

Karla Bravo Soto

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\$5,000 WINNER

Walmart Supercenter #2346
Toa Baja, Puerto Rico

Before the Challenge, I didn't feel good. My clothes didn't fit me, and I was always downhearted and tired. I was suffering from a cholesterol-related condition because I didn't have good eating habits. I didn't exercise, and I always came home and just sat down to watch Netflix.

A colleague told me about the Challenge.

So I decided to make a change in my life. I said, "Enough is enough — this has to stop now." My first step was to start building better eating habits. I began preparing my own meals, drinking more water, and eating salad. I especially love potatoes — I'll chop one up, add parsley, garlic, and a little salt, put it in the oven, and then eat it in thin slices. I've lost 35 pounds. And when I saw that, I thought, "Wow, I have to keep going — I want more!"

I also do a lot more physical activity, which I didn't do much of before.

I've been shocked that I've been able to become a person who stopped eating sweets and exercising so much. Now when I come home from work, my two children and my husband will be waiting on me so that we can all go do some cardio. They've been very supportive of me. We all run — we'll have a competition. Even our dog, Oreo, will join us. He takes his chain, puts it in his mouth, and brings it to us, as if to say, "It's about time!" The truth is, the Challenge has helped all of us. Since I stopped eating fast food and preparing my own meals, I've been able to start saving money, which I wasn't able to do before. Now I'm saving up to buy a small house. I'm motivated.



It's nice to serve as a motivation for others.

I have friends who have seen my changes and asked me about them. So I tell them. When people see what you can achieve with consistency and support from your family, they see that they can achieve it, too. They think, "If she can do it, why can't I?"

The Challenge has changed me in all aspects. I now think differently, I function differently, and I see things differently. I'm now a motivator and I want to help. My way of being has completely changed.

