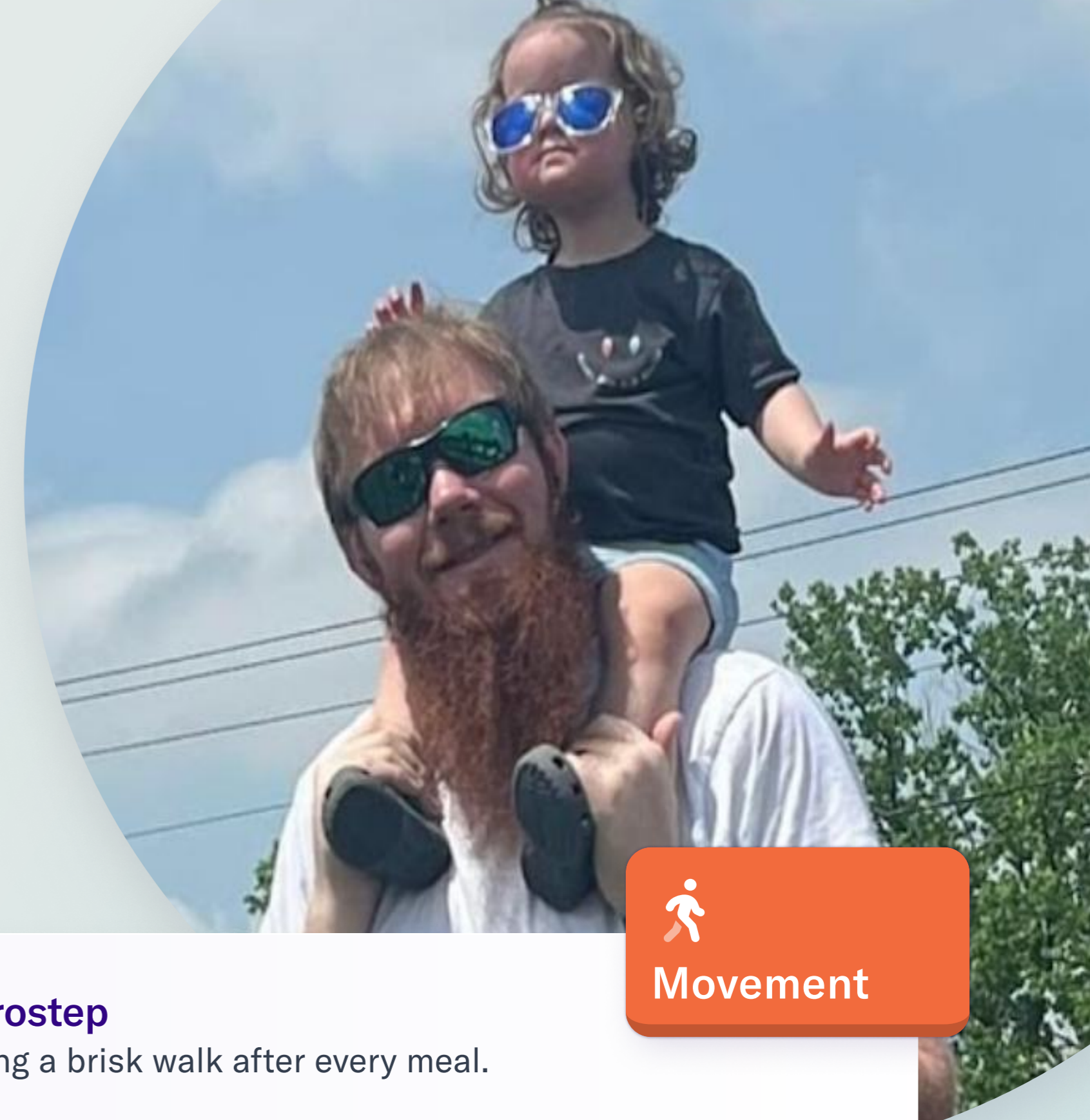


\$5,000 WINNER

# DeWayne Stocks

Distribution Center #7055  
Gas City, IN



Movement



### Microstep

Taking a brisk walk after every meal.



### Outcome

“I’m playing softball with my daughter and we’re bonding.”

For a long time, I was feeling weak and tired. I wasn’t active and I had no energy. I was eating too much, and I weighed 400 pounds. I had to have a splenectomy, which was a big wake-up call. I knew I needed to change my lifestyle so I could enjoy life with my wife, Kayla, and our 8-year-old daughter, Adalynn.

I was inspired by co-workers to start the Thrive Challenge, and I began with easy movement Microsteps like stretching, to help with flexibility. One Microstep I like: taking a brisk walk after every meal. My walks gradually became longer. Now I take every opportunity to move a little more. When we have family cookouts, I move around instead of sitting down. When I drive to work, I park as far away from the building as possible. Soon, I found these small changes added up and became good habits.

In the past, I was never the kind of person who would naturally spend time outdoors, but I found I was enjoying getting out in nature. I go for walks at lunchtime instead of sitting in the break room, and it helps me feel positive and motivated. At home, I’m mowing the lawn with my push mower instead of using a riding mower.

Once I had more energy and strength, I started playing volleyball and golf with my family. As a dad, I’m more active with Adalynn. When she asks me to play outside, I jump up and go, rather than saying I’ll do it later. She’s really into softball and she’s so happy that I’m always ready to practice with her now. It’s very rewarding watching the smile on her face as we’re playing catch.

With the support and guidance of Thrive, I’ve also been making better food choices. We used to eat out a lot — sometimes twice a day — and now we’re cooking at home. I’ve been doing food swaps, like choosing olives and pickles for snacks instead of chips, and I’ve eliminated soda from my diet.

I’ve been gradually losing weight and my doctor is very happy with my progress. I know I’m a good role model for my daughter. I’m 33, and I feel young again! I’m really living.