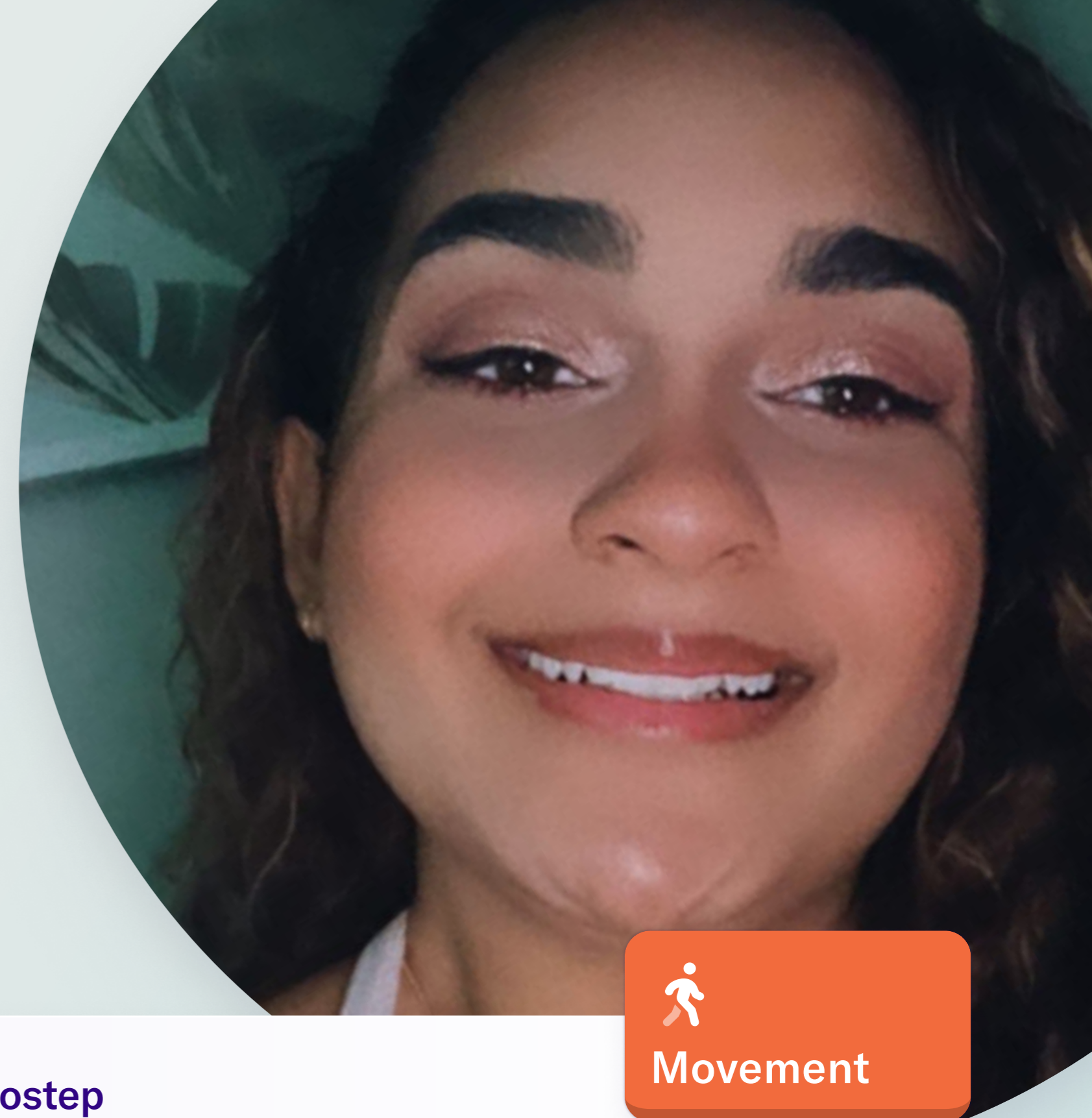




\$5,000 WINNER

Genesis Ramos

Fulfillment Center #4087
Bethlehem, PA



Movement



Microstep

My first step was taking stretch breaks during the day.



Outcome

"I have more energy."

I gained weight over the last few years and because of that, I started having asthma attacks. I had one really bad one that caused me to be hospitalized for weeks. My doctors explained that I have a family history of asthma and it was triggered by my weight gain.

I felt completely defeated at the time. I remember just looking at myself in the mirror and realizing how unhealthy I had gotten. I was at a desk job and barely moving all day, and at night, I would eat from fast food restaurants. I had this moment after I got out of the hospital when I said to myself, "It's time for a change."

My first step was taking stretch breaks during the day. Working at a desk job makes it hard to exercise, but I started watching some of the Resets on the Thrive app that guide you through 60-second movements, like a forearm massage you can do at your desk. It helped alleviate some tightness I had in my arms from typing at my computer all day. I also started standing up and stretching during the day or at the beginning of a shift.

I started waking up earlier than usual to walk around my neighborhood. This was a good way to get in some steps before work. I set a goal to reach 3000 steps. Now, walking around in the early morning is a regular part of my routine. I'll sometimes do a 30-minute walk on the treadmill in the evening, too.

I tried some of the recipes on the Thrive app. I started with a simple ceviche recipe, but soon, I started trying more and more. I love the tip about prepping everything before cooking. It really makes things easier. Making dishes from scratch has also encouraged me to cut back on sodas and sugary juices. I'm drinking more water instead, and I feel less tired and more energized.

I've learned that change takes time. I look back to warnings from my doctor and my family telling me I needed to take better care of myself, and in those moments, I just wanted a quick fix. But I've realized that making a real change takes time. Learning that has changed everything for me.