



\$5,000 WINNER

Corbin Onorato

Distribution Center #7034
Smyrna, DE



Microstep

Choosing healthy food swaps.



Outcome

“I’ve lost weight and I have more energy.”

I’m a cancer survivor; I had leukemia when I was 18. I went through three years of life-saving treatment including chemotherapy, but since then I’ve suffered from painful arthritis. I’m 34 and I wasn’t motivated to be active because it was hard to exercise. I was eating fast food and I weighed 380 pounds. I had a wake-up call last year when I was diagnosed with diabetes and high blood pressure. At the start of this year I downloaded the Thrive app to help me build new habits.

I’m a truck driver, and my wife, Angela, and I started food prepping so I have healthy meals for the road. I’m eating satisfying high-fiber wraps with a little meat, cheese, and spinach, or I’ll pack chicken and rice or a salad. For breakfast, I’m experimenting with nutritious recipes like yogurt and fresh fruit parfaits, and I drink water all day long. My biggest tip for sticking to a healthy eating plan: keeping junk food out of the house — and in my case, the truck. One Microstep that’s helping is choosing healthy food swaps. I found great suggestions on the Thrive app. For example, instead of chips, I’m eating nuts and green apples.

Every morning I do easy stretches, and I’m gradually rebuilding my strength. I’m limited by my arthritis, but I go for short walks. I have a set of pedals in my truck, which I use when I stop for a break. I also do gentle exercises at night, like leg lifts in bed. Angela is an amazing support. She encourages me to lose weight at my own pace. I accept that I might falter now and then, but I simply get back on track without judging myself.

I’ve been losing weight and I feel accomplished. I can actually touch and even grab my toes now. Angela and I go to the park together and play with our dog, Skadi. I feel stronger, less stiff, and I’m in less pain. I have more energy than I’ve had for years. I’ve lowered my blood pressure and my doctor says to “keep up the good work.” I see my journey as less like climbing a cliff and more like a long staircase. I’m healing my body by changing my whole outlook on life, health, and well-being.