



\$5,000 WINNER

Garek Antonio

Distribution Center ##6084
Los Lunas, NM



Microstep

We stopped eating out.



Outcome

"We're sitting down to dinner together as a family."



Food

As the father of three boys, I wanted to be healthy and fit, but I was eating junk food, and I had a sedentary lifestyle. I was sad because I used to love playing with my sons and having fun with them. I wanted to give them the childhood they deserve, but I had no energy. I had a talk with my wife, Mercedes, and I made the decision to start the Thrive Challenge.

We stopped eating out and began shopping and cooking together. I'm experimenting with healthy veggie recipes, like roasted spaghetti squash with tomato sauce. I make a delicious high protein, low fat wrap and I use Greek yogurt instead of ranch dressing. Another meal I love is ground turkey over rice and veggies with Polynesian sauce. We're sitting down to dinner together as a family and enjoying each other's company.

I started walking to work instead of driving, which is a great way to start my day. A Microstep I like is using my lunch break as an opportunity to move, then taking a minute to acknowledge that I showed up for myself. I'm using my Walmart fitness pass and going to the gym with Mercedes. Now I'm in the habit of doing cardio and weights, I feel stronger, and my 12-year-old son Liam enjoys coming to the gym with me. I'm jumping on the trampoline with the boys and I don't get out of breath anymore. I'll put 1-year-old Thomas and 2-year-old Lincoln in the jogging stroller, and we'll run around the neighborhood, which they think is great fun.

On the weekend, we're going for family adventures to the zoo or aquarium, or we'll go fishing at Isleta Lake. We'll pack our lunch and spend a few hours walking around looking at the animals or the fish. We bought a family pass to the local science museum; they have so many special activities for families, and we're learning so much.

At 31, I feel fit and strong. I don't feel as stressed. I've lost 10 pounds and I'm enjoying being an active dad. I've started to feel hopeful about the future, and I know I'll be around for our boys as they grow up.