

Charmell Charlton

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\$5,000 WINNER

Walmart Supercenter #3401

College Park, GA

Before I started the Thrive Challenge, I had a lot of stress and anxiety. My weight changed a lot and I was unsure of myself. My lifestyle affected my sleep, relationships, and my mental and physical health. I took the Thrive Challenge to transform my mindset, expand my thinking, and take preventative action so that I could reduce my chances of being impacted by health issues.

My first step was to start juicing.

I wanted to get my taste buds used to new foods. I will use ginger, lemon, apples, oranges, celery, carrots, spinach, celery, and pineapples. I juice for the week and have it as my breakfast in the morning, along with an apple and one bottle of water.

On my off days, I will work out in the morning with a nice run that will help me with my stress levels. I am aiming to get to 20,000 steps at least five days a week. I stay motivated by going for a short run, cutting out distractions, keeping my body moving, and reading motivational stories or speeches. I have lost about 20 pounds!

One of my favorite Microsteps is to chew thoroughly and slow down when I eat.

The food we put in our body can have a significant effect, especially when it comes to our hearts. Diet affects my life by giving me the right nutrients. My eating plan includes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. If I hadn't changed my eating habits, I could have had heart failure or a heart attack!



I am prioritizing my sleep by having a set bedtime.

I put all my devices away, including turning the T.V. off, to have a good quiet sleep. When I get enough sleep, I am so much more energized! I clean my house, I cook, I get my family involved with what is going on, and at work I am ready to get things done.

I spend more time with my family than I used to.

We have a stronger connection with each other. We communicate a lot about life. We have family gatherings, watch movies together, and work on different projects around the house. The Thrive Challenge has helped me shift my pattern of thinking from negative to positive — giving thanks makes me happier and people happier and more resilient, strengthens relationships, improves my health, and reduces my stress!

The Thrive Challenge taught me about self-care, self-love, and believing in myself. Now I can give others the same strength to grow in life!



THRIVE