

Manulife *Vitality*: Milan P. Member Story

A word to describe myself before being a member of the Manulife *Vitality* program is “naïve.”

[Milan sits on a stool in his kitchen]

[Milan P., MANULIFE *VITALITY* member since 2018]

A word that would describe me today is “successful.”

[Milan stands in the gym, smiling]

Life right now is quite hectic for me.

[Milan sits on a stool in his kitchen]

I do own a family-run business. So, after a long day of work, pick up my son, a lot of times go to hockey.

[Milan is in the gym, walking]

At the end of the day, I’m just exhausted.

[Milan sits on a stool in his kitchen]

My wife recommended that I go to the doctor to get my physical done.

[Milan, in the gym, wipes his face with a towel]

When I got the result of that physical, it was quite upsetting.

[Milan in his kitchen]

[Milan in the gym]

The doctor said that by the age of 55 I would have diabetes.

I had a high cholesterol level, I had a fatty liver.

[Milan in his kitchen, talking]

I need to make a change in my life.

[Milan in the gym, smiling]

I wanted to make sure that I'm around as long as possible to enjoy the future with my family.

[Milan in the kitchen, talking]

I felt like I thought I knew what I had to do to have a healthier lifestyle.

So I did start attending a gym.

[Milan works out with a set of ropes]

Exercising was nothing new to me, but with a young family it was always hard to find the time.

[Milan in the kitchen]

Six months later, I went back to the doctor's, and he told me that there really was no big change.

[Milan working out with the ropes]

[Milan in the kitchen]

I realized I needed help.

[Milan working out in the gym]

And around that same time was when I met with my advisor.

He recommended to me the Manulife *Vitality* program.

[Milan working out in the gym]

So we both looked into it, did some research, and found out that it was a great tool I could use to help me on my journey.

[Milan working out in the gym]

[Milan sitting in his kitchen]

I'm able to set goals for myself.

One of the first was to make sure I got at least five hours of exercises in a week.

[Milan lifting weights in the gym]

Once I was able to achieve that, it gave me a bit of a sense of accomplishment and made me want to do more.

[Milan sitting in his kitchen]

[Milan squatting with weights]

I was able to better educate myself on healthy eating because the program gave me the right tools to find different recipes, healthy recipes.

[Milan stands up with weight across his shoulders]

[Milan sitting in his kitchen]

That was one thing that in my life was not an important factor.

[Milan sets the weight back on its rest]

I feel the program is in my corner and gives me the support I need.

[Milan sitting in his kitchen]

[Milan wipes chalk from his hands]

It's made a big difference. I feel like I'm a lot younger now. I feel more energetic.

I'm actually able to go and play hockey with my son.

I have lost 45 pounds. My body fat has gone from 34 percent down to 22.

[Milan looks upward, then does pullups]

I've gone back to go see my doctor, and I've run the tests. He was quite surprised that I was able to make the difference that I did.

[Milan in his kitchen, talking and smiling]

The information that the Manulife *Vitality* program provided me was a key factor in me making a difference in my life.

[Milan standing in the gym, smiling]

And not only in my life, but it made a big difference in my whole family's life.

I've overcome so many hurdles and made all the right changes in my life.

I feel so much better and so much healthier now.

[Milan works out in the gym]

[Milan, standing, smiles and crosses his arm]

[On screen: Manulife *Vitality* logo. The website address "Manulife.ca/Vitality" appears beneath the logo.]

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