



\$5,000 WINNER

Henry Lamar

Fulfillment Center #9042
Pedricktown, NJ



 Movement



Microstep

Stretching, and going for early morning walks with my wife and our dogs.



Outcome

“I’m working out every day and getting stronger”

At the start of the year, I was overweight, had bad arthritis, and I was prediabetic. I couldn't move easily; I had trouble getting up from the couch. I'm 51, and I had a wake-up call when I was denied supplemental life insurance because of my health conditions. I recently got married and I really wanted to get healthy for my wife, Sherry, and my 17-year-old son Julian, who has autism. I started the Thrive Challenge because I wanted to set a great example to Julian.

I began focusing on movement Microsteps like stretching, and going for early morning walks with my wife and our dogs. I love starting the day together with quality time. The walk also makes me feel energized for the day ahead. At work, I take as many steps as I can. I'll get up and walk to meet people rather than asking them to come to my office. I also have a pedal bike under my desk, so I can keep moving.

Julian and I are working out together. We have a little home gym with an exercise bike, an elliptical machine, a rowing machine, and weights. Julian gets excited showing me his new workout routines and what he's learning. We encourage each other, and I'm so proud of him. We do Thrive Resets and breathing exercises together, which help us both stay calm and feel peaceful. I've also found that I'm sleeping better.

In just a few months, I've been getting so much stronger. My arthritis has been getting better, I'm in less pain, and I can get up from seated positions easier. I saw my doctor the other day and she said I'm making awesome progress. My blood pressure is in the normal range now, and I hope to get approved for life insurance soon, which will mean I can make sure my wife and son are secure. I know Julian's life will be different from many other people's lives, but I'm doing my best to give him everything he needs to equip him for the future.