

# Tres Smith

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**\$5,000 WINNER**

**Sam's Club #6448**  
**New Port Richey, FL**

Last year I weighed 200 pounds. I was uncomfortable in my own skin and I had low self-esteem. My husband, Rodney, and I would go out on our motorcycles with friends and stop to eat at restaurants. It was always fatty bar food — buffalo wings, potato skins, and fries. I was also having health problems and discovered I had a gluten allergy. I reached the point where I wanted to do something different. My co-worker, Carrie, encouraged me to download the App.

**Instead of replacing pasta and bread with gluten-free alternatives, I cut most carbs.**

I have cauliflower rice instead of normal rice, and I make lettuce and tomato wraps with slices of turkey and mustard rolled up with other vegetables. A favorite recipe: brussels sprouts with a little olive oil and parmesan cheese cooked in the air fryer. We live in Florida, so it's the perfect climate for outdoor cooking and I grill a lot of fish and chicken. When I want something sweet, I'll make an amazing chocolate bark with melted sugar-free chocolate chips, coconut oil, and walnuts. I flatten the mixture, freeze it, and break it up into bite-sized pieces.

**By not eating out and not buying things I don't need, I'm saving money.**

We have debts because my husband's undergone some surgeries we had to pay for, and now we're gradually paying off our loans. After paying bills and doing the grocery shopping, I'll put money away each month.

**I started going to the gym after work.**

I began using the treadmill, and then I added in the elliptical machine and gradually added weights into my routine. Rodney and I take our dog, Tinker, for walks in the park, which is great for our relationship. He's my biggest cheerleader. We also go to the beach and I'm confident enough to wear bathing suits.



**I've lost 36 pounds and feel so accomplished.**

Eating better and exercising makes me feel better. A big motivation is seeing how much better I look in clothes. I started out at size 16 pants and now I'm a size eight.

**I have a bit of "me time" every day — I'm worth it.**

I'm 48 with two grown kids and I was always looking after my family and my mom and putting myself on the back burner. Now I spend quiet time reading inspirational self-help books and books about nutrition. When I feel stressed I'll sit down and pray. It's my meditation. I'll talk to God and say: "This is how I'm feeling, and I know you've got this — you've got me."

**At work I have more patience; I can connect better with members.**

When they're upset about something, I try to dig deeper and help to solve their problems. Often, they walk away with a smile on their face.

**I've learned that, if you don't give up on yourself, anything's possible.**

For me, the Challenge is a total lifestyle change and it's helped me feel empowered.

