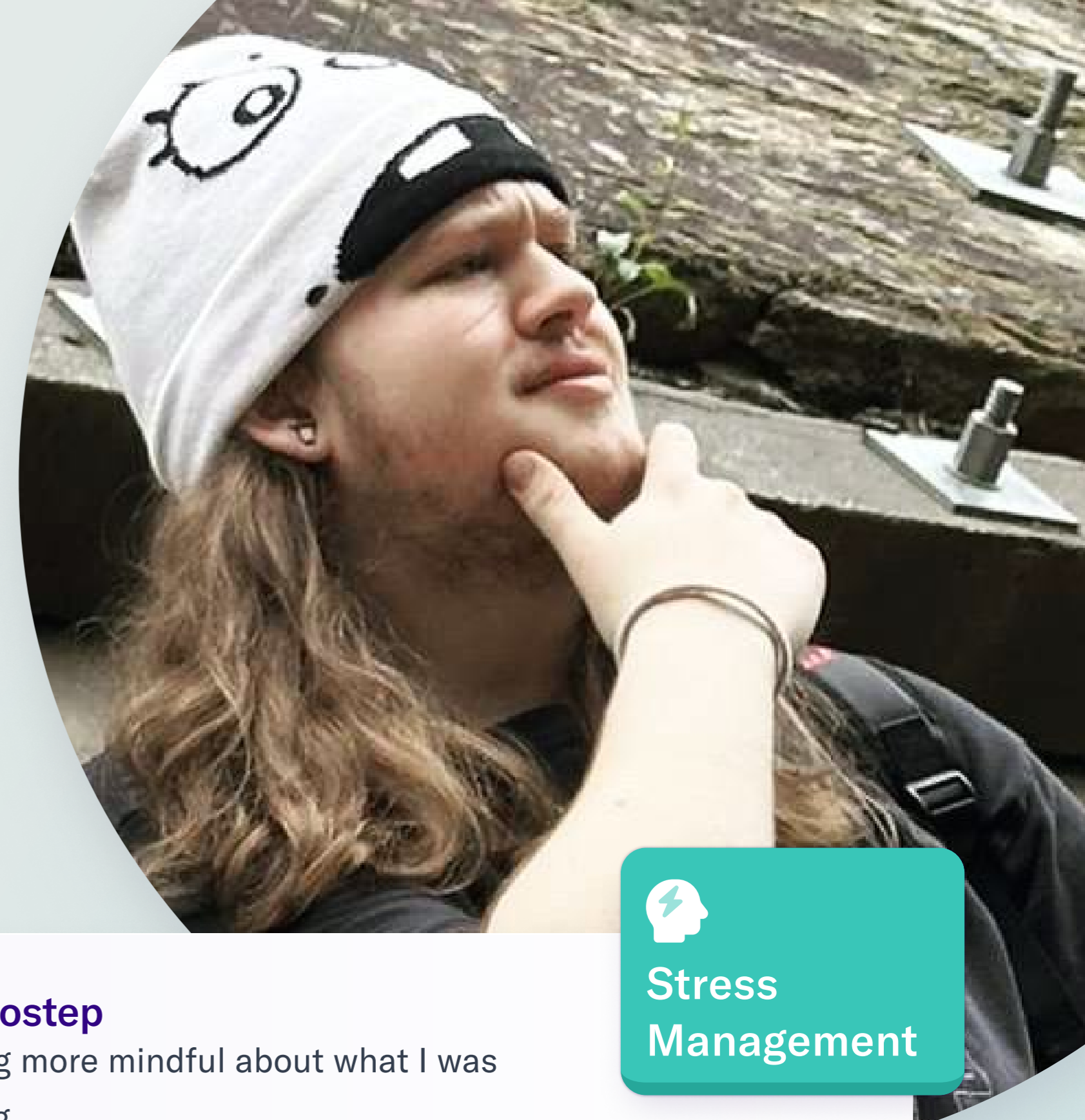


\$5,000 WINNER

Logan Sensabaugh

**Walmart Supercenter #2027
Lavale, MD** **Stress Management****Microstep**

Being more mindful about what I was eating.

**Outcome**

"I'm taking time to unwind and recharge."

I live with my parents who are both in their sixties. They've been having some back and hip issues lately, and it's been a wake up call for me to think about my physical health. I've been overweight for as long as I can remember, but I reached a point where I felt ready to make a change.

Two weeks into my new job, some of my teammates introduced me to the Thrive Challenge. I thought that it could help me get on track to reaching my goals, and I knew I needed some help staying consistent. My first step was being more mindful about what I was eating. I used to have a chicken sandwich for lunch at work, but I started reading about the different Food Microsteps, and decided to try having an apple and tuna instead. It wasn't easy at first, but I slowly got used to eating differently.

I started staying away from fast food and soda, and I even started eating slower. I read that it takes the body 20 minutes to send a signal to the brain that it is full, so knowing this has helped with overeating. I also used the MyFitnessPal app to log what I was eating so I could keep track of my calorie intake.

I've dropped from 300 pounds to 260 pounds, and the physical changes have also come with mental ones. I recently started talking to myself in the mirror in the morning, giving myself little pep talks. I'll say something like, "You can overcome any obstacle that comes your way," or "You're doing great." I've also been doing box breathing. When I feel overwhelmed, I take a deep breath in for four seconds, hold for four, and exhale for four.

I recently went to the doctor, and I was told that I'm in great health. My weight is still something I need to work on, so that's my biggest goal right now — putting my health first. I like to play video games as a way to relax after work, and I especially love the games that push my thinking to the limit. Taking some time for myself has helped me focus on my goals even more. I'm proud to say I genuinely like the man I see in the mirror today. And I am proud of myself for coming this far.