

Holly De La Mora

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\$5,000 WINNER
Walmart Supercenter #103
Shawnee, OK

I moved to Oklahoma back in March. I had stayed in Las Vegas while my daughter, Hannah, was going through school for cosmetology, and once she finished, my parents called me and said "Hey, we need you to come to Oklahoma." They are 78 and 80, and they needed me to help take care of them. On top of that, I was kind of stuck in a rut and I needed something different, So I asked Hannah if she'd want to move to be with her nana and papa. And when she said yes, I thought, "You know what? I'm going to take this opportunity. I need a change. I need to change."

I became Front End Manager at Walmart in Oklahoma, but I still felt stuck.

I was at the desk all day and barely moving. And I was also drinking lots of soda and cranberry juice and other sugary things. I knew I was pre-diabetic and it wasn't smart. So I spoke to HR one day and they said, "What do you want to do?" I said, "I want to go to maintenance." They're all, "Maintenance?" I said, "I need to do something different." And it was the best thing ever. It forced me to move. For the first time, I was moving all day. It was really hard at first. The first few weeks were a real struggle. I remember thinking, "Oh, my goodness. My body hurts." But it got easier, and now I love that part of my job.

I knew my first step had to be giving up soda.

Moving during the day forced me to do more, and I started getting out of the rut of drinking sodas all the time. Our HR Manager, Catherine, told me about the Thrive Challenge, so I decided that would be my first Microstep. My daughter is a big water-drinker and she's always encouraged me to drink water. And I really only drank ginger ale and juices, and I was always thirsty and my sugar was so high. And I just said, "It's time for this step." So I started drinking water instead, and it was hard at first, but I felt better. My daughter and I encourage each other. We even pack our lunches in the evening and we've been getting closer and closer.

My parents are having their challenges, and I've become their caregiver.

We stay in one part of the house, and they live in the other. So I do a lot of the things that I don't think they need to be doing at this time.



I get home and we eat dinner together, and I go, "Okay mom, go do your shower and stuff, and I'll take care of the kitchen." And I clean up where they don't need to. It's not always easy, but I've found that since I'm more active at work, I have the energy to do more at night. I'm walking around eight miles a day just at work! I love getting to work and seeing how many miles I can walk. My mom sometimes says, "Honey, do you want to sit and relax?" And I say, "No, let's go outside." So she sits outside and I rake the leaves and we spend time together. They're glad we're here. It's real good.

My new lifestyle is really exciting to me.

I feel happier and my anxiety isn't there anymore, and I'm happy to be closer to my parents. I love waking up and going, "Okay, what can I do today?" So it's a good thing. People at work have asked me, "Holly, you want to go back up front with us to customer service?" And I say, "No. No. I love it." I love moving around. I love challenges, and learning new things. It's an exciting time.

Today, I'm reminding myself that you can only hold yourself accountable.

I'm doing this for me. My mom's going to love me no matter what. My dad's going to love me no matter what. But I need to be able to fit in those pants and not be uncomfortable walking. I need to have that energy to take care of my parents. So I don't want to have a poor diet or not be able to be strong enough, just in case I need to help them walk, or pick them up. That's what really motivates me. And I'm excited to keep going.



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