

Carlos Gonzalez

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\$5,000 WINNER

Walmart Supercenter #1280

Grand Junction, CO

During the pandemic, our dog Coco passed away, and my wife, Araseli, was in and out of the hospital with stomach pain we couldn't figure out. It was a difficult time. I was feeling up and down emotionally, and I wasn't motivated to do anything. I gained a lot of weight and I found myself at my heaviest. I finally looked at myself and said, "It's time to change and be a better version of myself."

I was in the break room at work one day, and I saw a brochure for the Thrive Challenge.

I started skimming through it, and I was inspired by so many stories. One of them in particular showed a gentleman who went from being homeless to where he's at now. I just said, "Wow!" All it takes is an effort to decide to be better. It doesn't have to be drastic. So I said to myself, "Let's give it a shot. Let's do it." I downloaded the Thrive app and got started that day.

I got rid of my sugar, soda, bread, and junk food.

I saw that I had more energy that way. I like the Microsteps on the Thrive app that tell you little things to take out or to do better. It helps you make substitutes. I've started making these protein cookies I found a recipe for online. I use protein powder and some flour and I bake them, and I have those as a snack instead of grabbing chips or chocolate. They're delicious.

I started getting into weight training and jogging.

I used to play sports, but I hadn't been active during the pandemic and I needed to start slow. I pushed myself little by little, and now I'm working out five or six times a week. My wife also started taking steps to be a better version of herself. We both wanted to do better. Unfortunately, a couple weeks ago she ended up being rushed to the ER for an ovarian cyst that was seven centimeters long. She's recovering from surgery now, but I remind her that she'll get back to what we're both doing. We are definitely praying.



We've been saving money by canceling things we don't need.

We looked at our subscriptions and things of that nature, and started saying, "Well, we don't really need that right now. So we can save that." We were surprised by the amount we were able to save. We're probably saving 75 or 100 dollars a month. Now, I'm saving to pay for Araseli's medical expenses since she's recovering from emergency surgery.

Today, I'm definitely more motivated and more positive.

I'm even sleeping better. I used to struggle with going to sleep late, but now with these changes, I tell myself I'm going to go to sleep at a certain time, and I'm getting seven to nine hours of sleep. I feel way better, and if I can motivate someone else, that's the ultimate prize for me. We're all human, we all have different trials and tribulations, but all it takes is just that simple push to tell yourself you can do it.



THRIVE