

Manulife *Vitality*: Joanna G. Member Story

If I had to describe myself before the program, I would say that I was more weight conscious.

[Joanna sits in an office.]

Now that I'm in the Manulife *Vitality* Program, I think of myself more as wellness-minded.

[At the bottom of a concrete staircase outside, Joanna turns towards the camera, smiling.]

In my younger years, I was definitely much more physically active and then having three children particularly when they're so young, they keep things hectic first thing in the morning and I'm self-employed, which means unfortunately I spend a lot of my day sitting at a desk.

[Joanna sits in an office.]

[Joanna tucks her long hair behind her left ear as she walks along the main street of a small town on a cool, sunny day, with shops in the background.]

[Joanna holds her partner's right hand as they cross a street together.]

[Joanna walks downhill with her partner on a sidewalk, as a pickup truck drives by in the background.]

[Joanna sits in an office.]

I love the Manulife *Vitality* Program, I pay much more attention about living a healthy lifestyle.

[Side view of Joanna and her partner walking downhill on the sidewalk, next to a concrete wall painted brightly with a mural; a motorcycle drives past them in the background.]

[Joanna sits in an office.]

Now I really try to focus more on making sure that I'm fueling my body with healthy food and that I'm doing active things; I'm trying to get outside with my kids and move around.

[Joanna opens the front door of her house with her dog leash in hand, as her labradoodle climbs down the three steps of the front porch.]

[Joanna and her dog climb several flights of wooden stairs on a windy hiking path, with a scenic view looking down over a lake and small town.]

[Joanna sits in an office.]

The Manulife *Vitality* Program is the best of both worlds. Nobody ever really wants life insurance, but this gives you the coverage that you need, but also encourages you to live a healthy lifestyle and gives you lots of little perks for doing so.

[Joanna and her dog walk along the hiking path with the lake and several houses in the background.]

[Joanna sits in an office.]

The program keeps you engaged. I have used the website to set goals for myself.

[Seeing only their torsos, Joanna walks hand-in-hand with her partner.]

[Seen from the waist up, Joanna and her partner walk on the sidewalk, smiling and talking to each other.]

There's tons of information on there, monthly you can do the Vitality Squares where you can earn more points and Amazon gift cards and then, of course, use that to purchase fitness bands and running shoes -- love that.

[Joanna sits in an office.]

[Joanna looks out over the lake on the hiking trail, while kneeling down to pet her labradoodle in the sunshine.]

Because of the Manulife Vitality Program, I have dropped three sizes in my jeans, pretty fantastic after having three children, so I want to be the best that I can be, whether it's the food that I eat,

[Joanna sits in an office.]

[Joanna and her partner walk hand-in-hand on the sidewalk in town.]

[Joanna sits in an office.]

[Seen from the shoulders up, Joanna walks hand-in-hand with her partner in town, smiling and talking to each other.]

the amount of sleep that I get or the kind of exercise that I'm doing, I just want to make sure that I'm taking the best care of myself that I can so I can be around for my family.

[Seen from behind, Joanna walks hand-in-hand with her partner in town.]

[Joanna looks out over the lake on the hiking trail, while kneeling down beside her labradoodle.]

Manulife Vitality [Manulife.ca/Vitality](https://www.Manulife.ca/Vitality)

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