

Christine Thatcher

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\$5,000 WINNER

**Walmart Supercenter #1722
Marshall, MN**

My life before the Challenge was tougher. I was more stressed, slept less, and ate poorly. I felt much more exhausted, and my home life consisted of spending more time going out to eat than actually spending quality time with my wife.

One day, I saw a display of booklets about the Challenge at work in our breakroom.

I thought about being as inspiring as the stories that were shared. My wife and I began the Challenge when COVID started. We started small — just changing up recipes and cooking meals with fewer carbs and less sugar. We got involved in some recipe groups on social media to stay motivated. My favorite recipes are anything my wife whips up — she's the cooking guru. One of my favorites is ground beef stroganoff on a bed of smashed cauliflower.

We're also exercising every day.

My wife and I are competitive to see who can take the most steps each day. I like to aim for 20 miles per day, because I have to try to win. I've lost about 30 pounds and a lot of inches. Even when I don't think I'm losing weight, my clothes sizes keep going down and I have to keep updating my wardrobe.

My sleep has changed significantly.

I used to toss and turn all night, and have even kicked my wife out of the bed a few times. Now I'm getting much deeper sleep and waking up more refreshed. The changes have made our family time more enjoyable. With our increased energy, we've been able to spend more time doing activities like camping, hiking, basketball, longboarding and lots of swimming. We're both happier and have never been so comfortable in our own skin.



I've definitely noticed a change in my mindset.

I have such better moods, a passion for life again, better focus, and less stress and anxiety. I'm much more thankful for everything and everyone in my life. I'm happy with the progress my wife and I have made. With a better diet, better sleep and better focus, I guess you could say we're experiencing all the "betters." I can't wait to continue our betters together.

The Challenge has helped me learn that anyone at any age has the ability to better their lives.

True life is lived when tiny changes occur, and that's what the Challenge does. It doesn't matter what your skill set is — it's about your mindset. We are the ones holding the key to our future, and only we can change that future for the better.

