

# Georgia Teel

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**\$5,000 WINNER**  
**Walmart Supercenter #0052**  
**Hot Springs, AR**

I've had low self-confidence for my entire life. Growing up I always was a bigger kid and I felt like everybody was looking at me and judging me. My parents were both overweight, we grew up poor, and my two brothers and I weren't taught healthy habits. We ate mostly convenience food like macaroni and cheese and Hamburger Helper. I was homeschooled until eighth grade so I didn't have a lot of interaction with other kids, and that was difficult.

## **My husband, Hesston, and I were eating a lot of processed foods.**

I wasn't feeling good. We've been trying to start a family and we were having fertility issues. My doctor told me I was not going to be able to get help with fertility treatments until I lost weight. So that was a huge motivator for me to make some changes. Also, at work, as a manager, I walk all day long and my feet hurt so much I'd come home and cry. I thought, I'm 28, I'm too young to have all this pain.

## **My co-worker, Mandy Jones, encouraged me to download the Thrive app.**

I started by parking farther away from the building at work, to get in extra steps. And I began going to the gym three times a week. It was hard to start with but I learned that, hey, even if I just showed up and walked on the treadmill for 30 minutes, it was an accomplishment. I progressed to walking a mile and lifting weights.

## **We're eating more veggies and whole grains.**

Hesston was recently diagnosed with type two diabetes and he's losing weight with me. Hesston does most of the cooking and he'll make great grilled chicken with broccoli and green beans. My favorite: his grilled steak. I started measuring out my food and eating on smaller plates. I've lost 78 pounds in the past year. Strawberry ice cream is my favorite treat and I have a small portion now and again. I think if you say no to what you love forever, you're going to break out and go wild at some point.

## **My husband's doing the Thrive Challenge with me and we're a team.**

We support each other and we're actually spending time with each other. We were too tired before. Now we go for hikes and enjoy riding motorcycles together.



## **Riding my horse, Flash, helps me get away from all the stress.**

I've been riding since I was a kid and I love it. But I'd stopped altogether for two years, because it was uncomfortable. I got back to it and love to go trail riding in the Ouachita National Forest. It's peaceful and relaxing.

## **I started seeing a therapist — she's helped me learn how to talk to myself internally.**

I'm learning to be positive and forgive myself because I can't be perfect. I'll say, "It's okay, tomorrow's a new day, you did what you could today." And I remind myself how far I have come.

## **I'm optimistic about starting a family.**

My doctor is over the moon that I've lost weight. She says when we decide to pursue fertility options, we'll be able to go ahead. Also, my husband and I will be perfectly fine adopting if we can't have a child naturally. In any case, I want to be a fit, active parent and I know I'll be the best parent that I can be.

## **I'm excited for the future.**

It feels like I have a future and I don't remember feeling that way for most of my life. I have more energy, I'm not tired and my feet don't hurt. My confidence has skyrocketed. I feel better, I look better, and I'm doing better.



THRIVE