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I was addicted to drugs for over a decade, and I'm proud today to say I've been sober for seven years. My wakeup call to get sober came from a horrible car accident after I fell asleep behind the wheel and smacked into a parked car in front of a school. It really shook me. That's when I knew I really needed to clean up. I became sober, but then I changed one addiction for another — overeating.

I remember the moment I saw a photo of myself from my wedding.

I married my husband Logan in 2019, and our wedding photographer scammed us, so we didn't get any of our wedding photos back. My mother-in-law found a photo someone had taken and she had blown it up for us as a surprise. When I saw it, I was like, "Oh my God, I look awful." I saw how overweight I was, and I was mortified. I had gotten up to 350 pounds, and it was the biggest I had been in my whole life. I decided it was time to make changes. Then, this past January, I started working at Walmart and everything started to click.

At orientation, my store manager, Tarah Voltin, showed me the Thrive app.

As soon as I told her about my weight loss goals, she was like, "You need to try this." I ended up watching every video, reading every story, and I was hooked. I started reading the Microsteps, and one really stood out to me, about taking time every week to plan out your meals for the week ahead. I decided that would be my starting point.

Logan and I have Mondays off of work, so we decided that would be our meal prep day.

He works at Walmart too, and usually we spend so much time getting home and asking each other, "What should we do for dinner tonight?" With meal prep, we liked the idea of coming home, letting the dogs out, and then just having dinner ready for us. It gave us more time to spend together. He actually had a seizure about a month ago and hurt his shoulder, and he was still meal prepping with me, and checking on me to ask if I wanted to go to the gym. He's been so supportive.



I'm 39, and I have smoked for years.

With all of the changes I was making, I decided it was time to quit smoking at the beginning of 2022. I had gotten sick at the beginning of the year for a couple weeks and when I went to have a cigarette, it made me nauseous. Ever since then, I just can't go near one. I knew it was time to quit. And recently, my husband decided to quit smoking too. It's a really big step for both of us. I'm able to stay on the treadmill a little longer, and I feel so much better.

Within four months of working at Walmart, I was asked to join the United M3 Management Training Program.

Logan was invited to the program too, so we are both training to become managers. I was recently promoted to team lead, and he works in the automotive department. Since my promotion, my schedule has changed and it's been great because we've been getting up early together and having a cup of coffee in peace and walking the dogs. We appreciate having that time together and we're closer than ever.

I've quit smoking and lost weight, but I've gained so much more.

Between quitting smoking and losing over 65 pounds, I'm so proud of how far I've come. I find that I have more time for my family and friends now, and I'm even making time to do yoga in the morning and meditation at night. I take time now to reflect on my day, and look back at what I've accomplished. I used to be lazy, and I was so held back by smoking and being overweight. I felt stuck and I wasn't happy with myself. But today, I'm making closer personal connections, I feel great, and I'm so grateful.



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