

# Alantha Gatson



## **\$5,000 WINNER**

### **Walmart Customer Newport News, VA**

Before the Thrive Challenge, my lack of self-care totally weighed down my husband, my two sons, and myself. I was already overweight, and then when COVID hit and I was spending a lot of time sitting, more weight started creeping on. One day, I saw a picture of myself that a friend of mine had taken while we were on a trip in Chicago together, and I was devastated. I didn't realize how I looked to the world. I knew that it was time to make a change.

#### **My friend, Florice Nims, told me about the Thrive Challenge.**

She inspired me to start walking every Saturday about a year ago, and then recently I was so inspired by how dedicated she had become by using the Thrive app. I have a health condition, so it was easy to keep telling myself, "You have a lifelong illness. Just accept your fate and all that comes with it," but I knew I had to start building better habits.

#### **I started waking up at 4:30 a.m. to walk every morning.**

For the first few days I found myself dragging because I didn't go to bed any earlier than normal. I decided I needed to get my rest to be able to have the energy to get the walking done, so I pushed myself to get into bed no later than 10:00. Around day six or seven, I was surprised that I didn't find a reason to stop altogether. Now, I can't imagine not getting up early to walk!

#### **Our family started cooking together three days a week.**

I'm also working on limiting my wine intake. My son Brandon came home with a new sangria that he wanted me to try. Normally, I would have said, "It's only one glass." But being able to say no and to save it for another occasion was a win for me.



#### **My husband, Harold, has never been prouder of me.**

I walk at least seven miles a day, and I add extra steps by walking to the mailbox, and by walking around while waiting for the microwave or during commercials. Sharing with my coworkers how many miles I walked before logging in for work has encouraged them to get up and move, too. One of my coworkers recently said, "You're making me want to get on my bike!"

#### **My clothes are fitting better, my sleep is better, and my whole lifestyle has changed.**

I am feeling so much more confident now that I can get up from a seated position without struggling. My husband says I look better now at 50 than I did at 30! My sister in Alabama has also started using the app, too. Sometimes when you've done something for so long, it's hard to change bad habits. But now that I am taking care of myself, I can be better for others. The Thrive Challenge has helped me choose myself and give myself gratitude. I even got a tattoo that says "You can!"



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