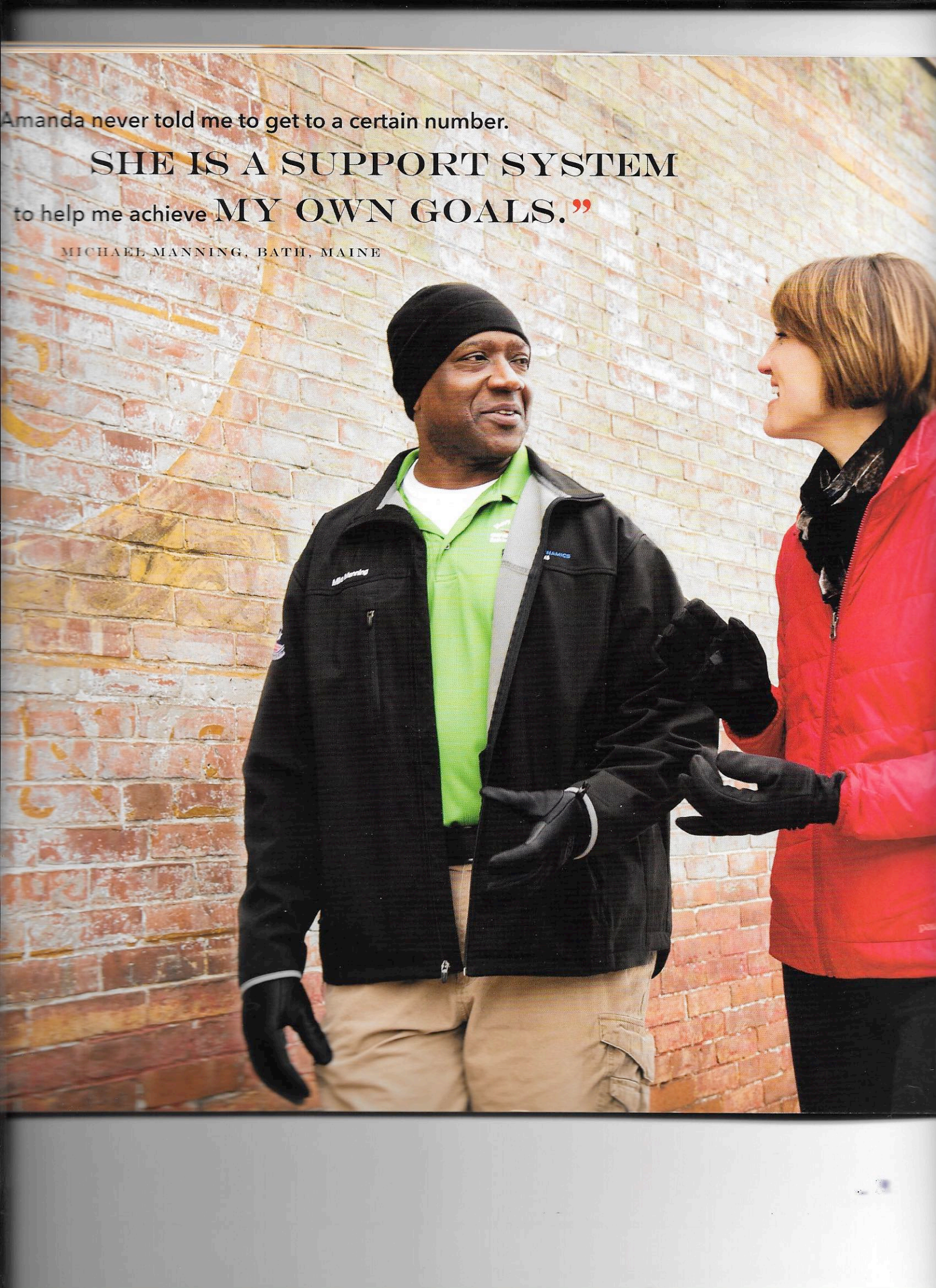
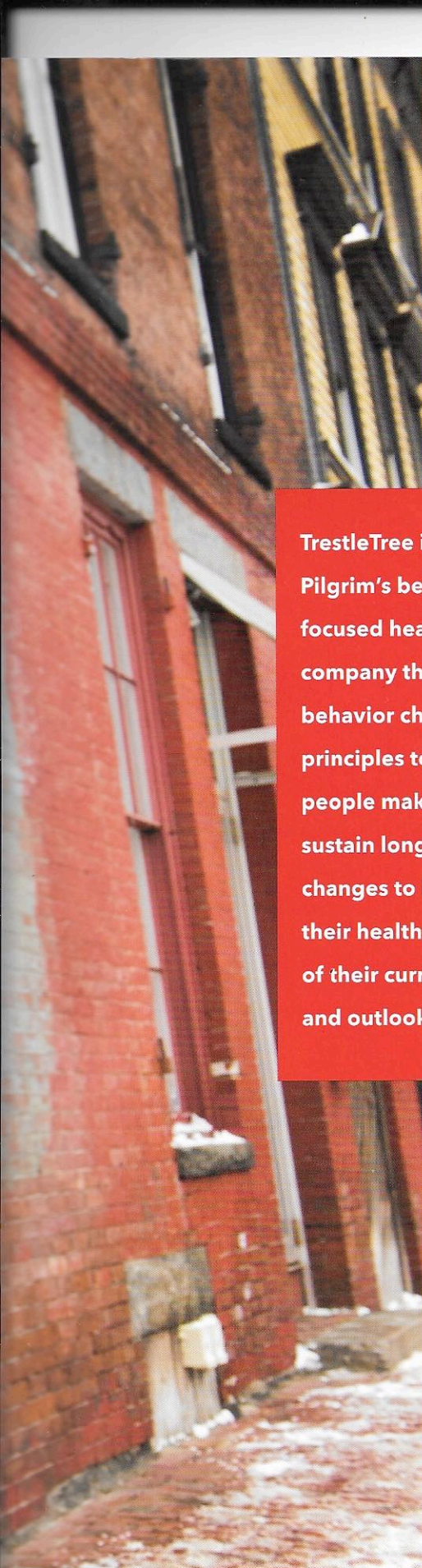


Amanda never told me to get to a certain number.

**SHE IS A SUPPORT SYSTEM**  
to help me achieve **MY OWN GOALS.**”

MICHAEL MANNING, BATH, MAINE





## Navigating a healthier course together

**S**ure, lots changed when 46-year-old Master Chief Petty Officer Michael Manning retired from active duty in the U.S. Navy. But two changes really threw him for a loop: His physical activity went down, and his weight went up. He had abruptly shifted from regularly walking the length of a ship and monitoring its working order, to sitting at a computer and writing coursework about how to operate the vessel.

"I put on 30 pounds in a year, and the doctor said my blood pressure was up. I knew I had to do something about it," Manning says. He heard about some onsite health screenings offered at his employer, General Dynamics - Bath Iron Works, in Bath, Maine, and he decided to go.

**TrestleTree is Harvard Pilgrim's behavior-focused health services company that uses behavior change principles to help people make and sustain long-term changes to improve their health, regardless of their current situation and outlook.**

### CONNECTING FOR POSITIVE CHANGE

That's when he connected with his TrestleTree health coach, Amanda Hopkins, a registered dietitian who is part of General Dynamics - Bath Iron Works' Fit for Life program. TrestleTree is Harvard Pilgrim's behavior-focused health services company that uses behavior change principles to help people make and sustain long-term changes to improve their health, regardless of their current situation and outlook. "TrestleTree is all about having someone in your corner," Hopkins says.

Hopkins loves being a health coach. She works with people across the spectrum of health and wellness, from those who don't believe they can change at all, to those who want to improve their marathon running time. "Health coaching is about making progress toward better health. I know that everyone is human and I don't expect perfection."

Manning and Hopkins hit it off right away. "It was like meeting someone at a party who you could talk to all night!" Manning says. Meeting once a month, they discussed Manning's situation and he came up with goals. "I knew I wanted to get more active, get back to my pre-retired weight and live long enough to see my four-year-old son grow up. Amanda never told me to get to a certain number. She was a support system to help me achieve my goals."

Things like extended periods of sitting and mindless snacking were contributing to Manning's issues. "It was easy reaching for a brownie or a can of soda," he notes. Hopkins was always ready with advice and encouragement. They knew it was about maintaining long-term results, not a quick fix.

Manning felt motivated to choose healthier options, watch his food portions and move more. Before long, he was using a wireless activity tracker, and he got his wife using one, too. He also started a walking group with his coworkers. "It doesn't matter if it's cold outside. We get out every day during lunch." Manning is thrilled that he lost 28 pounds and 6 ¼ inches off his waist during the coaching.

The success keeps spreading. Hopkins says, "Michael is a champion who keeps himself accountable and engages others!"