

# Lelia Presley

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**\$5,000 WINNER**

**Walmart Supercenter #1279  
Houston, TX**

I have five kids, and I used to feel like I had no motivation to play with them. It got to a point where after I got off work, I literally went home and just laid down. My kids would come home and want me to go outside and play, and I'd tell them I was too tired for it. I was eating poorly, gaining weight, and I was also getting less close with my father.

**I have two co-workers who did the Challenge, and one of them said to me, "Lelia, all you need is motivation."**

I downloaded the app on my phone, and the rest is history. I knew I needed to lose weight. I wasn't moving a lot like I needed to, and it came to the point where I had high blood pressure and constant headaches. Suddenly, I was getting motivation from people that I don't even know, and it was amazing to see their results. When I actually started seeing results as I was losing weight, I thought, "OK. I can really do this."

**I started walking for an hour, three days out of the week.**

I cleaned up my diet and avoided greasy foods, sodas, and candy. I love a shrimp salad for dinner. But the walking, for me, is what really did it. I started pushing it up to five days. My goal is to be able to run and not get tired. I've lost almost 16 pounds, and I'm able to fit into clothes I haven't been able to fit in for years. I'm also sleeping better at night. I used to wake up in the middle of the night because I felt uncomfortable. If I did fall asleep, I was right back up two or three hours later.

**What I couldn't do then, I'm able to do now.**

My kids and I play together every day, and I'm so much less tired. My 12-year-old plays football, so I play football with him every day. On weekends, I take them to the park so they can run around, and I'm actually out there with them. My daughter recently said, "Mommy, you have never done that with us." She was so excited. She went around telling all her friends, "My mommy was at the park playing with us today."



**My father and I now have the best father-daughter relationship that we've ever had.**

I didn't have a close relationship with my father growing up, even up into adulthood. That lasted until about a year ago. Now, on my off days, the kids and I go and spend time with him and my stepmom. We visit every weekend and he will barbecue or make Sunday dinner. We have quality time together with lots of laughs and great memories. Every girl needs her father. Knowing that I have that relationship again is the best feeling in the world.

**I refuse to go backwards, especially knowing that I have kids watching me.**

The Challenge has helped me do things I've been trying to do for years, and I don't want them to see me fail. My mindset has drastically changed. A lot of stuff that I wasn't allowing into my life, and the things that I felt like I couldn't accomplish, I know now that I can. All I needed was that little push to get started.

