

Timothy Parchman

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\$5,000 WINNER
Neighborhood Market #5767
Fishers, IN

I was promoted and transferred to a different store. COVID happened, and my wife Amanda and I had a baby, Minnie, who's now two. Life happens. I wasn't working out and I didn't feel good. I'm 33 and I was adapting to a new role at work and having a baby at home. I'd typically eat on the go — anything, like a candy bar or a bag of chips. I wanted time for my wife, for our daughter, and for myself.

Tammy Coday reached out to me and told me about the Thrive app.

She's a winner who's inspired a lot of people on our team. I got started with movement Microsteps. I read on Thrive that when you don't have time for one long exercise session, you can keep moving whenever you can, just for a few minutes. And that concept really stuck with me. I'm more mindful about moving throughout the day. At work, I'll walk over to talk to someone instead of texting, and I'll walk around the store.

Gym time has become a priority.

I get up at five a.m. and go to the gym before I go to work, or I'll take my gym clothes with me, prepare my lunch to take to work, and go to the gym during my break. I do strength training primarily. I've always enjoyed being in the gym, so it's great getting back to it. I'm feeling much stronger and I'm building muscle. For me, exercising is like taking a break, decompressing, and de-stressing. I feel relaxed at the end of a workout.

I'm trying to gain weight, so I'm eating good carbs.

I'll have oatmeal with peanut butter for breakfast. I'm eating several small meals throughout the day. It's helping with muscle building. Amanda and I split the cooking. My favorite meals are pan fried chicken with a parmesan cheese crust and spaghetti with red sauce. We eat dinner together and we're engaging with each other.

Sunday is my rest day, but that doesn't mean sitting in the house.

We'll do something outdoors as a family. Amanda and I are avid hikers. We love going to the beautiful state parks like Garden of the Gods in the Shawnee National Forest. If there's a rugged trail, I put Minnie in a carrier on my back. And sometimes she'll walk. The YMCA has a good daycare program, so sometimes Amanda and I drop off Minnie and go for a walk and then have lunch.

I'm prioritizing time with my daughter.

Instead of watching T.V. I'll play with Minnie in her room with her toys. She has a tea set and she loves to have pretend tea parties and serve me cups of tea.



Thrive is helping me manage my time.

As well as my job, I'm a full-time college student working toward a business degree. I schedule time to study after I've put Minnie to bed, so I'm not trying to cram it all into one night. I get on the computer and do a couple of assignments at a time. Getting into a routine has been incredible for me. I'm ahead in my classes.

At work, I'm less stressed.

And my team seems to be more engaged. I'm on the sales floor interacting with everyone. If I get to the point where I feel like I've been in my office too long or I've spent too long checking emails, then I'll stop and get out on the sales floor, talking to associates, and stepping in to help with projects. That face-to-face time, when they see me working alongside them, has increased morale, which makes me feel better about how I'm performing my job.

To relax and destress I'm watching Resets a couple of times a day.

Any of the Resets to do with rivers and nature are right up my alley. I've been with Walmart almost 12 years, and my goal is to keep moving up and moving forward.

I've made a point of putting my phone down before I go to bed.

I used to scroll through Instagram, but now I'm having more restful sleep, and I'm not groggy or tired when I wake up.

I'm more intentional about my life and more conscious about my decisions.

Every day there's something new for me on the Thrive app. And I can't wait to see how I progress in the future. I'm excited about my journey.



THRIVE