

Sundi Wilt

.....
\$5,000 WINNER
Walmart Supercenter #2027
LaVale, MD

My son, Joshua, had spina bifida and was in and out of hospital. On June 22, 2015, I went to wake him up in the morning and he wasn't breathing. He was 25 when he passed away and it was devastating. I have three other children, all from my first marriage, and my life revolved around all of them, but especially Joshua because I was taking care of him. I'm crying now, thinking about him. It's hard not having Joshua around.

Since I lost my son, I haven't been taking care of myself.

My oldest daughter, Crystal, who also works at Walmart, got pregnant at 16 and I helped to raise my grandson, Devin. I love my family, but it's been a lot to deal with. I turned to food and did a lot of stress eating. I'm 58 and married to my third husband, Ken — I finally found Mr. Right — but I didn't have the motivation to lose weight. I'm on blood pressure medicine and my doctor encouraged me to change my lifestyle. I decided to start the Thrive Challenge because I want to be around for Ken and for our 18 grandchildren!

Instead of frying food, we're cooking salmon in the air fryer.

I do great barbecue chicken on the grill with corn on the cob. I'm careful about portion control. If I make something I really like, I'll tell myself: "I can make it again next week. I don't need more right now." And instead of candy, I'll grab fruit. Ken and I are sitting at the table for dinner which is very nice because we'd usually sit on the couch and watch T.V.

We've planted cherry tomatoes, cucumbers, and peppers in our garden.

I'm enjoying gardening, pulling weeds and watering the plants. I love to cut the grass with the push mower and the other day I said, "Wait a minute, I'm not out of breath!" Ken and I cut the grass for our elderly neighbors too.

I changed my job and in my new role I'm moving around the store all day.

Then I get home and walk my dogs, Smokey and Bandit. I'm walking 15,000 steps most days and I feel great.

I play ball with my grandkids out in the yard.

Rylee, who's four, likes to blow bubbles and then we run around chasing the bubbles. We play tag, and of course the kids like to win. I have much more energy, and I've lost 30 pounds.



Ken and I go camping.

We have a camper and take the dogs to Shawnee State Park. It's nice to relax and get away from the hustle and bustle of work. We'll make a campfire and cook marshmallows. And we'll splurge and have a hot dog. My husband will sit and fish and I'll go for walks when the sun is setting on the water; it's so beautiful.

When I look at myself in the mirror now, I'm happy.

The other day I put on a pair of white jeans with a pink shirt and I thought I looked really good. I still have progress to make, but I'm proud of myself.

We've started going back to church.

My father, who passed away five years ago, was actually a Methodist minister. But we hadn't been to church for years. We'll pick up my mom and she'll come with us and we're all enjoying it. I'm also reading the Bible. It makes me feel great that I'm reconnecting with God and trying to be a better person.

My faith is helping with my loss.

I know Joshua's in a better place. He was paralyzed from the waist down, and I say to myself, "He's up there with my dad, running around. He's healed." I still get sad, but then I think about all the happy memories.

I appreciate the simple things of life, like getting up in the morning.

I'm grateful for my grandkids saying "I love you." Life is precious because we don't know how much time we have here.

Ken and I have been married for six years and I keep telling him, "You owe me 50 years!"

I mean that I want us to have a long time together and I tell him, "We're going to live until we're over 100!"



THRIVE