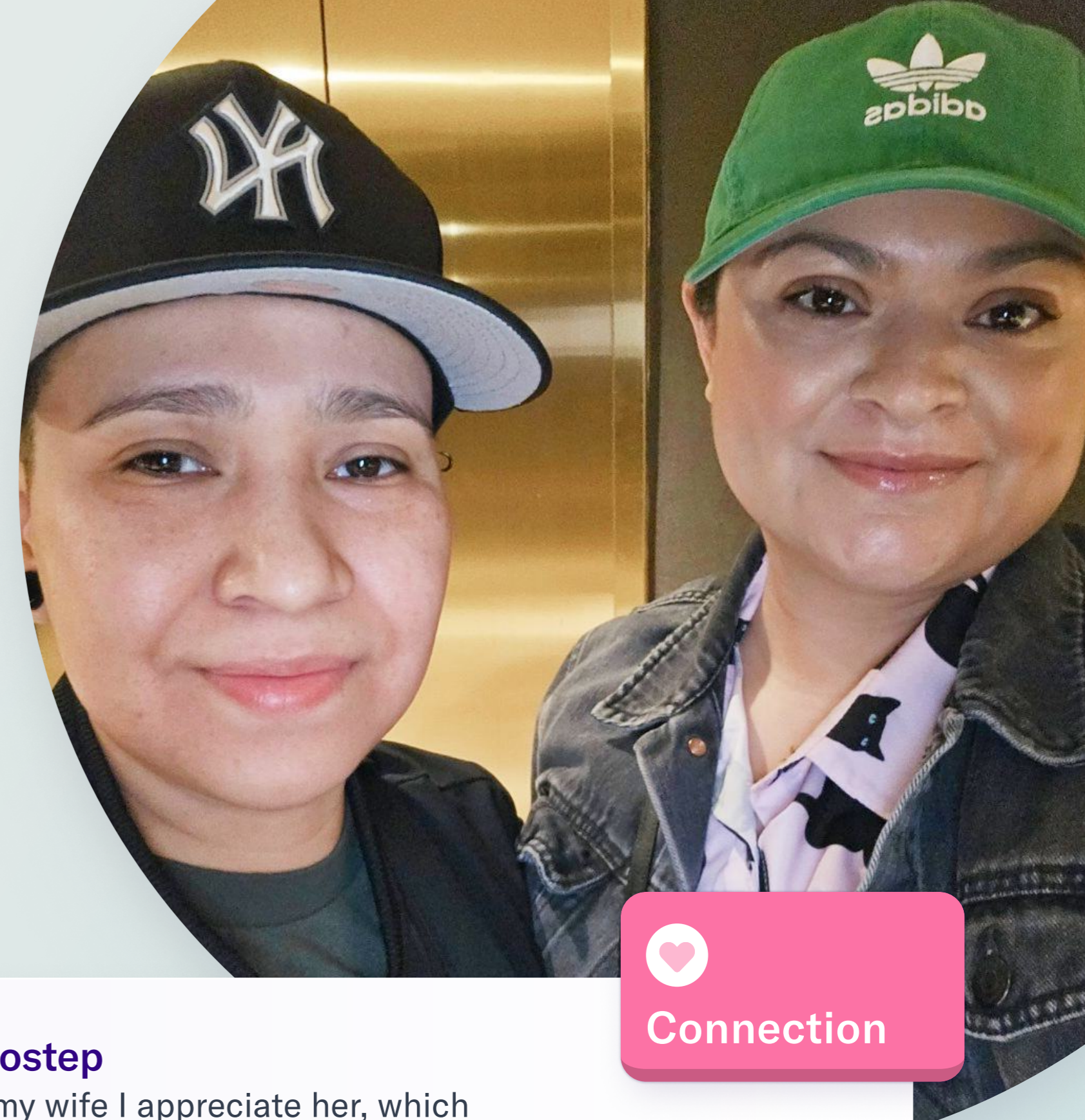




\$5,000 WINNER

Olga Barragan Ramirez

Distribution Center #6561
Colton, CA



Connection



Microstep

I tell my wife I appreciate her, which goes a long way.



Outcome

“I’m bonding with my wife; we’re having fun together.”

I wasn't exercising or eating well, having a lot of junk food and red meat. I felt unhappy and sluggish, and the way I felt had a negative impact on my relationship with my wife, Jenesis. I wasn't sharing my feelings with her I wanted to feel comfortable with myself and avoid health problems, and improve our relationship. We work together and she was already doing the Thrive Challenge. I joined her in January, and Jenesis has been a wonderful support, helping me stay on track.

Food swaps helped me change the way I was eating, like switching from tortillas to low carb wraps, and instead of chips, I have veggies and healthy dips. I cut down on red meat and started eating more fish. Now I drink mostly sparkling water instead of soda. I've lost five pounds and I feel happier and more energetic.

I started taking movement Microsteps like walking 1,000 steps a day. Jenesis and I take our dogs around the block after work. We decided to do some new, fun activities to get moving, like swimming and bowling. Last month we took a trip to Las Vegas to attend a music festival and we danced so much — it felt amazing. I love dancing; I put on music and get moving while I clean the house. It makes doing the chores fun.

Another activity we tried was kayaking. It was scary because I had never been so far into the ocean before, but wow, what an amazing experience. It's all led to more connection with Jenesis and it's great for our relationship. Another great Microstep: I tell my wife I appreciate her, which goes a long way.

Connecting with my family and culture brings me joy. My mom is currently in Oaxaca, Mexico, taking care of my grandma, and I'm texting and calling every day to let them know how much I care and to see how they are. Jenesis and I just assisted at a music event to raise funds for rebuilding our community in Oaxaca. Giving back, especially together, makes me happy. I'm fully experiencing life and I feel like I'm myself again.