

# Tammy Fry

**\$5,000 WINNER**  
**Walmart Optical Lab #9065**  
**Crawfordsville, IN**

I first did the Thrive Challenge in 2019, and I made some great changes -- but when the pandemic hit in 2020 and the world shut down, it was hard to keep up. I was in a routine of going to the gym all the time, but then I couldn't go anymore. My husband ended up getting COVID, and I never got it, but when things started getting back to normal, I really needed a push to get back into my routine.

## **I have five grandkids, and they're really what keep me going.**

They are really active kids and they love things like baseball, dancing, playing catch, and running. I wanted to be able to do all that with them! They were constantly saying, "Let's do this, let's do that." And I want to be that grandma who can say, "Yeah, let's go play ball." I want to keep up. That's always been my goal. So when the gyms finally opened back up, that was my motivation to work my way back into it.

## **I joined a training group at my gym with my husband, Todd.**

We do everything together, since our kids are grown and it's just he and I and our dog. He's been by my side this whole time. So when we went back to the gym, we were introduced to this personal trainer who holds group training classes with 6-8 people. I've always been intimidated by the idea of weight lifting, but I saw all these other people doing it, and I said, "I'm just going to give it a try." And I've surprised myself! We've been going a couple nights a week, and I can now bench press and I can deadlift. I recently deadlifted 180 pounds! It's a huge mental boost too.

## **We've even created an exercise room in our house, and our grandkids come work out with us.**

We bought a rowing machine and some free weights, and so when the kids come over, they love it. My 11-year-old granddaughter is into dance, so she wants to get stronger. So she'll be like, "Okay, we'll do stations." So we'll spend 30 minutes just lifting weights and exercising together. It's kind of our own little personal class.



## **I went from barely ever using the rower, to using it all the time.**

When we first got it, I'd use it here and there, but it mostly just sat there. But I got to a point where I said, "I either have to sell this or start really using it." So I signed up for this challenge in August called the Dog Days of Summer Challenge, and the goal was to row 100,000 meters for the month in 28 days. I did 10,000 the first week, and then 20,000 the second week, and kept going until I actually hit 128,000 meters for the month. Todd says I'm addicted!

## **Setting fitness goals for myself has made everything else feel less stressful.**

All of these little steps have worked together to make me a more positive person. I know that if I eat a healthy breakfast and make time for a workout, I'm just more positive during the day and I'm less worried about finances and other things. It just makes the day more peaceful. It's like a joyful high.

## **I'm more open when it comes to connecting and sharing my own experiences.**

The training group at the gym has become like a family to us, and it's become our support system to just keep going. Just talking to other people and being there for each other makes all the difference. And I'm so grateful that I'm spending more time with my grandkids now. We have a place at the lake, so we've been spending a lot of time fishing, jumping in the water, and just enjoying our time with them. I'm trying to remind myself that not every day will be perfect, but I have people cheering me on, and it's made me a more confident and positive person.



THRIVE