

# Ha Le



## **\$5,000 WINNER**

**Walmart Supercenter #4055  
Universal City, TX**

As a pharmacy technician I work long hours, and everything was difficult during the pandemic. I have three children and a 2-year-old grandson. My husband, Minh, and I are a great team, but I had no goals and felt I had nothing to look forward to. Life can be challenging because my son, William, who lives with us, has spina bifida, he had a stroke and has severe disabilities. Also, I'm 66 and wasn't taking care of myself — I weighed 152 pounds, which is a lot because I'm only five feet tall. We were eating fried food and too much meat. In the lunch room one day I was reading stories about Challenge winners who changed their lives for the better and thought: "I can do that."

### **The Challenge for me is about learning and growing.**

It's not all about losing weight, but by eating well I've lost seven pounds. Minh is retired and does the cooking, and he's making stir-fries using less meat, with leafy green vegetables like snow pea leaves, broccoli, and bok choy, using just a little olive oil. We also like steamed sea bass. If I want something sweet, I make Japanese-style pound cake that's low in sugar and very light.

### **Dinner time is family time.**

We talk to each other and joke a lot. I encourage William and say "Don't give up," because he can get depressed. I focus on thinking positive; I want to be a role model for my children.

### **I walk around the neighborhood and go biking with my husband.**

I ride a tricycle, which is better for my knees because I've had a knee replacement. I also enjoy swimming. Exercise is helping me to feel happier as well as healthier.



### **I look forward to going into work now — I'm more understanding and cheerful.**

I don't get upset if someone picking up medication is irritable. Maybe it's because they're not feeling well. One customer always seemed negative — perhaps she couldn't understand my accent (I'm originally from Vietnam). But I went out of my way to be helpful. One day, when her diabetes medication was not fully covered by her insurance, I spent time on the phone to help her sort it out and in the end her doctor sent in a new prescription that didn't cost her anything. She was so happy and wrote a lovely review of our pharmacy, mentioning my name.

### **I'm saving \$400 dollars a month and putting it in an emergency fund.**

I'm keeping my receipts and being careful about what we're spending, like gas for our cars — we don't make unnecessary trips anymore. And I don't buy anything unnecessary. We used to buy electronic appliances just because they were on sale and ended up with three instant pots! My motto: If it's not broken, don't buy a new one.

### **The Challenge has changed me. I believe in myself.**

I'm improving my life and I appreciate my family, my job, and my friends.

