# Transcript

Hi, I'm Elizabeth, and I'm a registered nurse, working in the casual part-time capacity right now. But I did work full-time in the hospital setting for about 42 years. I'm also an avid gardener. That's my passion. I like to play in the dirt. I feel fulfilled being outside, and it just helps my health and my well-being.

It was my financial advisor that got me into the Manulife life insurance. They mentioned they have this Vitality Plus program that will help you stay healthy, and I thought, I like that idea.

I've been a Manulife Vitality member for three years, and I've been a Platinum status for those three years. I find it very motivating with the rewards. For me, it's easy to gain the points because I'm already active, and it just fits with my lifestyle. Reaching the platinum level, I get this reduction in my premiums for my life insurance, and that was the big motivator for me.

I put in a lot of steps every day. I enjoy it. When you're older, people expect you to accept decline, and I don't want to decline. I want to keep at a good level and keep healthy.

I'm in my mid-70s, and since starting Vitality Plus, I've got more energy. I sleep better. I feel that I'm just in a better space. I need to keep my independence because I'm getting older. If you are active and moving, it really helps as you age. You become stronger.

Being a registered nurse, I've seen a lot of unhealthy situations. I think that's why I enjoy the program so much, because I can help myself stay healthy. If you invest in your health, that really makes a big difference. Outside of work, I'm also doing archery, and I want to do these things as long as I can and stay active.

You will never regret investing in your health, and I invested in Manulife Vitality Plus, and I'm pleased how things have turned out for me, and I hope to continue to keep going in a positive direction.