

# Delpha Shultz

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**\$5,000 WINNER**  
**Walmart Supercenter #3775**  
**Atlanta, GA**

For most of my life my biggest struggle has been accepting myself for who I am. I knew that I was gay from a young age, and that wasn't accepted in my circle in the small town in Georgia where I grew up, or in our church. As a teenager, I felt alone a lot of the time. I turned to food as an outlet, and gained weight steadily over time. I thought I had to deal with everything alone, although my mom has actually been very supportive.

## **My weight has always been a problem.**

Now, I'm 35 and happily married to Felicia. We both work at Walmart and we have three kids: our sons, Dallas who's three, and 14-year-old Kiers; and our nine-year-old daughter, Nata. I love my family but I was always tired and I was eating a lot of fast food. During the pandemic I had a severe case of COVID and I developed a heart condition. One day, I had to go to the emergency room. They put me on a medication they said people don't normally take until their late 70s. My doctor said losing weight could help me. That's when it hit me that I needed to take some action.

## **I cut out all processed food and sodas.**

Now I eat mostly fish, chicken, vegetables, and fresh fruit. I love making zucchini noodles instead of pasta and my go-to dinner is baked salmon and broccoli.

## **I jump on the trampoline in the back yard with the kids.**

It's a freeing experience — everyone's laughing and having a good time. We have a sprinkler attached to it so when it's hot, we turn on the water and it sprays everybody. We'll kick a soccer ball around and play basketball. It's great having the energy to keep up with Dallas. He's always running around and never gets tired. I've lost 56 pounds in the past year — it's an amazing feeling.

## **We've started a vegetable garden and the kids love it.**

We're growing bell peppers, zucchini, squash, and tomatoes. The kids come outside with me to help — they all have their own watering cans.



## **This summer I'm going to hike a 32-mile section of the Appalachian Trail with my mom.**

It's been a motivating factor for me to get in shape and I'm in training, walking around the neighborhood or in the park, wearing my hiking boots and backpack so I can get used to the extra weight. I consider my mom my best friend. We're as close as any mother and daughter could be.

## **I've been promoted at work.**

I never applied for a promotion before because I felt like I wasn't good enough. But now that I have more self-confidence, I went ahead and applied for a new position in a different store and got the job. It's amazing.

## **Felicia and I are connecting more.**

With our busy schedules, we hadn't been spending time together, so now we're going on dates. But instead of going out for dinner, we're trying new activities. We had a date at an art shop where you splatter paint on a canvas. It was such fun and of course now we want to go back with the kids.

## **On my drive home from work, I listen to soothing music or the sound of ocean waves.**

It helps me to decompress and let go of the worries of the day. Then in the evening when the kids are in bed, Felicia and I disconnect our phones and catch up. We might watch a TV show like The First 48. Our communication and our relationship have really improved.

## **My journey has been life changing.**

My doctor says she's very impressed with the weight loss. My heart rate is at a safe level, my blood pressure is good, and I am no longer taking any medication. I've stepped out of my comfort zone in every way. I don't concern myself with anyone who has an issue with who I love. I'm 100% happy with who I am.



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