

Ralph Jean-Bart

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\$5,000 WINNER

**Walmart Customer
Fredericksburg, VA**

My previous lifestyle was affecting me in so many ways. I wasn't eating right, I was traveling a lot for work as an engineer, and I didn't have time for exercise or time for my family. I was impatient with my kids and my wife, and my work was affected because I had to call out sick multiple times. I had gained weight, and I found out at my annual physical that I have high A1C levels and high cholesterol.

I heard about the Thrive Challenge from my spouse, Fabiola Jean-Bart.

She is a nurse who has been working on the front lines during Covid, giving vaccines to hundreds of people. She did the Thrive Challenge last year and told me that I needed to get involved with it because it was a game-changer for her. We have three daughters, and she did it to be a good role model for them. I checked out the Thrive app and right away I said to myself, "Okay, I need to participate."

I started by going to the gym for 30 minutes and playing soccer with friends twice a week.

That was my first step. I started sending videos and pictures of my daily exercise to friends and my family. I tackled two goals at a time and monitored my progress on the Strava app. I started feeling better right away. I am now exercising four times a week and my goal is to continue lowering my A1C and my cholesterol levels.

I've started eating a Mediterranean diet.

I try to eat more fish and stay away from red meat. My favorite recipe for dinner is salmon with broccoli, green beans, yellow rice and mashed potatoes. Changing my diet has helped me think better and feel more relaxed.



Now, I get up early to make breakfast for my wife and kids before we all leave the house for work and school.

I also started to go into work early so that I can have time for my family once everyone is back home at the end of the day. There's less pressure on Fabiola now because we are sharing the tasks equally. The kids' homework is done on time and we're spending more quality time playing games together, cooking together, and biking together over the weekends.

We're saving about 20% of our money because we cook more and spend less money on junk food.

We've also been stocking up on groceries once a month instead of once a week. It's given me more security in case something happens, like losing a job or furlough. Our daughter, Hillary, got a scholarship to Yale, but we're paying for her room and board and saving for tuition for the other two.

I feel more productive, more thankful, and more positive.

Without the Thrive Challenge, I would still not be eating properly and wouldn't be exercising. It's helped improve my endurance, my sleep, and it motivates me to help others. It has taught me to be consistent, to start with a short-term goal, and to keep trying even if you fail the first time.



THRIVE