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I'm a busy mother of four, and in the pandemic I was putting everyone in my family before me. I was always stressed, I was snacking at work and gained 20 pounds. I'm a pizza person, and we were sometimes having pizza five days a week. I used to run 5Ks and 10Ks but I'd stopped and I wasn't exercising. My mood swings were horrible. I love my kids and my husband, Greg, (who also works for Walmart) more than anything, but I was taking my frustrations out on them, and that's not who I am. I found out that I had a hormonal imbalance and my doctor advised me to make some lifestyle changes.

My mama passed away when she was 39 and I was 14.

She was stressed all the time, doing the same things I see myself doing now, and her heart gave out. I didn't want that to happen to me. I'm 34 and I want to be here for my amazing family, so I downloaded the Thrive app.

I stopped eating fast food and started meal prepping.

My Instant Pot is my best friend. I make chuck roast with potatoes, carrots, and celery. Instead of sugary snacks, I make "chaffles:" cheese and scrambled eggs cooked till they're crispy in a little waffle maker, and the kids tear them up. Luke, my 12-year-old, is becoming a good chef. He makes spaghetti with meat sauce, probably because it's his favorite food. We're all eating more fruit. When it comes to grapes, the kids could eat me out of house and home! I've lost eight pounds and feel proud of myself.

I've gone back to running — it's my therapy.

Once I started again, I felt like I'd never stopped. I live in a rural area with dirt roads and I love being out in nature by myself. When it's bright and sunny, you get tiny beams of light coming through the trees. The birds are chirping and everything just seems right. It's the one thing that can make me happy in a heartbeat. And the kids have got on the running bandwagon too

We have a four-acre yard and I'm out there playing soccer with the kids.

Gabby, our seven-year-old, loves soccer and so does Grayson, who's 10, and Luke. But those kids are all much better than me!



Greg and I are saving money.

We hardly ever eat out and that means we're spending less on gas. I'm finding great deals and I'm really good at using online coupons for school clothes. We put away \$100 per paycheck into a savings account. There are always expenses — my car was attacked by a deer so it had to be fixed — but we're doing our best.

My co-workers and I support each other; it's a real community.

I read a lot of motivational quotes and I'll write them on my whiteboard at work and share them. I love this one that I read on the Thrive app by Brian Andreas: "Everything changed the day she figured out there was exactly enough time for the important things in her life." That's true for me. I'm starting my bachelor's degree in business analytics with a minor in accounting. I love my job and my goal is to move higher up using my skills.

I'm sleeping well

My favorite Microstep is drinking herbal tea at bedtime. It's silly, but I'm obsessed. I love roasted dandelion root tea and peppermint tea. After the kids go to bed, I do a bit of yoga, then I sit in silence and chill, and just breathe. I take in the day and ask myself: What could I have done better today? I'll put on white noise or nature sounds and fall asleep.

It's amazing what a few lifestyle changes can do for your soul.

I feel full of life, I'm happier, and I think my kids have seen how my attitude has changed, so they're happier too.



THRIVE