

Carla Kerns

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\$5,000 WINNER

**Walmart Supercenter #0993
McPherson, KS**

I've had a weight issue all my life. For years, I would lose weight and then gain it all back. Now, as an empty nester, it's easy for me to just eat what's convenient. I'm also an emotional eater, and putting a kid through college has been a stress on us financially. My eating habits got worse and I started noticing I was tired all the time and didn't like the person I saw in the mirror anymore. I felt like I was an embarrassment to my kids and husband.

Becoming a grandma in July was a wakeup call for me.

My son had a baby girl, Magnolia Grace. We call her Maggie. Growing up, I had the best grandma in the world who was very active in my life. When I held Maggie for the first time, I decided it was finally time for me to get my act together and do something. I want to be around for my grandbabies. I want to play on the floor with them and have energy for them. We had a People Lead conference call about well-being, and it hit me that the Thrive Challenge could be the answer.

We decided to start cooking a lot of our meals at home instead of having fast food.

Right away I liked that the Thrive app gave tips on taking on new habits. I bought my husband, Mark, an indoor grill and we both love it for cooking chicken or pork. We get excited in the kitchen now — and it's all helping us save about \$80 a week. Money has always been an issue and we live paycheck to paycheck. This has helped ease a little pressure.

I love the Microstep about parking your car far away so you can walk more.

It's hard when it's cold out, but I get to work in the morning and I park way out there. I need those extra steps! I'm in a group with some girls at work and we do a "Fitbit war." We have our Fitbits linked and we try to set step goals for the week and challenge each other. It's pretty fun. I also have an antique bike and I bought a treadmill to work out more.



My husband is doing this whole change with me.

We went on a walk this weekend, and I was just going to go my normal two miles, but then Mark goes, "No, let's go on out this way. Let's get another mile in." Now when we visit our daughter in college, I get less winded walking around campus. Our son is getting married next October and my goal is to lose more weight for the wedding.

The Thrive Challenge reminds you that you are worth it.

It's been a life-saver. I have lost 74 pounds so far! I used to snore in my sleep because my breathing wasn't very good, but that has improved a lot now that I've lost weight. I'm more confident now, and I also find myself being more mindful. I am so grateful for all my co-workers and my family. A little gratitude can go a long way.



THRIVE