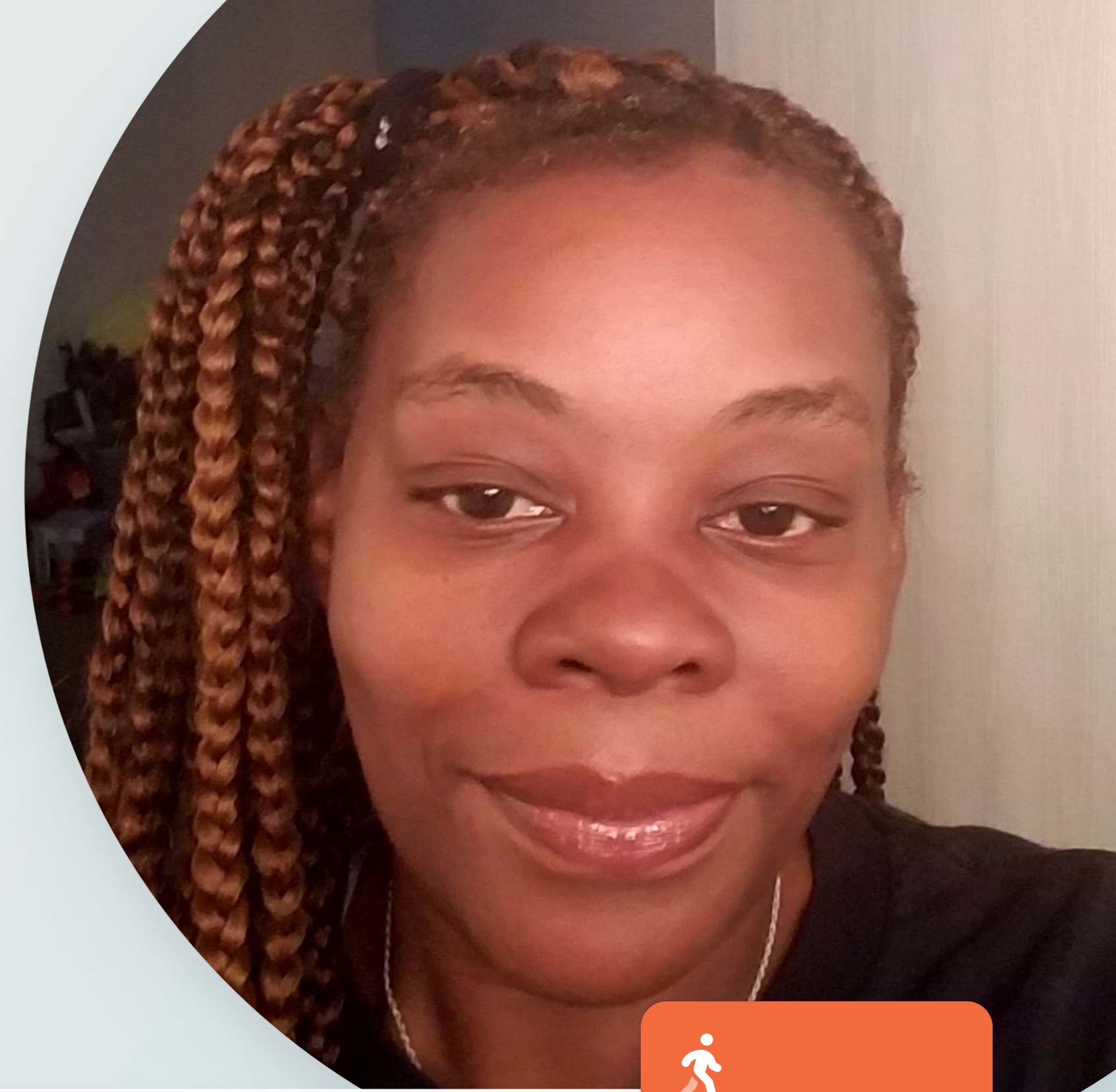


**\$5,000 WINNER**

# Nikki Crumley Brodbeck

Neighborhood Market #5490  
San Antonio, TX

  
**Movement****Microstep**

I get up an hour earlier so I have time to read my Bible, do some squats, and lift weights.

**Outcome**

"I've lost 11 pounds and feel more confident."

My mom passed away when she was only 58, and it was heartbreaking. She had high blood pressure and diabetes, and when I lost her, I knew I had to take better care of myself. But I was going through a divorce, and becoming a single mom was stressful. I was eating a lot of processed food. At the start of this year, I weighed 230 pounds and my back hurt. I wanted to get healthy for my son, Chauncey, who's now 17, and I began the Thrive Challenge.

I started food prepping and eating more fruit and veggies. I've been experimenting with food swaps; for example, I've cut down on sodium and instead of salt I use garlic and herb seasoning. Chauncey's always helping in the kitchen and I'm teaching him how to cook. We make meatloaf with ground turkey rather than beef, and meat-free veggie spaghetti, which Chauncey likes a lot. Another meal we love is shrimp with broccoli, spinach, and jasmine rice.

Now I'm eating well, I have more energy, and in the morning, I get up an hour earlier so I have time to read my Bible, do some squats, and lift weights. I'll listen to upbeat music as I work out. I began going for short walks, and after a few months, I'm often getting in 9,000 steps. Chauncey and I go for walks together on the weekend. One of our favorite places to relax is the Empty Cross Sculpture Gardens — it's beautiful and peaceful.

Since starting the Challenge I've lost 11 pounds and my back doesn't hurt as much. My confidence has improved. Customers and co-workers keep telling me how great I look! And now I feel better about myself, I'm more sociable. I enjoy hanging out with my best friend and co-worker, Betty. She's like a sister to me. We check up on each other every morning and encourage each other on our well-being journeys.

At 46, I've learned to take time for myself as well as being a good role model for my son. I think of my mom all the time. She'd be so proud of me for getting healthy. She's my guiding angel, and her spirit is always with me giving me patience and strength.