

Eugene Overton

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\$5,000 WINNER

**Walmart eCommerce Building #7561/7005
Carrollton, GA**

In college, I played football for the University of Tennessee. When you play sports you get used to a way of life, and that includes working out, eating, and sleeping in a certain pattern. As I moved on and started my career, certain aspects of life stayed the same, and the others didn't. The things that stayed the same were the bad eating habits and the lack of sleep. These two things have been a serious burden on my quality of life, and I've found it hard to navigate the stressors of life with these areas weighing me down.

I decided to start the Challenge after going to the emergency room at the beginning of the year.

After having chest pains and going to the hospital, my first step was simply admitting I had a problem. I had always lied to myself about my eating habits, but this time, I couldn't lie anymore. The idea of leaving this world due to my own personal decisions scared me. I needed to make a change.

I started tracking everything I ate.

Getting to the gym wasn't an issue for me at all, since I've been going to the gym since childhood. It was my eating that really needed to change. At first, I simply paid attention to my diet. It was very eye-opening. I saw that I was eating up to 4,000 calories a day without even blinking. I did some research and discovered a diet that let me eat the things that I like, such as meat and vegetables — and cut out a lot of things that I didn't need. I really enjoy my hearty salads full of good meats and healthy fats.



Bedtime, bedtime, bedtime!

I would always stay up late and wake up early because I felt like I was going to miss something. I needed to set specific times away with my family so that area of my life wasn't being sacrificed. I also had to give myself a bedtime. I went back to the basics, and told myself, "At this time, you don't have to go to sleep, but here's a time where you just shut everything down." That meant no more looking at my work laptop or looking at emails on my phone.

I've been more intentional about the time I spend with my family.

We make sure we do things as a family, even as simple as just eating dinner once a week together. It sounds simple, but that's difficult when you've got conflicting schedules and school. We now spend more time outside, taking hikes or walks in the neighborhood.

My family is keeping me motivated.

I am at the gym six days a week now, no exceptions. I also maintain a very healthy eating schedule, and my life no longer revolves around food. I'm down 70 pounds! I started at 309 and I'm now at 239. I feel like a completely different person. I'm so grateful for the Challenge, as it has kept me motivated in ensuring I keep my eye on the prize.

