



\$5,000 WINNER

# Teri Summers

Fulfillment Center #8972  
McCordsville, IN



Movement



## Microstep

I walk all the time at work, and I started being more active on my days off.



## Outcome

"I'm enjoying moving every day."

My mom passed away suddenly in January and I was so sad. She was a smoker, and although I don't smoke, I was eating poorly and drinking too much alcohol. It really clicked that I needed to improve my health and lose weight. I'll be 50 soon, and I wanted to feel better. I started the Thrive Challenge so I can be around for my grown kids, Suzanna and Jeffrey, and all their milestones. Suzanna is getting married in October and I wanted to feel confident for her wedding.

First, I made a choice to move my body, and now I'm taking 10,000 steps every day. I walk all the time at work, and I started being more active on my days off too. My husband, Roger, and I walk around with our dog, Max. It's great to bond and catch up. I usually go for a second walk on my own later in the day, when I'll listen to music or a podcast about health and nutrition.

I began doing BurpeeGirl cardio workout classes on YouTube, with light weights and great music. They're such fun and easy on my knees, which is important at my age. Soon my stamina improved, and I noticed moving helped me feel less stressed.

We're eating better, too. Roger and I grill a lot; we'll have chicken, steak or lean hamburgers with veggies. I became more disciplined about portion control: if I have pizza, I'll have one slice instead of four! For snacks I'll have veggies or fruit and yogurt. One big key to losing weight for me was cutting down on alcohol. I had a habit of drinking white wine while cooking and cleaning. Now, I mostly drink lemon and lime seltzer water. I'll just have a glass of pinot grigio occasionally when we go out for a meal.

I've lost 13 pounds this year. I bought a beautiful glittery, sleeveless dress for my daughter's wedding and it looks great. When I put it on to show my husband, I had tears of joy because my hard work had paid off. And Roger was proud of me. I know I'll feel confident on Suzanna's special day. I miss my mom, but she would be so happy for me. Thrive has helped me stay motivated, and I'm looking forward to my 50s. I feel like I'm in my 30s again.