



\$5,000 WINNER

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Microstep
My first Microstep was educating myself about nutrition and reading food labels.

Outcome
“I’ve lost 50 pounds and feel accomplished.”

I knew I needed to change my lifestyle because I was borderline diabetic, I had high blood pressure, and high cholesterol. I’m 55, I live alone, and I was eating a lot of processed food. I had a big wake-up call when my cardiologist told me if I wanted to live a long life, I needed to lose weight. I lost some weight, but I really wanted to change my whole lifestyle, and I downloaded the Thrive app early last year.

My first Microstep was educating myself about nutrition and reading food labels.

I cut down on sugar, fat, and sodium. Paying attention to what I’m putting into my body has been a game changer. I began food prepping and making healthy choices. In the morning, I’ll have an egg and turkey breakfast wrap. For snacks, I’ll have fruit and cottage cheese, or high-protein yogurt with blueberries. If I want something crunchy, I’ll munch on baby carrots or an apple.

For dinner I’ll cook salmon, cod, or chicken with veggies in the air fryer.

If I’m going out for dinner with friends, I choose a restaurant that caters to my diet. I check the menu before I leave so I can plan what I’m going to eat. If someone orders dessert, I just have a bite, which is enough for me now.

At work, I began getting up from my desk to move.

I’ll try to do things that are helpful, like making sure the associates’ lounge is neat and clean. Even if I’m just pushing in all the chairs, it gets me moving. After work, I started going for short walks, and soon I was up to 3,500 steps a day. Now I’m happy to say I can walk 10,000 steps without getting out of breath. While I’m walking, I reflect on what I’m grateful for, like my friends and my job. I’ve been working for Walmart for 37 years! Gratitude Microsteps help me let go of worries and focus on the positive.

Since starting this journey, I’ve made a point of connecting with friends.

One weekend a month, my best friend, Tricia, and I go to the beach together. Sometimes a group of us go and we all stay in her family’s condo in Saint Augustine, Florida. We enjoy the sun and the sand, go for walks and bike rides, and swim in the pool. The beach is my happy place and helps me reduce stress. Having these joyful little vacations makes a big difference to my life.

I’ve learned that laughter truly is the best medicine.

This is one of my favorite Microsteps: When you come across something that makes you laugh, share it with someone who will appreciate it. I love having a good laugh. One joke I’ve been telling everyone recently: “What is the leading cause of dry skin? Answer: Towels.”

In the past 18 months, I’ve lost 50 pounds.

I weigh 184 pounds now, and I feel great. I’m happier, more confident, and much healthier. I can breathe again and I have energy and I feel so accomplished. My cholesterol and sugar levels are in the normal range, and when I saw my cardiologist she was super happy. She said, “Keep doing what you’re doing.”

Now that I feel lighter and stronger, I have more energy to give back.

At work, I raise money for my favorite charity, Children’s Miracle Network. We just had the kick-off campaign for a local hospital. Seeing those little faces light up and knowing they’re getting the help they need is a major motivator for me to stay on a healthy track for myself and for them.

My family has noticed all the changes I’ve made.

My great niece, Emily, just had a baby and my parents and I went to meet my new great, great niece, Iris! I was wearing my new jeans and a nice plaid top, and when I got out of the car Emily said, “Oh my Gosh, Diana, you look great!” Everyone was so happy for me. And I feel happy. I’m healthier, fitter, and more confident.