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I spent years putting everyone before myself, and I reached a point where I felt stuck. At the time, my doctor said she thought I had PCOS, polycystic ovarian syndrome, which means your body doesn't react to insulin like it should, and causes you to gain weight. She put me on medication for insulin resistance, but it didn't seem to be working. I started thinking that I wouldn't be able to do the things I wanted as I got older, like being the grandma I wanted to be. Both my sons are married and they don't have kids yet, but that's something I was thinking about.

One day, my husband said to me, "You need to do something to feel better about yourself."

I knew he was right. As we age, I want to be able to vacation together and do things like go into the boundary waters of Minnesota and be able to carry the canoe over my head from lake to lake. It's something my husband did with our kids when they were younger, and it's my goal to do things like that. As a mother, it's easy to put your kids and your family ahead of you, but I was starting to realize I was just as important as everyone else. I knew it was time to make a change.

One Sunday afternoon, I was home alone and there was a bowl of Halloween candy in the kitchen.

I saw a Fast Break candy bar in the bowl and picked it up. In the past I would have just eaten it for no reason. But in that moment, I paused and said to myself, "Wait a minute. You're not hungry. You're just bored, and you don't actually want to eat that." I put it down and was able to move on. That was huge for me. I wanted to work on being more mindful with what I was eating, and how much I needed to feel full. That would be my first step to losing weight and feeling better.

I started pausing during my meals and asking, "Am I still hungry? Will this fuel my body?"

It helped me stick to three meals a day and cut out things I didn't need, like sugar and extra snacks. One Microstep from the Thrive app that helped me was the one about drinking a glass of water when you first wake up in the morning.



Your stomach is empty in the morning so it's easy to eat whatever is close by, but when I started pausing to drink that glass of water, it helped me plan my meals better. My husband and I even started making grocery lists on Sundays and making a plan so we can buy what we needed for the week.

I've been able to declutter my house and finally feel in control again.

Gaining control over my eating helped me gain control over other parts of my life. I started going around my house and pausing to ask myself "Do I really need this? Why am I keeping this?" And then getting rid of the clutter around. I even started pausing and asking about my relationships. I'd ask, "Is this person toxic to me? Is this a person I want to be around long term or not?"

I feel more confident and more energized.

We have camaraderie at work since several of us are doing the Thrive Challenge. We all check on each other. For example, we're all trying to drink more water so I made water bottles with everyone's names on them to encourage us to keep going.

I'm so much more mindful about my choices now.

I feel more productive and closer to my family at home and my Walmart family. We've really created a support network to help each other. I'm now taking half the dosage of my medicines compared to what I was taking before, and I feel like my overall spirit has changed. I've finally removed the word "can't" from my vocabulary. Now that I've gotten out of my own way, I tell myself, "I can do this." The sky's the limit.



THRIVE