

Adam Rizzo

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\$5,000 WINNER
Walmart Supercenter #1907
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I'm a store manager and my wife, Steph, also works for Walmart and we have four amazing kids. But I wasn't feeling good. My stress levels were high, and my quality of life was low. Time management was difficult and I was eating a lot of fast food — I mean, a double cheeseburger at McDonald's, sign me up! I reached my heaviest weight at 250 pounds and I felt an impending doom.

I got back from a work trip and had chest pains.

My doctor said there was nothing physically wrong. She prescribed medication for anxiety, but the solution felt worse than the problem. The pills made me feel dull and sleepy, then late in the afternoon I'd get a flood of emotions. So I stopped taking them and decided to change my lifestyle instead. I'm 41 and I knew that if something happened to me, I wouldn't be able to provide for my family.

An associate, Lynda Symans, inspired me to download the Thrive app.

She was a Thrive Challenge winner and I'd presented her with her award last year. I thought, "I'm going to give this a shot."

I started going for a walk after work.

It didn't matter if it was just a mile as long as I did it. Now, I consistently walk or run two miles every day. I also began a short workout routine with weights, in the basement, to reactivate my muscles.

I've always enjoyed being outdoors and I've gone back to hiking and kayaking.

Sometimes I'll hike by myself in the lakes region here in New Hampshire. At other times, we hike as a family and I strap my youngest, Emma, who's four, to my back. It's pretty cool when the six of us are out there on Rattlesnake Mountain. There are great views and it's so peaceful. Obviously, running a busy Walmart store, there are a million things going on at once, so when I'm in nature and I can't see cars or traffic lights, it's really nice.

My diet's had a full-scale overhaul.

I haven't had soda since May. I enjoy cooking, and I'm getting creative. I make chicken fried rice, with cauliflower rice, onions, and peppers. And I make broth bowls with shrimp, chicken or steak cooked in broth with sriracha sauce for some heat. That's one of my favorite dinners. I sometimes indulge myself with a chocolate bar, because it would be pretty awful to cut them out completely.



The kids are happy because I'm more active.

They have fun racing me. Owen, my seven-year-old, was out running with me the other day. He was setting the pace and challenged me to go faster. I was having fun just trying to keep up with him, and he loved it because he beat me. And I've just started playing soccer with Emma. If you would've told me back in March that I'd be doing all this stuff with my kids, I'd have said, "there's no way."

At the end of the day, I close my eyes, breathe, and clear my mind.

Also, I'm a big Star Wars fan so I might watch part of a movie or I'll watch an episode of The Office.

Steph and I are making time to talk.

We haven't found time for dates yet, but I'm excited because I've booked a surprise vacation, just for the two of us. I can't say where we're going, but it's somewhere special. And I've arranged for my mom to watch the kids.

I've lost 50 pounds, I'm much less anxious and my chest pains have gone.

My doctor is 100% pleased. I've still got a long way to go, but I'm reengaged at home, enthusiastic at work, and I'm in a really good head space.

At work, I feel confident and outgoing — I'm interacting more on the sales floor.

I was walking through the main aisle and a customer asked where she could find a Keurig coffee maker. So I walked with her and her kids from one end of the store to the other and we had a good conversation. She couldn't see my badge and she said: "Thanks for your help, make sure you tell your manager I said that." I told her "I'm the manager" and thanked her for shopping with us. She chuckled! Those connections give you an insight into our purpose and why we do what we do.



THRIVE