

# How Raymond keeps to his healthy lifestyle

HALFWAY THROUGH the Christmas bingeing season, it's well worth thinking of Raymond Gutierrez as fitspiration by New Year.

For months now, the host, editor, and entrepreneur has been talk of the town after revealing himself in his best form yet. Being on the heavy side for quite a long time, seeing the weight loss is like beholding a miracle, one that he truly worked hard for. What's more impressive is that Raymond has kept to his

ideal weight all these times.

In an interview around the time he came out slim, he said that losing weight is one of the best things he's done not only for health reasons but also for his confidence. He said there was a time he became so conscious of how he looked that he



would avoid hanging out on the beach as he couldn't take his shirt off.

Of course, there was also the silent comparison to his twin brother, the heartthrobs Richard Gutierrez, who's always been in tiptop shape. Now that Raymond is in fighting form too, it's harder to decide who's better looking between the two.

But the change isn't just physical, Raymond pointed out.

"People tend to think that health and wellness is all about fitness and exercising. I want to show that these are just a few of the ways we can take care of ourselves," he said.

To ensconce himself firmly in the holistic wellness space, he joined the Philam Life family.

"It's super important to look after yourself—physically, mentally, and even financially. Life is best enjoyed when we're healthy enough to do the stuff we love."

It is because

of this philosophy that makes the producer-slash-director a good match for the company's new product, Active Health Invest Plus. Ideal for those who want to invest in their health, this savings and wellness product provides a high-growth potential coupled with life insurance coverage. Raymond, said it's now easier to exercise, eat right, and do the things he loves knowing that he is also taking care of his financial wellness.

"This is very important to me because there are still so many things that I want to do in life. And to pursue all these, the first step is to live a better life—whether it's about eating right, working out, or saving up for my future."

Active Health Invest Plus, Raymond's first insurance policy, is attached to the Philam Vitality program. It gives comprehensive health and accident coverage while helping the owner save up for his future healthcare needs.

Depending on the points accumulated or their Philam Vitality Status, customers can earn rewards in the form of discounts with health and wellness partners. In addition to discounts, the most rewarding aspect of the program is the 20% upfront additional coverage on life insurance upon purchase, with the potential to increase to up to 50% based on membership status, or how active they are in the program. For more information, visit [www.philamlife.com](http://www.philamlife.com)

RAYMOND GUTIERREZ