



\$5,000 WINNER

Jason Cloutier

Walmart PDC #3010
Wellford, SC



Food



Microstep

i began by eating less fast food and making time to prepare healthy meals.



Outcome

"I've lost five pounds and I have more energy."

I've been with Walmart for 25 years. I love my job, but I was feeling stressed. I'm studying for a degree in Supply Chain Management through Walmart's Live Better U program, and I have a second job working in a tire shop. I'd eat a lot of fast food like pizza because it was quick and easy, and I was so busy that I wasn't spending enough time with my family.

I started the Thrive Challenge and began by eating less fast food and making time to prepare healthy meals. We're eating more fruit and veggies, and I'll choose nuts or popcorn instead of chips. We'll have grilled chicken with green beans for dinner, and I make a great Caesar salad. My wife, Laura, and I are sitting down for meals with our sons, 16-year-old Ronan and 7-year-old Sawyer. Everyone shares the best part of their day. Eating well has improved my energy and my mood, and I've lost five pounds.

When I'm dealing with a stressful work week, I rely on a few key strategies. I take a moment to do a breathing exercise and I take short breaks throughout the day to stretch or walk outside. When I feel calm, it's easier to get my studies finished and still have family time. Laura and I are spending time outdoors with the boys and our dogs; we'll drive to Table Rock State Park to hike and swim. It's fun to be active as a family!

Praying and reading my Bible help me stay positive. If I'm worried about something, I'll reach out to friends from church. I always know they're only a phone call away — we support each other. I also share my stresses with my wife. We're taking this journey together and Laura's encouragement and enthusiasm makes the process more enjoyable. We celebrate each other's progress, which keeps us both motivated.

I've gone back to my childhood hobby, playing the drums, which brings me joy. I've been drumming since I was 9 years old, and now I make sure I get out my drum set after work. I listen to Christian music on my headphones and play along with the songs. I sometimes play with a band at church. Using my musical talents to give back to the community feels good.