

# Sheena Thompson

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**\$5,000 WINNER**  
**Walmart Supercenter #2402**  
**Elko, NV**

I went through a difficult divorce, and in 2020, I was diagnosed with breast cancer. They caught it early, I had radiation, and I'm in remission. But I was eating comfort food all day long — like pizza and candy. I weighed 230 pounds and I had sciatica. I'd just sit on the couch and I wasn't active with my kids, Diamond, who's 17, 15-year-old Chasity, and 12-year-old Isiah. It was hard. I didn't know what the future held for me.

## **My kids noticed I'd changed.**

They'd say "Mom doesn't want to do anything." It was heartbreaking. My boyfriend, Dwight, is supportive, but I felt terrible. At one point I was so depressed I didn't want to be here anymore. I knew I needed to change my life. My sciatica was so bad I couldn't walk. I'm 37, and I decided I was too young to be in so much pain. I wanted to live and feel free. My doctor said I needed to lose weight. I went through counseling which helped. At the start of this year, I downloaded the Thrive app.

## **I got out my treadmill which was gathering dust.**

I started walking for 10 minutes a day. It was painful at first, but I kept going. It got easier, I went up to 20 minutes, and now I'm jogging. Music pumps me up while I'm exercising. I love Beyoncé's "Halo" and "Crazy In Love". And I love to dance. Dancing makes me feel like I did when I was a teenager, having fun with my friends.

## **Physical therapy is helping me strengthen my muscles.**

I had been losing strength in my back and my legs and now I feel so much better. What really helps is the All Core 360 machine they use. I have to sit up in it and keep my abs tight and it strengthens the core.

## **It's so nice to be able to clean my house again.**

I couldn't even do normal chores before. Now I can sweep and mop my floors. I can do laundry and fold it, and feel comfortable, which is huge for me. I've never felt more joyful; I'm proud of myself.

## **My diet has changed.**

Every morning I take a shot of fresh lemon juice with cayenne, turmeric, and olive oil. It reduces inflammation in my body and curbs my appetite. For breakfast, I have oatmeal. Lunch is usually a turkey sandwich and apple. For dinner, I might have spaghetti or a hamburger. I make taco salad with turkey instead of beef. And I'm eating smaller portions. I'm also eating more vegetables. I love green beans.



## **I've lost 10 pounds — oh my goodness, I feel amazing.**

I'm losing weight slowly which is what my doctor advised me to do, and it's working. In the past I'd taken diet pills and then gained the weight back.

## **We're doing more together as a family.**

I go to the park with my kids, we'll go for walks with the dogs, Ruby and Reaper. I'm able to handle them now, which I couldn't do before. We've gone on trips to water parks. We go to see my mom and my sister in Duckwater which is three hours away. I couldn't even sit in the car for that long before I started the Thrive Challenge because my back would be killing me. We help my mom because she has bad sciatica and she can't walk. I can help with her chores now.

## **While we're with my mom, we go to the hot springs and we play softball.**

Where she lives is very outdoorsy and we do simple things, like going for walks in the sunset. Last time we were there, we all went to a Mexican dance with a live band and we danced all night long. I could move, I was alive again, I was joyful.

## **Giving back is important.**

I helped sell Indian tacos for a cheerleading team. And I volunteer for a non profit called F.I.S.H. (Friends in Service Helping) because they helped me when I got kicked out of my house by my husband and had nothing but the clothes on my back. I love to help out whenever I can.

## **Affirmations help me stay positive.**

I tell myself I'm beautiful, I'm loving, I'm alive, I'm in remission, and blessed. At night, I read the Bible and pray. And I'm grateful that I'm not living in pain.

