



\$5,000 WINNER

Serena Thompson

Home Office
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 Movement



Microstep

Going for short walks around the neighborhood.



Outcome

"I'm going for walks every day and have more energy."

I raised two daughters as a single mom and I've never had time to myself. I'm happily married now, but it's been a difficult few years because my husband, Andy, was diagnosed with cancer in 2022. He's had extensive treatment and he's now thankfully in remission, but his care has been stressful. I was eating a lot of fast food, I kept gaining weight, and I had joint pain. I'm 48 and I've never been an active person, but I wanted to start moving, and I was inspired by co-workers to start the Thrive Challenge.

I began with a Microstep: going for short walks around the neighborhood. I found I was enjoying having quality time to myself. It's a chance to release stress and have time away from my busy life. I'll breathe deeply and look at the trees. And while I'm out, I often jam out and dance to Taylor Swift. I also put her on in my office at work. I'll shake my shoulders and my hips and bob my head! No one seems to mind, and Taylor just makes me really happy.

As a family, we're changing the way we eat. Instead of takeout chicken wings and pizza, we're getting creative with cooking. My daughters, Kaylee, who's 19, and Jordan, who's 24, are very supportive. Kaylee shared a recipe with me for chicken feta burgers that Andy and I love. I often make a healthy chicken and veggies pesto bowl for lunch. I've lost 10 pounds, my joints hurt less and I'm encouraged to keep going.

The biggest thing I've learned on my Thrive journey is that it's okay to take time for myself.

I still love taking care of my family, but now I know that I'm important too.