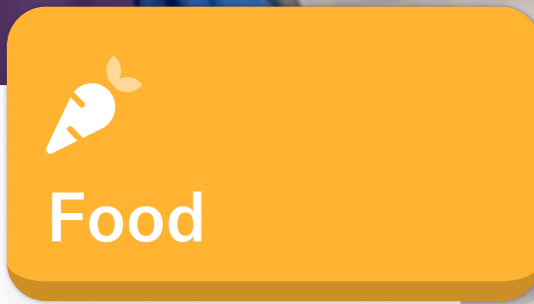


\$5,000 WINNER

Jazbelle Vázquez

Walmart Supercenter #2302
Barceloneta, PR



Microstep

Swapping sugary snacks for fruits and nuts.



Outcome

"I can be more present and less anxious with my family."

When I first joined the Thrive Challenge, I wasn't sure what to expect. For so long, I'd wanted to make changes in my life, especially to give my children a better quality of life. Seeing others' success stories motivated me to take the plunge, hoping it would help me too.

Before the Challenge, my biggest struggle was being able to give my children what they needed. I wanted to be healthy and energetic for them, but my diet and sleep habits were all over the place. Joining Thrive was a turning point.

One of the simplest but most effective changes I made was taking a daily walk outdoors. It wasn't just exercise; it was a chance to clear my mind and recharge. My job keeps me on my feet, so hitting the goal of 1000 steps a day became manageable and fulfilling.

Changing my diet was another game-changer. Swapping sugary snacks for fruits and having a hearty breakfast boosted my energy levels. I started incorporating more vegetables, nuts, and wholesome foods into every meal. I feel so much more energized and it's easier to focus. And by eating dinner earlier, I find I'm able to sleep better.

Establishing a regular bedtime routine and keeping my phone away at night also improved my sleep quality immensely. A warm bath before bed became a soothing ritual that helped me unwind after a busy day.

I feel more positive and energetic, ready to tackle whatever life throws my way. I can be more present and active with my children, and I feel less stress. My journey isn't over. It's a continuous effort to maintain this healthier lifestyle, but my family is helping me stay motivated. Thrive taught me that self-care isn't selfish — it's essential for a balanced life. Soon, I'll be a grandmother, and I know I will be healthier and more present for that precious phase of my life.