

# India Young

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**\$5,000 WINNER**  
**Walmart Supercenter #2369**  
**Tilton, NH**

As a very busy working grandma, I need my energy, but I was in a slump. I'm 53 and my husband Brad and I have two grown kids, my daughter, Desiree, and son Zachary. Zachary lives with us and I help to care for his 4-year-old daughter, Luna. We have her half the week. Because I was always tired, I'd drink way too much coffee hoping for extra energy — I'd easily have four to five big cups a day. I felt like I needed caffeine around the clock, but then I'd have energy dips, and I felt stressed. I ate fast food and I gained a lot of weight; I weighed 220 pounds. Being active for Luna was my big motivation to change.

## **I downloaded the Thrive app and began by tackling my coffee habit.**

I switched to different types of tea. I'll have chai tea in the morning and mint tea in the afternoon. For the first few weeks I found I'd get very tired at work, but soon those slumps stopped. I missed coffee at first, but now I'm enjoying my tea, especially if it's nice and hot. I even got a plug-in cup for my car. One Microstep I like is drinking water if I feel fatigued to get an energy boost.

## **Since I stopped drinking coffee, I've had much more energy for my granddaughter.**

I pick up my granddaughter after work on Wednesday and she stays until Sunday. I can play with Luna and keep up with her. We go to the park and race around; of course she loves to beat me. Or we'll take a trip to the trampoline park. I can jump with her now! And at home we do a lot of dancing, which she loves.

## **We're not ordering take-out food as much and I'm doing more cooking.**

I make delicious quiches with veggies and feta cheese, and I make chicken or shrimp stir-fries with broccoli — Luna loves broccoli. I might add sweet chili sauce to give it a kick. One of my favorite meals is a good burger, but now I have it with a salad and a big pile of green beans instead of bread and fries. It's satisfying to be able to eat healthy versions of food you love. I feel lighter and so far I've lost 20 pounds.

## **Thrive Microsteps are helping me get movement into my day.**

I might watch a short video on the app which will encourage me to go for a walk, or I'll take five minutes of my lunch break to stretch out my neck and shoulders. It seems like a small thing, but it's easy and it becomes a habit. At home, I go for walks in the woods with my mom. And I have a goal: I would love to climb some of New Hampshire's mountains.



## **To relax, I love to garden.**

Gardening soothes my soul and it's very rewarding seeing the flowers blossom. I love all kinds of flowers and morning glories are very easy to grow. It rained a lot last summer and my garden took off like a jungle.

## **Taking time to be with my family is also great for relieving stress.**

I'm enjoying family trips to Cape Cod, where we check out the seals in the ocean. It's so pretty there, I can feel the stress lifting from my body. My daughter and I also love to investigate historical sites and cemeteries where famous historical figures are buried. And we love movie nights.

## **To lower my anxiety I'm limiting how much news I watch.**

We live in a stressful world, so watching less of the death and violence is helping me stay calm. I also shut down my devices before bed. As time has passed, I've found I don't feel tempted to look at my phone. Cutting out caffeine and cutting down on social media is helping me get more rest and feel less stressed.

## **At the end of the day I reflect on what I accomplished and feel good about.**

Mostly I look back at activities I've done with my granddaughter. I feel grateful for my family, and I have a more positive outlook on life.



THRIVE