

WHAT YOU SHOULD DO BEFORE SUMMER ENDS

YOU might have gone on an Instagram-worthy vacation this summer or, maybe, all you did was chill, eat, and repeat and thought that was it. Well guess what? There's still a ton of stuff you can do while the sunny season's still here. If you're still itching to get the most out of this break, then *carpe diem* the best you can with these ideas:

Do a physical activity that you actually like



Going to the gym isn't the only way you can do to get in shape. Don't like running? Maybe you can try swimming. Dread walking the endless stair climber to nowhere? Then go on a hike, let the view be your motivation.

Point is, there are plenty of ways to do something, and having fun while doing something good for your health should definitely be rewarding. Subscribe to a wellness program that gives you goals that are just right for you. Plus, word on the block is there's a wellness program that rewards you with stuff and services every time you hit a goal.

Learn to do a little 'adulting'



Aside from going to new places and discovering new things, vacation is also the best time to be a little more independent and try doing things yourself. From planning your budget without help from your parents, to doing DIY projects around the house, or

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even taking a road trip on your own, there's always something thrilling about doing things your way.

There's a lot to gain by learning to be more mindful about taking care of your needs. You can start being more responsible by going for a health check-up, getting yourself insured, and doing more with your money by investing in your future.

Indulge in more great things



The next summer is literally a year away so why waste time on the "Oks" when you can enjoy the "Wows" this season can offer? Checking into a fancy hotel for a staycation or flying to your next local tourist spot may seem like a budget stretch but hotels and airlines usually partner with companies to give out sweet discounts and offers you wouldn't want to miss. A great example is the Philam Vitality rewards you can get through BPI-Philam's Wellness Series wherein each product helps you live healthy and get more out of your money.

With the Philam Vitality wellness program you'll be encouraged to start living an active, healthy life while being rewarded in the process. With it you get to know your health through a set of assessments, then improve it as you rise the ranks from a Bronze status to Silver, Gold, and finally Platinum Philam Vitality member.

The higher your Philam Vitality Status each year, the more rewards you get like 20 percent upfront additional insurance coverage, or discounts to hotel accommodation and even airfare. You'll also get discounts on Gold's gym membership, fitness devices, and apparel.

Visit www.bpi.philam.com to know more.