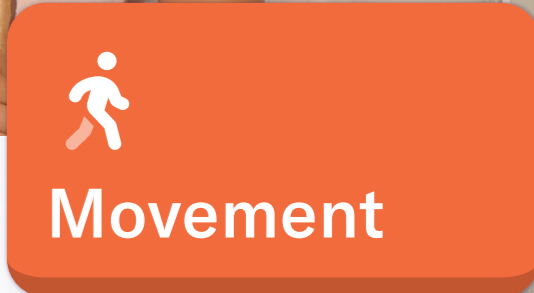
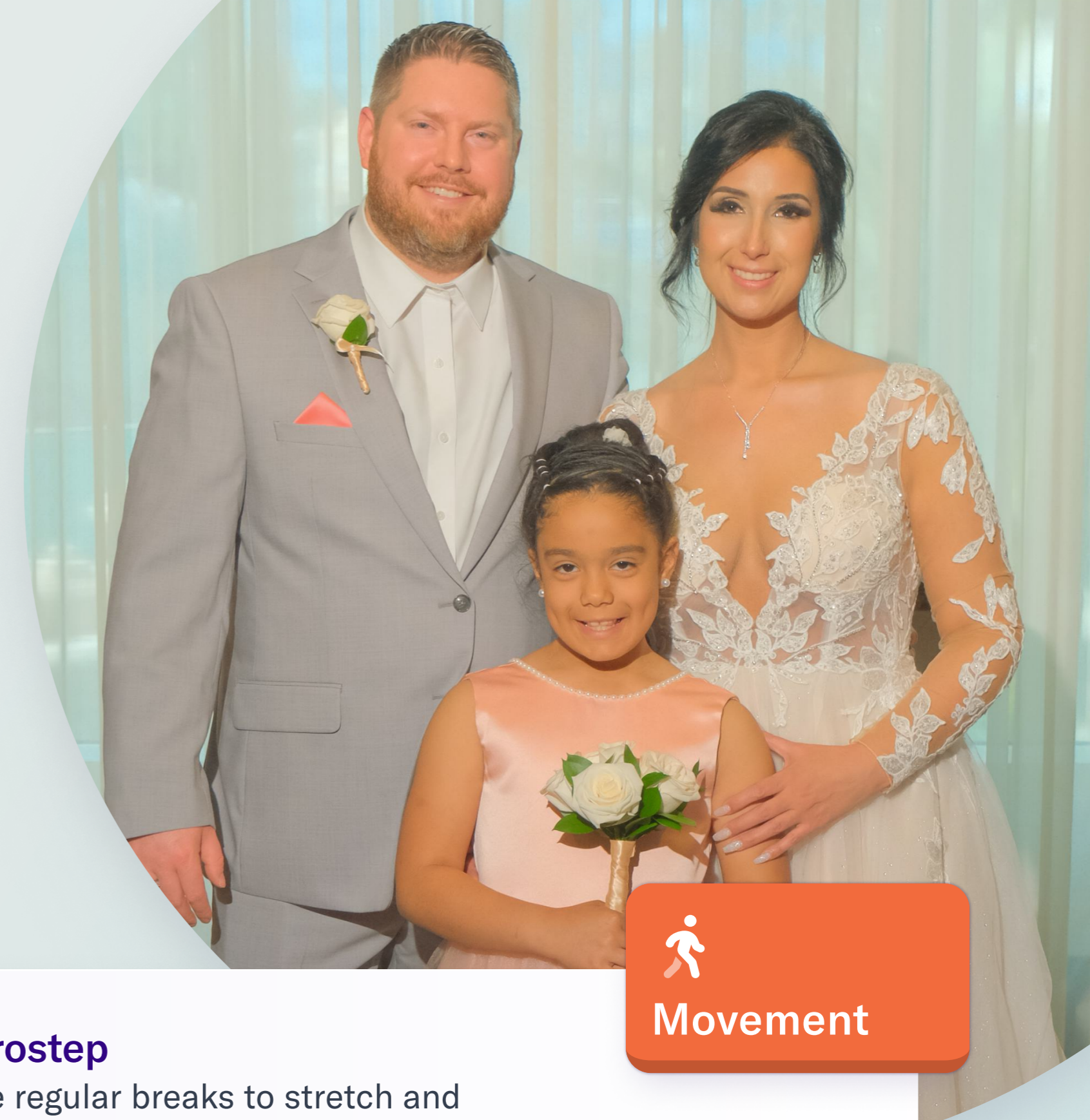




\$5,000 WINNER

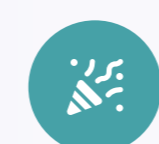
Andrea Bregenzer

Distribution Center #6068
Sanger, TX



Microstep

I take regular breaks to stretch and breathe, I do squats, and I walk around and talk to associates.



Outcome

"I've lost 12 pounds in a year and I feel accomplished."

My husband, Richard, and I both work for Walmart, and a while ago, Richard started the Thrive Challenge. He found it really helped him to lower stress, and he inspired me to get started. I'm 36, I was feeling exhausted, and I wanted to lose weight. I wanted to be a better role model for our 7-year-old daughter Bayleigh.

We decided to make our journey fun, and we all sit down to write a weekly grocery list together. Everyone has a say in what we buy. We stopped eating out and began to make our meals from scratch. We often have grilled chicken with broccoli or asparagus, and we created a delicious Super Salad that everyone loves with avocado, carrots, cucumbers, bacon bits and Southwest dressing. Bayleigh and I both love sweets, but we're eating lots of fruit instead, like strawberries, watermelon, and oranges. Sometimes I'll make a banana shake for dessert. Bayleigh likes to help mix the salad and serve dinner.

At work, I take movement Microsteps. I take regular breaks to stretch and breathe, I do squats, and I walk around and talk to associates. I also installed a standing desk. Now that it's warm, when Richard and I get home from work, we're all having fun swimming in our pool, even our puppy! We walk or cycle to the park to visit the playground. We're also having family dance parties. We'll put on pop or Spanish music and Bayleigh is always coming up with new moves for us to copy.

We love to travel and go on family adventures, exploring different states. We just spent a few days in Ocean City, New Jersey. We had an amazing time walking along the boardwalk. The highlight of the trip was visiting the Absecon Lighthouse. We climbed 248 steps to the top. We took breaks, but we made it and the views were incredible.

Richard and I are bonding as a couple. We go for walks in nature together and hold hands. Doing the Challenge together was such a good idea; we love having that encouragement every day. I've lost 12 pounds in the past year and I feel much better about myself. Every Microstep counts — it's about making small changes that add up to long-term benefits.