



H TRAX TRANSFORMATIONS

Silvestro Manente Jr.



Silvestro Manente Jr, or “Sly” as he is known, or even “Papa Bear” by some of his peers, did not come to Healthtrax by a conventional road. For starter he is a retire military man serving 20 years with the U.S. Navy Seabees, there he has spent two tours in the middle east, and earned several Navy and Marine Corp Achievement medals, and a Presidential Unit Citation. He retired in 2013 and attended Post university. There he received a bachelor’s degree in management and legal studies. After School Sly earned certifications from the National Academy of Sports Medicine for personal training, and Golf Fitness Specialist, and a level 1 certification from Training For Warriors. Sly was also a lifelong martial artist, studying Kung Fu, Karate, and Brazilian Jiujitsu. Sly now is a power athlete competing in Highland Games around New England.

The road wasn’t easy, sly returned from the middle east worse for the wear and began to gain weight. Sly at his worse was near 400 lbs. shortly after retiring from the military. After 80 lbs. of weight loss and a lot of work Sly fell in love with fitness and uses his story to inspire his clients and other members to stick to their plans. Sly Came to Healthtrax last year as an intern and because of his passion, he received an award as the second top sales person at the tier 1 level in the company, with only 10 months of sales to his credit.

Sly admits weight is an everyday struggle, and he has ups and downs. But he is resolute that it is a life long journey.