

# Bill Goeke

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**\$5,000 WINNER**

**Fulfillment Center #7356  
Bethlehem, PA**

I worked in the hospitality business for 45 years, and my first day at Walmart was March 31st, 2020. I had lost my job a few weeks previously and with COVID going on, I felt fortunate to be employed, albeit in a different field than before. I was overweight, had serious vascular problems, and had very little energy. I went through 15 different vascular surgeries. I grabbed this opportunity to change careers with gusto and promised myself I was going to make the best of this and life would go on.

On my second day, I pulled into the parking lot and received a text message saying the warehouse had been closed due to COVID issues. The next couple of weeks were very rocky as I checked nearly every day to see whether I was still employed. My nerves were shot, and I was burying myself in food to forget my problems.

**I returned to my new job and promised myself that I wanted to do something better with myself.**

We were told that the warehouse was opening back up and I was able to return to work. Early on, I saw a copy of the Thrive magazine on a table in the break room. I read it and something struck a chord. I was inspired by the articles I read and I promised myself I was going to be a successful member of the Thrive community.

**I started watching what I ate, and the job provided me with cardio beyond belief.**

Working there in the warehouse, I was taking a huge number of steps. On the first day, I took lunch in with me and it did not sit well. I felt nauseous and bloated, so I switched to one meal a day, and the pounds started dropping off. I was losing one or two pounds per week, and some weeks as much as five pounds. I knew I was onto something when a lead in our department asked if she could ask a personal question about how much weight I had lost. At that point, I was 50 pounds down.



**I feel a huge improvement in my energy.**

I have six grandkids, and I can now get down on the ground and play with them. We went to the zoo a couple of weeks ago, and we had the time of our lives. At home, it used to take me six or seven hours to mow the lawn, and now it takes me about two-and-a-half. Just yesterday, my wife wanted to move two shrubs in our yard, so we picked up a shovel, dug huge holes in the ground, and then dug the shrubs up and put them out. I couldn't have done that a couple of years ago.

**The inspiration from Thrive is paying off more than I could ever have imagined.**

Today, I'm down 96 pounds. I weigh less than when I graduated high school. My blood pressure, cholesterol, vitals are all excellent now. There's no sign of needing another vascular surgery in the future. I quit smoking about five years ago, and that accomplishment coupled with weight loss has made all the difference. I've got amazing energy and can't believe how much life has improved in such a short time. I owe it all to Thrive and Walmart. My life couldn't be better now.

