat meal treats?

I've started making healthier choices when it comes to what I eat during the day. My meat intake has decreased a lot and I can only eat beef and pork in smaller portions. I avoid oily or deep-fried food (but still enjoy my french fries) and have cut down on sugary sweet cakes and pastries. I make it a point to take at least one green smoothie during the week and increase my intake of raw vegetables and fruits. Salads are a staple. I enjoy eating so I don't follow a very strict diet and I indulge every now and then. I try to make sure that the food I'm eating is not only healthy but also makes me happy!

## **Why do you keep healthy?**

What do you do now to maintain your health and fitness level?  
What keeps you going? Who or what is your inspiration?

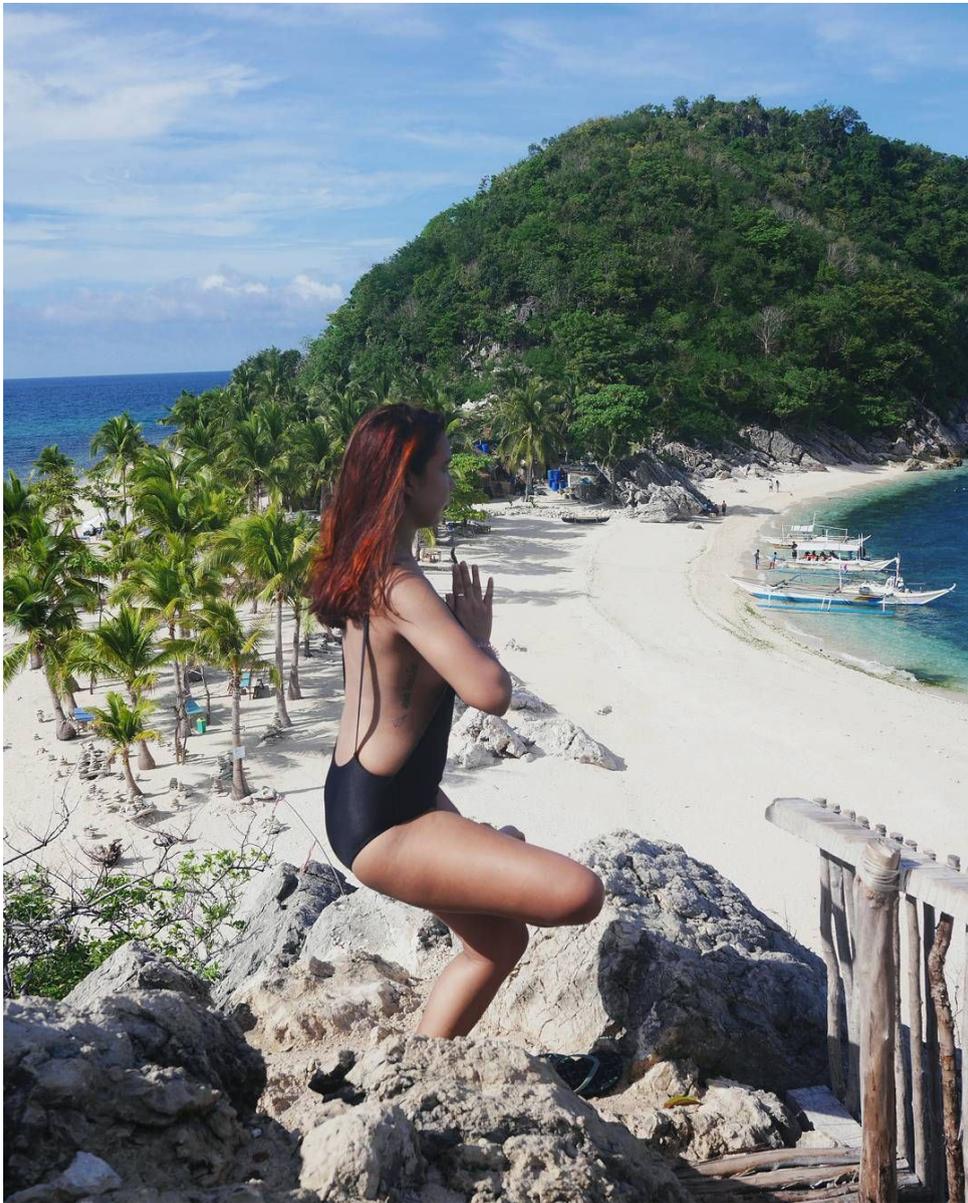
I believe that being healthy means taking care of your overall well-being. Yoga keeps me healthy physically, mentally, and emotionally. I get the physical workout I need from a strong vinyasa yoga practice but I also have learned through the years to customize my practice to what my body and mind needs and can take a more gentle approach if I need that. It's not always easy to be consistent but yoga helps me stay on track for the most part. One thing I battle with is making sure I get enough rest during the week.

## **In your opinion, what's the one thing people can do to kick-start their journey to wellness?**

What piece of advice can you give someone who wants to be healthy but is unsure of how to begin?

To kick-start the journey to wellness, I would advise to cut down on fast food and sugar! Start a green smoothie habit to up the intake of greens and vegetables.

# Karla Thea



*Photo from Karla Thea.*

***Occupation*** Internet entrepreneur

***Hobbies*** Traveling, yoga, writing, photography, video editing, and trading cryptos

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## When did you decide to live healthy?

What sparked your fitness journey? Was it because of a weight loss concern? If yes, what was your beginning weight and/or measurements and what is your current weight and/or measurement now?

My fitness journey was sparked when I joined mixed martial arts back in 2010. I initially joined Sir Henry Kobayashi's Yaw-Yan team for self-defense. I then got hooked and did Muay Thai training in Koh Samui, Thailand. I was neither fat nor thin; my body was toned already when I became a health freak because I was always on the go. I walk a lot. I like being active.

## How do you stay healthy?

If your fitness journey was sparked by a weight loss concern, how long did it take for your weight loss transformation? What physical activities did you do then? What is your favorite fitness activity now?

I've been eating healthy since I was a kid because my mom is Ilocano. We eat a lot of veggies like Pinakbet, Balatong (a soup made primarily of *monggo*, or mung beans), and heaps of fishes. Although I grew up in Manila, we still eat organic because we have access to fresh ingredients since my grandparents used to visit us a lot and they bring *bayongs* (baskets) of veggies.

I eat junk food on weekends like potato chips and pizza because it's my comfort food. I was never a fan of sodas because it makes me feel bloated. Plus, I burp a lot when I drink it. LOL! I'd drink it sometimes though if I had no choice. Then I'd to work out the next day 'coz I would feel guilty.

The physical activities I used to do a lot was MMA – including Brazilian Jiu Jitsu – but last year I stopped and fell in love with yoga. Now I'm doing Bikram or hot yoga, Ashtanga, Vinsaya and yogilates. I also have a plan to study at least 3 months of yoga in Thailand or India and get a certificate so I can teach worldwide. That's my plan next year. :)

## **How has your eating habits changed?**

What are some of your diet staples? What are your favorite indulgences/ cheat meal treats?

I do Intermittent Fasting; it's not actually a diet but an eating pattern. I've been doing it on and off since last year, but last month I've been doing it religiously: 16 hours of fasting and an 8-hour eating window. I see a lot of improvement on my health so I plan to do it for good. Also, I eat macronutrients like 50% protein, 35% carbs, and 15% fat. I don't count my calories intake, but I watch what I eat.

I cheat on weekends. Sometimes I eat pizza, nachos, and chocolates. But I try to eat in small portions because I'd feel guilty. It's already built-in in my system. There are times when my body would reject junk food and I would get sick and poop a lot. Okay, TMI. LOL!

## **Why do you keep healthy?**

What do you do now to maintain your health and fitness level? What keeps you going? Who or what is your inspiration?

I walk a lot, dance (when I'm home alone), do yoga, and eat healthy. My inspiration is my boyfriend. We have a #couplegoal and I stick to it because I want us to be healthy and fit. I want to live long and grow old with him.

## **In your opinion, what's the one thing people can do to kick-start their journey to wellness?**

What piece of advice can you give someone who wants to be healthy but is unsure of how to begin?

Write your fitness goals in paper and stick it on your bedroom wall or take a photo of it and make it your laptop's wallpaper. Whenever you see it, you will be motivated to hit your goal. If you're 100% committed, you will do good in no time. Trust me, hard work is everything.