

# Wanda Otero

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**\$5,000 WINNER**  
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I used to live a really sedentary life. I would just go from home to work, and I had no set goals. I felt sad and I was always tired. I started feeling like I just didn't want to do much at all. I knew I needed a change to get out of that rut I was in for a while. My first step was preparing food at home to take to work with me. This helped me think more about what I was eating and it also helped me save money. I started eating more fruits and vegetables and drinking more water. I recently tried on some of my clothes and realized they don't fit me anymore! I look and feel better, and I've lost ten pounds.

## **My coworker, Liliana Santiago, had done the Thrive Challenge and told me about it.**

Some other associates had done it too, and I saw improvements in their physique and their health. I thought it could help me make changes in my life, and I really wanted to improve my well-being, my self-esteem, and my finances, so I decided I'd give it a try and really commit to it.

## **My first step was preparing food at home to take to work with me.**

This helped me think more about what I was eating and it also helped me save money. I started eating more fruits and vegetables and drinking more water. I tried intermittent fasting, so I try not to eat anything after 6:00 p.m. If I do, it's usually a fruit or vegetable. I also started measuring how much I was putting on my plate during each meal. It really helped! I've learned to eat certain vegetables I never used to eat, like carrots, green beans, and tomatoes.

## **I found that I was feeling better and even sleeping better.**

I sleep better when I feel good because I'm more relaxed. Now that I was drinking more water, I was feeling better and I ended up completely giving up soda. I started making meals with my family and sharing with them. We even started exercising together as a family. I started exercising twice a week! My son is joining me and he has lost around 20 pounds. We exercise together in the afternoon.



## **I recently tried on some of my clothes and realized they don't fit me anymore!**

I look and feel better, and I've lost ten pounds. My goal is to lose eight more. I'm finally motivating myself to have specific goals and I'm achieving them one at a time. I'm starting to increase my exercise to three or four times a week, and I'm continuing to be conscious of what I'm eating and drinking. I'm also saving money by preparing my meals at home. I've been using that money toward gasoline, since everything in this country is very expensive. I would love to save up for my retirement one day.

## **I've found that gratitude is the key to success.**

If you are grateful, you receive more blessings every day. Your immune system improves and you get sick less. You improve your emotions and you change your perspective. The Thrive Challenge has taught me to set goals and work to achieve them, and I'm so grateful.



THRIVE