

Robin Moore

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\$5,000 WINNER

Sam's Club #6573

Jacksonville, N.C.

Before the Challenge, I felt like I couldn't deal with stress, relationships, or work very well. I was unhappy with myself and it affected my family. The turning point came when I was at work one day and I told my manager I wasn't feeling well. I was pale and having cold sweats, and she told me I could head home for the day. I decided to go to the doctor, and it turned out my blood pressure was 148. He said I was close to having a heart attack.

We found out that my heart was enlarged.

I'd gained so much weight that my heart was having to work twice as hard to get the blood into my body, so it enlarged itself. My doctor helped me start a workout regimen and gave me one month to start losing weight. I went back to him a couple months later and did another echo, and the muscle in my heart had gotten smaller.

I decided to start the Challenge when I read the booklets in the break room.

I decided to open one and read the success stories. Then, when talking with my manager one day, I noticed she had a Challenge pin on her lanyard, and she told me about it. The push from my doctor encouraged me to really get started. I was finally doing it for myself, and I told myself, "I can do this."

My diet got better, and I started looking forward to working out.

We got a Nintendo Switch and my husband bought me the Ring Fit. It's an exercise game, but you have to actually exercise in order to defeat things in the game, and my son does it with me. I also started understanding portion control and learning what foods are good for my body. My favorite recipe is cauliflower mac. It's mac-n-cheese, but with cauliflower instead of pasta noodles. I also found a cabbage alfredo recipe that I really like.



We are happier and more active as a family.

We take every chance we get to go outdoors. Our favorite thing to do together is disc golf. We like finding and trying out new courses. We cook dinner and watch a movie every night. My son helps me cook and then we all watch a movie. I have even become a member of the youth baseball league board.

We're going to be debt-free by 40!

I told my husband we needed to start saving so my son could get assistance for college, so we started putting money aside and ended up building up enough that we were able to pay off one of our vehicles and still have money in our savings account. Now, we take the money that would have gone toward that vehicle and put an extra payment toward our second vehicle, so we'll have that one paid off in September.

The Challenge has given me a life of goals.

I've never been goal-oriented, and now all I do is set goals. I was 317 pounds in April, and as of this past Sunday, I am 273. My goal is to get down to 200. The Challenge has given me life and hope for a future. Most importantly, now that I'm happy with myself, I'm able to see that it's okay to be happy with everyone around me.

