Manulife *Vitality*: Sukhminder V. Member Story

If I had to use one word to describe myself before I entered the Manulife *Vitality* program, it would be "sloth."

[Sukhminder sits in his home]

[Sukhminder V. MANULIFE *VITALITY* member since 2017]

[Sukhminder smiles outside]

[Sukhminder sits in his home]

Now, having been in the Manulife *Vitality* program, it would be "cheetah."

I would describe my life as not just busy, but frankly overwhelming.
I'm a father of two. I'm a lawyer.

One thing that was sacrificed was exercise.
I was overweight, but I didn't see myself as that. I thought, OK, I'm active.

[Sukhminder stands outside]

I always figured that I would make changes in my life.
But being South Asian, heart disease is something I'm going to be predisposed to. It's something that I saw far too often.

[People walking along a pier]

You know, young men passing away in their thirties and forties.

[Sukhminder sits in his home]

So when I saw my mom going through recovery after open heart surgery, it was a big wake up in me.

[Seagulls walking and flying on a beach]

I knew that if I didn't make drastic changes to my life, I was going to be in the exact same place.

[Sukhminder sits in his home]

[Sukhminder looking at his Apple Watch about to exercise]

So, after I entered the Manulife *Vitality* program, it was improvements all around.

[Sukhminder sits in his home]

[Sukhminder looking at his Apple Watch about to exercise]

From fitness, to diet, to meditation. The improvements weren't just limited to physical. It was a focus on a holistic approach to all this.

So after I started exercising, and after I knew how many calories I was burning, I turned my attention to, well, how many am I consuming?

[Sukhminder leaves his house]

And then I started tracking my calories. It was a bit of an eye opener. When you start realizing how much you're consuming extra.

The key elements of the Manulife *Vitality* program for me are the metrics, of having the data to make better-informed decisions,

[Sukhminder sits in his home]

[Sukhminder looking at his Apple Watch about to exercise]

to see how I'm doing. And that is kind of the gateway into, really, a sense of accountability.

I also like the annual checkups.

When you get to see those results through the app on your phone or through the website. And

[Sukhminder sits in his home]

I think that information is absolutely vital in terms of healthy living in a very conscious way. And that's how I define living well.

[Sukhminder looking at his Apple Watch about to exercise]

It's always surprising when, you know, I show people old pictures of myself.

[Sukhminder sits in his home]

It's a radical change from who I used to be. One of the comments I always get is "You look ten years younger".

[Sukhminder stands outside and is stretching]

The impact it's had, not just on my health, but everyone around me is, I think, remarkable.

[Sukhminder sits in his home]

I have two young kids, five and three, and when I go running, they want to go running.

[Sukhminder runs outside]

And when I do yoga, they want to do yoga.

A few couple funny stories I have is, you know, my 3 year old.

I came home from yoga. It was usually early morning. And he, you know, he looks at me,

[Sukhminder sits in his home]

he's like, "Dad, did you go do yoga again?"

My life is probably busier than it's ever been. But I find almost a kind of Herculean strength in terms of tackling it.

[Sukhminder stands outside]

I can take on so much more because of the Manulife *Vitality* program.

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

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