

Brittany Foss

.....
\$5,000 WINNER
Walmart Supercenter #2405
Hamburg, NY

In June 2021, I had COVID and I was on a ventilator for 16 days. I was in a coma and it was a life or death experience. When I was recovering, I realized I needed to change. I'm 36 and I had no work-life balance. My only validation came from work, and I wasn't taking care of myself.

My husband, Patrick, and I were eating fast food all the time.

Taco Bell was our favorite. I weighed 220 pounds. I've struggled with emotional eating and I've tried so many programs that haven't worked, and then I'd feel remorse or shame.

Our market manager, Ashley Bussard, inspired me to start the Thrive Challenge.

She was a winner and she explained how simple it was and helped me get started. And as soon as I began, I knew this was different and so rewarding. My first Microstep was drinking water first thing in the morning. I felt better right away.

I set up a simple morning routine.

I do 20 minutes of stretching and yoga. And I say out loud what I'm grateful for. It felt silly at first and I didn't know what to say. But now I enjoy it. I tell myself I'm thankful for my body and that I'm showing up for myself. I do the same every evening too. And at night, I do deep breathing and lymphatic drainage neck stretches. It's time to reflect and helps me to sleep better.

Instead of eating out, I'm cooking, which is a big change.

I've been teaching myself recipes from TikTok. I make ground turkey meatballs with parmesan cheese and Italian seasoning that we have with butternut squash. It's absolutely to die for! I love making dips with plain Greek yogurt. And I like spaghetti squash as a replacement for noodles.

I've absolutely fallen in love with the gym.

I have a personal trainer who really motivates me. I do squats, weights, cardio, and stretching. I've lost 20 pounds and I feel energized and empowered.

I've inspired other associates to work out.

I started a Thrive group and I have six people doing the Challenge now. That means more to me than anything, that I'm getting other people excited about getting healthier.

Being in nature is peaceful.

I go to the beach, and it's exhilarating, I can breathe easier, and it gives me clarity. My husband and I will take a picnic and go hiking to Letchworth State Park or Niagara Falls. I'd never been a big outdoors person, and now I can't get enough of nature. My uncle came to visit from California and we took him hiking. We went down a ravine and walked back up. It did so much for my self-confidence. The foliage and colors are amazing, you've got burgundies, yellows, and browns. And the rushing water is so beautiful.



My husband is inspired by me and we're growing together.

Patrick and I are spending time with each other, which we never used to do. We're going to car shows, which we both enjoy. Our relationship is stronger and we're planning a vacation to Tennessee or Maine.

I really like the Microstep about connecting with someone in a meaningful way.

I've been scheduling time on my calendar to see my best friend, Sarah, who's also a Walmart store manager. And she's doing the Challenge too. For her birthday we went to an escape room. You have to solve clues in a short amount of time, and I was nervous because I'm not the best at clues, but I wanted to show up for my friend. It was actually a lot of fun; I was able to laugh and make memories I'll have forever.

I wrote down 100 things I want to do by my next birthday.

I thought it would be fun to look back and see how I've been showing up for myself. I'm doing a painting class and a cooking class. And I have a goal of hiking 100 miles this summer.

There's been a 180 degree change.

I have more confidence, I'm more joyful, and I have a new perspective. The Thrive Challenge helped me strengthen my resolve. I've proved to myself that I have the ability to change my life. Everyone in my family says, "Brittany is back." And I'm thankful for my life.



THRIVE