



\$5,000 WINNER

Isela Pennington

Walmart Supercenter #5487
Travelers Rest, SC



 Sleep



Microstep

I began my Challenge by establishing a nighttime routine.



Outcome

"I'm getting at least eight hours of sleep and I feel rested."

I was only getting five hours of sleep a night and I was always tired. In bed, my mind would be racing, thinking about everything I had to get done the next day. I'm always busy with my family and I was running myself into the ground.

I downloaded the Thrive app and began my Challenge by establishing a nighttime routine. After supper, I watch a calming Thrive nature Reset. My husband, John, and our daughters, 16-year-old Miley and 15-year-old Krissie, help with the chores. I used to think I had to make sure the house was sparkling by myself. John and I sit on the couch, read the Bible, and talk about what we're grateful for. I'm grateful for my family, my health, and my job — I'm celebrating 25 years with Walmart. I take a hot shower and do some stretches. We charge our phones in the living room and I'm in bed by 9:00 p.m. I'm getting eight hours of sleep and I wake up refreshed.

In the morning, I play music that lifts my spirits like Van Morrison's "Brown Eyed Girl," or "Don't Worry Be Happy" by Bobby McFerrin. At work, I'm connecting more with our elderly customers, who inspire me. They're so friendly. We'll exchange stories about our families and pets. A few times a week John and I go for hikes with Arctic, our Huskie, and we go fishing with the girls. Spending time in nature helps me sleep better.

Since I've been getting more rest, I've had more energy to enjoy my passion: being a band mom. Krissie plays the trombone and Miley's a drum major. I love taking care of the kids with the other band moms, who are friends. We cook for 80 band kids. We help to carry their instruments to football games, we help out at competitions and measure them for their uniforms. Whatever's needed, we'll do it.

In September, I'm going to turn 50, and I'm excited about starting the next decade feeling more relaxed, with less stress. My eldest daughter, Brenda, who's 30, is expecting a baby and I know I'll be an active, hands-on grandma. As I get older, my goal is to stay healthy for my family.