

# SOLENN HEUSSAFF'S RECIPE FOR HEALTH: LIVE LIFE WITH PASSION



**KATHY MORAN**

**S**olenn Heussaff is definitely one of those people who is living the life in her prime. With a successful showbiz career, countless magazine covers, booming entrepreneurial ventures, best-selling books, and a fast-rising blogger status, it is undeniable that this 30something has hit life's winning formula.

"To live life to the fullest is my top priority," Solenn shares. "I don't want to look back and regret not being able to give more of myself to the things that I'm passionate about, and to the people that I love."

It is no wonder that this "It" girl embraces every opportunity with zest and passion.

The key to staying in control of her life is her commitment to maintain a healthy lifestyle. Solenn is known for her passion for fitness and wellness as proven by her toned physique and her health-driven lifestyle, which she talks about in her fitness book, *Hot Sos*. Aside from regularly



**Here's to life: Solenn Heussaff takes charge of her life by choosing to #LiveBetter.**

working out, she advocates healthy eating as she considers it an important part of one's fitness journey.

"It's really an everyday commitment for me. I make my own meals even when I go to tapings so I make it a point to wake up early and be mindful of what I prepare. I am happy that I can share what I've learned and have yet to learn in my journey through the book and my blog,"

she declares.

This year, Solenn further strengthened the advocacy of empowering Filipinos to live a life of wellness by taking part in Philam Life's "Live Better" campaign. To accomplish this, Philam Life puts emphasis on four pillars: food, fitness, wellness, and finance. By improving on these aspects of life, the company believes that Filipinos can elevate the quality of their lives.

"Philam Life, through Philam Vitality, has been such a huge help because it gives me the boost I need to live longer, healthier, and better. It keeps me on track with my fitness and wellness goals and it made me realize the importance of investing and preparing for whatever life may bring."

Philam Vitality is a holistic program designed to help its customers take charge of their overall health: mind, body, as well as their financial wellness. It allows customers to earn points for knowing and improving their health. Depending on the points accumulated or their Philam Vitality Status, customers can earn rewards in the form of discounts from various partners.

This partnership could not have come at a better time for Solenn. After tying the knot with Nico Bolzico last year, Solenn started putting importance on financial preparedness and security for their future. "I recently signed up for the Philam Vitality program and I can't be happier knowing that someone is looking after my health," she asserts.

Philam Life recently launched a series of products powered by Philam Vitality. "We know that as they age, our customers' needs change. As such,

we developed products that support their needs for each phase in their lives, keeping in mind their total wellness needs," says Timothy Marriott, Philam Life chief marketing officer.

Ideal for young couples like Nico and Solenn, Philam Life offers Active Family Provider, a product that is perfect for those planning to start a family. It caters to those who now have more responsibilities as they transition to a new phase in their lives as it allows them to protect themselves and their family's future without worrying.

Active Family Provider addresses two main concerns of startup families: the future of their loved ones secured through life insurance coverage, while at the same time, making sure that their health is taken care of through the Philam Vitality program. Because it comes with Philam Vitality, there is an upfront 20-percent additional coverage on life insurance upon purchase, with the potential to increase up to 50 percent based on the Philam Vitality Status, or how active they are in the program.

Solenn aims to inspire and encourage Filipinos to start living better in all aspects of their lives — from health and fitness to financial wellness.

"I believe that there's no better time to live better than now," says Solenn. "Because we're all at that crucial point where everything we do or don't do will matter in how our future will turn out."

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*To jumpstart your journey towards total wellness, talk to a Philam Life financial adviser on Facebook at [PhilamLifeAIA](https://www.facebook.com/PhilamLifeAIA), visit [www.philamlife.com](http://www.philamlife.com), or call 528-2000.*