

# Well-thy Pinoy Profiles 2016

## *“Well-thy”*

Well-thy. I stumbled upon that term someone made up while Googling for topics to write about for my lifestyle blog, [Idea Crib](#). When I read it, I thought, “Hmm.. why don’t I start writing about well-thy Filipinos and Filipinas?”

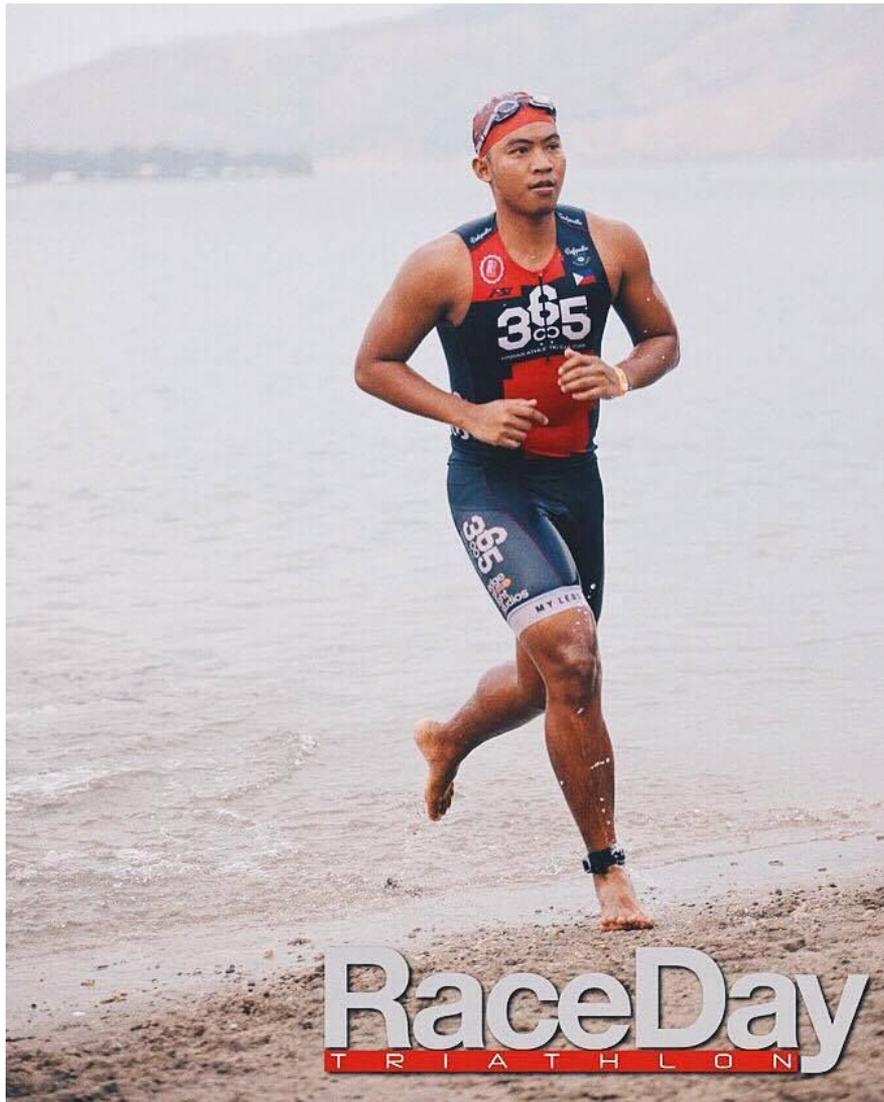
You see, I’ve always wondered why some people can keep their health resolutions whereas others cannot. Getting fit is a popular New Year’s resolution, but what is the common factor that separates those who manage to keep their resolutions from those who do not? Was it discipline that made all the difference? Was it circumstance? Was it a strong support system? This was why I started this blog series called Well-thy Pinoy Profiles: to glean insights on the motivations of individuals who have successfully maintained well-thy lifestyles, and to ultimately inspire more individuals to take care of themselves by taking care of their health and their bodies.

So, without further ado, here’s 2016’s Well-thy Pinoy Profiles. Consider this compilation as an espresso shot of fitspiration. If they can do it, then I have no doubt in my mind that so can you. :)

Cheers,

Patricia

# Arthane Carlo Sicat



*Photo from Carlo Sicat.*

*Occupation* Senior Financial Adviser & Certified Investment Solicitor

*Hobbies* Triathlon, Ultimate Frisbee, and Backpack Traveling

*Social media profile* IG: [@carlokohan](https://www.instagram.com/carlokohan)

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

I stay healthy by making sure I do physical activities daily or every other day. I also make sure that I eat right and in moderation.

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

It feels good to be healthy. It boosts your confidence and it also gives you benefits like not being sick and being able to function well in your job.

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

I used to work in the BPO Industry. As we all know, the nature of BPO work is kind of exhausting due to shifting schedules; I gained a lot of weight while working in a BPO company.

I used to be a fan of fast food. I loved eating in buffet and indulging in sweets. I thought that as long as I was earning good, I can eat whatever I want. Until I frequently got sick. I remember getting hospitalized 3x a year due to gastritis. I was obese by then. I thought I was healthy because I looked healthy but I wasn't. That was when I decided to lose weight.

I tried running thinking that was the fastest way to lose weight. It proved effective for me. I learned to love it and it eventually became part of my routine.

### ***What are your favorite indulgences/ cheat day treats?***

Ice cream. I can finish a 1.5 gallon in one seating. My favorite flavor is cookies and cream. Buffets. I still can't resist them. Tenka at Glorietta 4 is my favorite so far.

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

Did you know that eating healthy, doing physical activities, and not smoking are the 3 easy behaviors we can do to not get sick? According to studies, if we take these for granted, these may lead to the top 4 chronic diseases like cardiovascular disease, cancer, diabetes, and lung diseases which contribute to 50% of deaths world wide. You don't have to be an athlete or a gym rat. Just make sure you stay active, eat healthy, and quit smoking (if you're a smoker, that is) because the only person who will take care of the sick person you will be is the healthy you now.

# Noelle De Guzman



*Photo from Noelle De Guzman.*

*Occupation* Writer and Content Marketer

*Hobbies* Writing, Reading, and Traveling

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

For exercise I swim, bike, run, and do core work. I try to eat non-processed foods, usually going for a home-cooked meal rather than dining out. I get lots of fruit and vegetable in my diet.

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

I was overweight at one point in my life and at risk for diabetes. I want to stay healthy so I can live longer and really enjoy life!

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

In 2001 I was at my biggest and just couldn't find anything to wear for university graduation. I knew then I needed to make some changes. First it was just changing the way I ate — no more daily McFlurries! Then I started on some home exercise videos, which got me addicted to endorphins.

### ***What are your favorite indulgences/ cheat day treats?***

I don't believe in cheat days. I go a little crazy when I feel I restrict what I eat, so I allow myself an *ensaymada* or some Cheetos when I get the craving. I keep the portions small though and share the calories with friends and family.

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

It has to be something they want for their own health or personal growth, not just because they want to look great for summer. It has to be a life decision, not just a temporary one.

# Markanthony Sy



*Photo from Markanthony Sy.*

*Occupation* Engagement Manager, Software Services – IBM Sales and Distribution

*Hobbies* Yoga, Travelling, Cooking

*Social media profile* IG: [@mackymee](https://www.instagram.com/mackymee)

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

I stay healthy by making sure that my body is being nurtured daily and with the right amount of food. I drink water a lot to make sure I am well-hydrated. After office hours, I make sure to attend yoga class both as my daily exercise and to connect with my body to make sure that I have a healthy mental state too.

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

I grew up in a family wherein maintenance meds for hypertension was always being served on the table for my father. I decided that I needed to take action, or else I'd end up also buying meds for myself. Being healthy is everything: mentally, you get to think and come up with good decisions. Physically, you get to pick the clothes you want without asking for the largest size; it really is a confidence booster.

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

I tried everything – from fad diets to gym memberships just to lose weight. Two years ago, when I hit 230 lbs. partly due to a sedentary lifestyle, my officemate/friend asked me to try the yoga class near our office. I was a bit apprehensive since I was not flexible. During my first class, I told myself that I wouldn't go back because of the poses (or *asanas*). As it turned out, I fell in love with it. I'm still in love with it. What's good with the yoga is that it is not focusing on your body parts. It is a holistic approach.

On November 2014, I decided to let go of meat (pork, chicken, and beef) and fish and decided to be a vegetarian to supplement my yoga practice.

### ***What are your favorite indulgences/ cheat day treats?***

Chocolate is my weakness – in all forms.

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

I always believe that you got to start with something. Start with your food intake: eat in moderation and eat healthy food. Do not abuse your body. There are times when we do not notice that we are already working late hours or are already stressed. There are also times when we just simply push ourselves to lose weight. Learn to also listen to your body.

# Rima Onofre-Castillo



*Photo from Rima Castillo.*

*Occupation* Brilliant Jewelry Entrepreneur

*Hobbies* Cooking, CrossFit, Travelling

*Social media profile* IG: [@rimavilla](https://www.instagram.com/rimavilla)

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

My secret for staying healthy is being around healthy people. I make sure to combine physical activity with a balanced diet.

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

Being a new mom of two little ones, I want to be a role model to my family when it comes to healthy eating and being active. I believe that if you want to raise a healthy child you need to become a healthy parent.

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

I was always the chubby girl in school.

Back in college, I met my boyfriend, now husband, who was a fitness enthusiast. He invited me to try working out in a gym; a few months later, it became a routine which developed into passion.

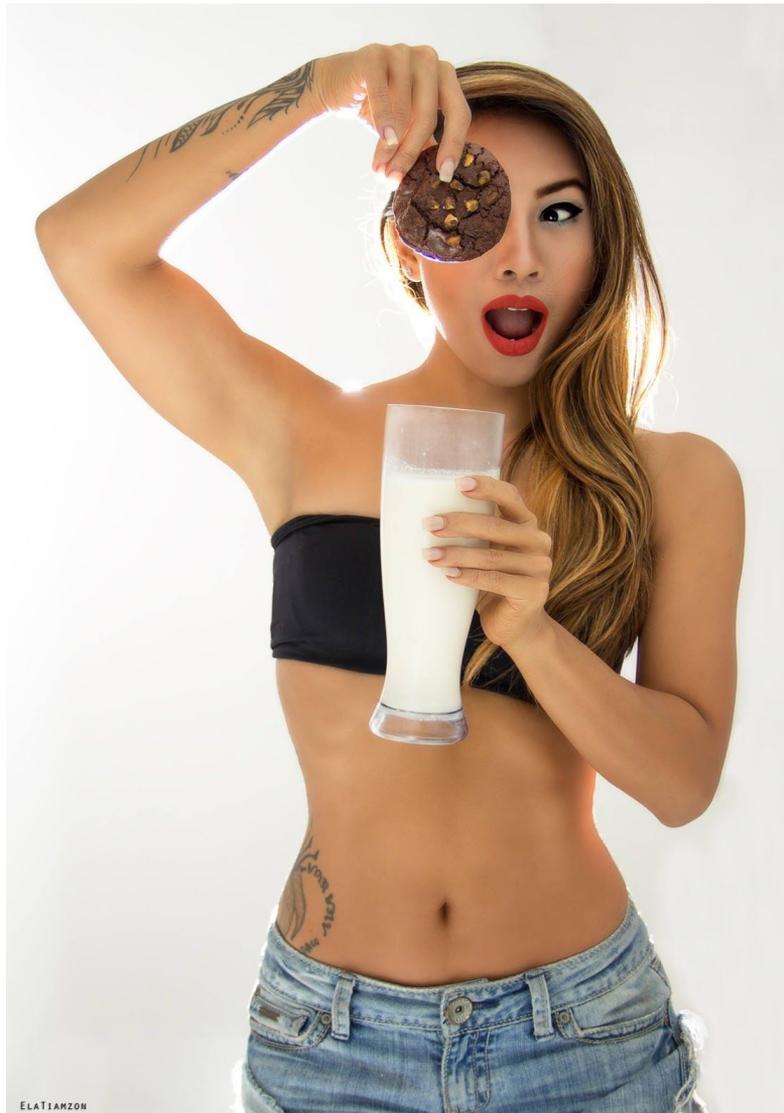
### ***What are your favorite indulgences/ cheat day treats?***

My homemade chocolate chip cookies.

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

I think the most important thing about healthy lifestyle is taking it at your own pace and make changes that fit your lifestyle. Pick one small health habit at a time until it becomes a natural part of your routine.

# Michaella Recto



*Photo from Michaella Recto.*

*Occupation* Mother of a 7 year-old, Marketing Director of GoBounce motorcycle booking application, and Founder and Owner of Health and Body by Michaella

*Hobbies* Working out, finding anti-aging methods, writing articles on health and fitness, shopping with my daughter, playing Playstation, dinners with friends, movies at home with Luke and Zoie

*Social media profiles* IG: [@healthandbodybymichaella](#); LI: [Michaella Recto](#); Facebook: [Health and Body by Michaella](#)

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

I really do my best to live a ketogenic lifestyle – high fat, zero grain, low carb, no sugar, and high protein. I also work out 5 to 6 times a week. I do believe that abs are made in the kitchen and we are what we eat!

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

Because I like feeling good. I like feeling fit and toned. I also believe that when you live life at your best level of health you get so much more out of it. It's better than struggling through life because of living unhealthily.

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

When I understood what it can actually do for you. I used to take it for granted! What I thought was healthy was actually bad. What I thought would be good for my skin was actually not helping me. After giving birth to my daughter via C-section, I noticed a quick deterioration of my health; my hormones were also totally out of whack. I just assumed my body would fix itself. I was wrong. Being 29 years old and feeling old, overweight, and out of shape made me lack confidence and uncomfortable wearing clothes. It was NOT a good feeling.

That was when I decided to do something about it and better myself in the process. That involved me, and investing time in re-educating myself on our bodies.

### ***What are your favorite indulgences/ cheat day treats?***

I have 1 cheat meal a week. Yes, JUST 1. :) 80-90% of the time I eat clean and stay away from sugar, grain, and processed food. My indulgences include gummy candy, desserts like frozen yogurt and dark chocolate, a really good cheesecake, chocolate with nuts and salted caramel, and a great cocktail or 2!

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

Cut the sugar intake, grain intake, and soft drinks (even those labeled as “diet sodas”). Read up on the Paleo diet, ketogenic lifestyles, the obesity epidemic, and global diseases. A few good reading resources include Paleo by Mark Sisson and the Wheat Belly books by Dr. William Davis.