

# Jessica Judy

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**\$5,000 WINNER**

**Distribution Center #7055**

**Gas City, IN**

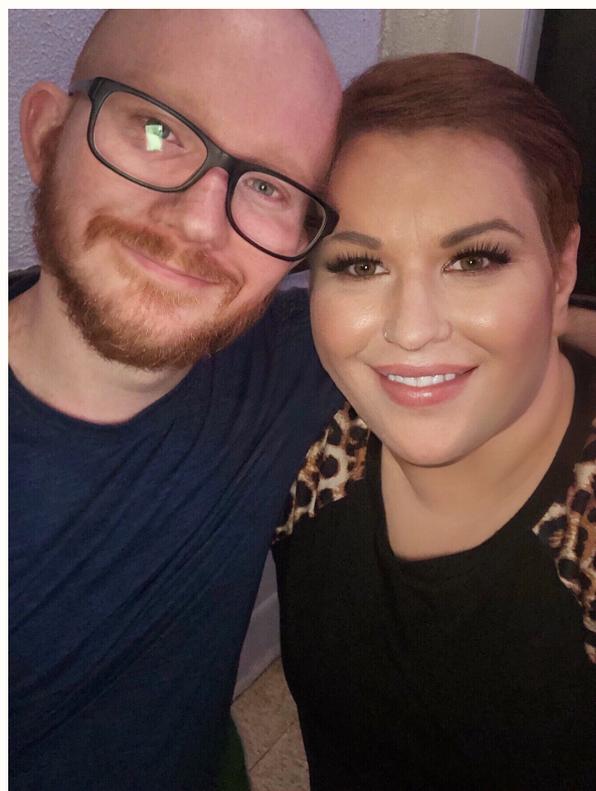
I was making big lifestyle changes before starting the Thrive Challenge, but I was focused on my physical appearance more than anything else. My husband and I joined Walmart after realizing we wanted more rewarding and active jobs. Once I started at Walmart, my manager, Mark, told me about the Challenge. He mentioned there were two winners at our facility and how the Challenge helped them meet their goals. I quickly learned that the Challenge was about more than improving your outward appearance — it helps balance body, mind, and spirit.

**I've been doing the Challenge ever since and trying to find a happy balance.**

My husband, daughter, and I started having "family days": Once a week, we do something together that's active, like going on a hike or biking on a trail. We'll do five or six miles and it's awesome because those days benefit us on so many levels. Before, I would stay on the sidelines. We'd go to the park and I'd watch my daughter play. We'd go hiking, but I was more focused on the scenery than on keeping up. But now, I'm out there playing, hiking, mini golfing, swimming — I'm involved, I'm not just watching. And because of that, the memories we're making are so much different, in a good way.

**The hardest part was realizing that our eating habits affected our daughter.**

When she was hungry, she'd reach for a bag of chips and a pop. I realized we taught her that. It was a huge reality check. With the Challenge, we're making better food choices as a family and making nutritious foods more accessible. We have vegetables in the fridge and make recipes like stir-frys and our favorite: sweet peppers with cream cheese and chives.



**On a daily basis, I write in a journal to keep track of my goals.**

And as a family, we talk about our highs and lows and things we can work on together. Every night at dinner, we go around and identify a negative and positive. It's really great because when you talk about both, the positives remind us that the negatives aren't so bad.

**The journey is so much better when you have passengers along for the ride.**

Overall, our family is becoming more of a team and I don't think there is anything more beautiful than that. Bringing them into this journey has made all of us more accountable and effective. Before, I'd tell my family I'm going for a walk or a run and say I'd be home later. Now, it's like: "OK, everyone get ready! We're doing this together."

**In the beginning, it was difficult realizing I had to focus on all aspects of this journey.**

I was so focused on losing weight that I neglected my mind, body, and spirit. I was only looking at one piece of the puzzle. Now, things are falling into place and I've completely changed my views. It's a whole lifestyle change. I'm happier, more positive, and grateful for the shift in mindset I've had.

