



THRIVE  CHALLENGE

**Ready,  
Set,  
Thrive!**

Live the life you  
want, not the life  
you settle for —  
**one better  
choice at a time.**

You can win part of  
**\$1,000,000**  
in prizes!

**Robert Flores**

Neighborhood Market #5008; Hemet, CA

**\$5K Winner**

THRIVE  GLOBAL

# It's Your Time to Thrive!

Want to live the life you want, not the life you settle for? The Thrive app and your community are here to help!

You'll get inspiration and support to make lasting changes around sleep and recharging, food, movement, money, connecting with others, and more — helping you lower your stress, strengthen your relationships, boost your resilience, and improve your overall well-being.

Join the Thrive Challenge to win part of a **\$1,000,000** prize pool!



# Win Big with The Thrive Challenge

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The Thrive Challenge is all about helping you improve your life, one small step at a time. For 21 days, make better choices. Along the way, you'll get support from others and celebrate your small wins.

The Thrive Challenge is a no-judgment zone! It's about celebrating every better choice you make. After 21 days, share your story for a chance to win cash prizes!

**15** \$5,000  
winners  
each  
month!

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# How to Join The Thrive Challenge

Getting Started is Easy!

## 01

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### Download the Thrive App

Head over to the App Store or Google Play store and search “Thrive Global.”



## 02

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### Every Better Choice Counts

Any better choice or Microstep you take counts toward your progress.

## 03

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### Get Inspired by Thrive Success Stories

Browse stories from people in your community who are taking the Thrive Challenge and making lasting changes.

## 04

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### After 21 Days, Share Your Story and Win

It's easy to share your Thrive Challenge story in the Thrive app. Inspire others by sharing the obstacles you overcame and what kept you motivated. Sharing your story enters you for a chance to win cash prizes!

# My Only Regret is That I Didn't Start Sooner

## Anna Masse

Home Office

Seneca, Missouri / \$5K Winner

Hi there! I'm Anna Masse, and like so many, I struggled during the pandemic. I lost my husband and older son 25 years ago, but I was feeling particularly emotional about it when COVID-19 hit. As a caregiver to my younger son, Anthony, who has multiple sclerosis, I'm accustomed to persevering and being strong for those around me. But long story short: I felt depressed and wasn't taking care of myself. I heard about the Thrive Challenge at a work meeting and was instantly hooked! My only regret is that I didn't start sooner.

I had spent so much time looking for a "miracle fix" — but little did I know it was baby steps, *Microsteps*, that would make all the difference. I started with small changes, like drinking more water. I stopped reaching for my phone first thing in the morning. Before long, I was pushing myself outside my comfort zone, trying out virtual boxing classes and planting a vegetable garden.

The Thrive Challenge has helped me achieve goals beyond my weight loss: I'm sleeping better, saving more money, and feeling grateful for my family. For the longest time, I was too exhausted to play with my granddaughter, Sam. Now, we go for long walks and I chase her up the hillside — Nana finally has the energy to do it!



Simply put: The Thrive Challenge has changed my life and helped me feel more alive. I've learned that if I fall, I have what it takes to get back up and keep going. Best of all, my Thrive Challenge journey is inspiring other people to become better versions of themselves. My family is making Better Food Choices and my fiancé, George, is having an easier time managing his diabetes.

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**"I had spent so much time looking for a "miracle fix"—but little did I know it was baby steps, *Microsteps*, that would make all the difference."**

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I'm living proof that small changes can have a big impact — and that it's never too late to get started. I'm 62 and my story is not over. It's a new beginning, and you can find yours, too, with the Thrive Challenge.

Best wishes,

Anna Masse

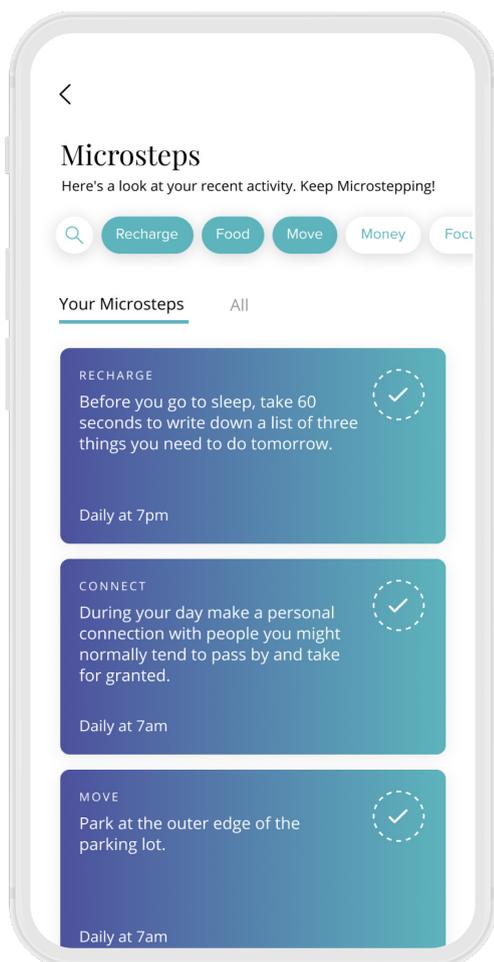
# Microsteps:

## The Big Idea That's Too Small to Fail

**Thrive's signature Microsteps are just like better choices.**

They're small, science-backed steps you can take immediately to build habits that improve your life.

With Microsteps, you'll kickstart real change and start getting results—not weeks or months from now, but immediately. They're too small to fail! And the results add up.



Thrive offers **six Journeys** so you can get support and take action in the areas that matter most to you. Choose a Journey to start with in the Thrive app — and add more Journeys anytime.



### Recharge

Find moments to reset and recharge so you can be at your best, for yourself and others.



### Food

Be more thoughtful about what you eat and drink.



### Move

Get creative about bringing more movement to each day.



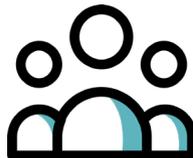
### Money

Reduce stress around saving and spending and improve well-being.



### Focus

Be more productive by setting boundaries and priorities.



### Connect

Strengthen connections with yourself and others.

# Life Should Be Delicious

Simple, creative recipes from Thrive Challenge winners.

## Anna's Zesty, Skip-the-Lettuce Chicken Salad

Feeling bored of regular ol' salad? **Anna Masse, Administrative Assistant**, has you covered. Anna loves making this no-lettuce salad to change things up and get a dose of protein and seasonal fruits and vegetables.

### Ingredients:

2 avocados  
½ red onion  
1 can of corn, drained  
3 Roma tomatoes  
2 chicken breasts  
Olive oil  
Lemon juice  
Salt and pepper, to taste

### Instructions:

Season chicken breasts with salt and pepper. Cook in an air fryer or grill. Allow the chicken to cool, then dice. Roughly chop red onion, avocados, tomatoes, and cilantro, if desired. Add to a bowl. Add drained corn to the bowl, then add diced chicken and mix. Drizzle olive oil and squeeze lemon juice over top. Add more salt and pepper to taste. You're all done — now savor every last bite!

**Optional:** Cilantro





## Clare's Go-to Tuna Fish Sandwich

If you're on the hunt for a simple lunchtime salad that's delicious in a sandwich or on its own, look no further! **Clare Creegan, of Supercenter #5823**, was inspired to create her tuna salad by her fellow retail workers, who work long hours and need a nourishing meal with a spicy kick to keep their energy high all day long.

### Ingredients:

3 cans of tuna fish  
½ red onion  
½ jalapeño pepper  
½ cucumber  
1 cup white vinegar  
3 tablespoons freshly squeezed lime juice  
2 tablespoons mayonnaise  
6 tablespoons yellow mustard  
Salt and pepper to taste

### Optional:

Mixed greens, whole grain bread, tomato, cheese, parsley

### Other serving options include:

Add tomato if you'd like, or add a slice of cheese and toast on the stove to make a tuna melt. For an extra dose of greens, use the tuna salad as a topper over a bed of lettuce. You can also top the tuna salad with parsley and eat it on its own as a delicious and nutritious snack!

### Instructions:

Open cans of tuna fish and drain. Place in a bowl. Chop red onion, jalapeño, and cucumber and place in a separate bowl. Add vinegar, lime juice, salt, and pepper. Mix thoroughly. If you'd like to marinate the mixture overnight, cover and refrigerate. If not, move onto the next step. Mix mayonnaise and yellow mustard in with your tuna. Then, add in vegetable mixture. Mix thoroughly and add additional vinegar if the salad is too dry for your liking. Toast two slices of whole grain bread or bread of choice. Spread tuna on bread to make a sandwich. Enjoy!



## Mey's Perfect Morning Egg White Frittata

Add some flavor to your morning routine with this tasty breakfast recipe, created by **Mey Osuna of Sam's Club #6685**. Mey's egg white frittata is the perfect blend of fresh vegetables and herbs with just the right amount of cheese. Make this for a hearty weekday breakfast, or cook it up for a tasty weekend brunch the whole family will enjoy.

### Ingredients:

- 1 cup egg whites
- 1 zucchini, cut in half and sliced
- 5 basil leaves, chopped
- 1/5 cup spinach
- 1 garlic clove, minced
- ½ cup mozzarella cheese
- ½ cup parmesan cheese
- Salt and pepper to taste

### Optional:

A few basil leaves, a drizzle of olive oil, and some chopped tomatoes. Delish!

### Instructions:

Preheat your oven to 375 F. Add a small amount of olive oil to an oven-safe skillet. Once it's heated, add garlic and zucchini. Sauté for about 3 minutes. Add spinach and basil. Sauté for another 3 minutes, then remove from heat. Allow the sautéed vegetables to cool for a few minutes. Then, add egg whites, cheese, salt, and pepper to your oven-safe skillet. Gently mix to combine ingredients. Place in oven and cook for 15 to 20 minutes, or until eggs are set.

# Linda's Simple-yet-Delicious Strawberry Banana Smoothie

When you're on the go, sipping on a nutrient-packed smoothie can help you stay energized.

**Linda Osborne, of Supercenter #0677**, developed this dairy-free smoothie recipe when she was frequently on the road teaching and facilitating for Walmart Academy. Linda loved this smoothie so much, she used to bring a portable blender with her so she could make it anywhere she went! Try it out for yourself and you'll be hooked too.

## Ingredients:

½ banana

A handful of blueberries

A handful of strawberries

½ cup almond milk

A handful of spinach

## Helpful Hints:

Make the smoothie recipe in bulk and store in mason jars for breakfast or snacks on the go. For an extra cold, refreshing drink, stick your smoothie in the freezer for 10 minutes before drinking.



# Stuff We Love

Thrive Challenge winners share their favorite products, apps and activities.



## Water Bottle

"I switched from drinking pop to water and felt my body being cleansed. I bought a huge, rainbow-colored water bottle with positive messages on it like 'drink more' and 'you're almost there!' I keep it on my counter at work and it reminds me to keep drinking."

**Diana Mejia**

Supercenter #2010

Niles, MI / **\$5K Winner**

## Air Fryer

"I got rid of the deep fryer and bought an air fryer. Everything tastes so much better! Our favorite recipe is air-fried lemon pepper chicken with jasmine rice and okra."

**Danelle Windham**

Neighborhood Market #6166

D'iberville, MS / **\$5K Winner**



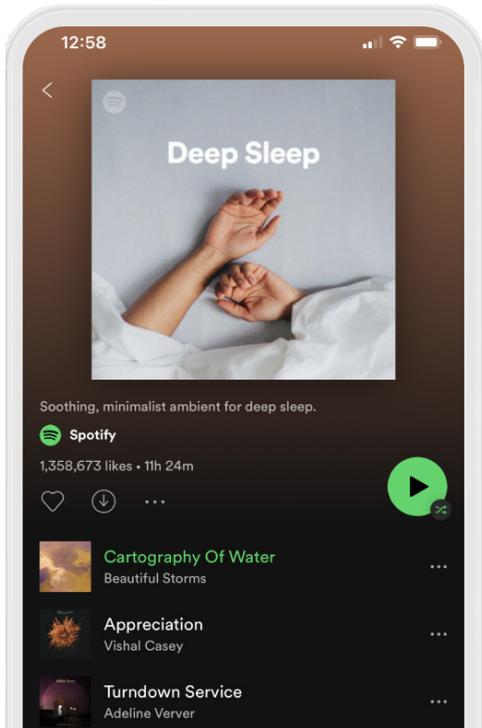


## Gratitude Journal

"I keep a gratitude journal which helps me appreciate friends, family, and co-workers."

### Nadia Parkinson

Walmart Pharmacy #5315  
Orlando, FL / **\$3K Winner**



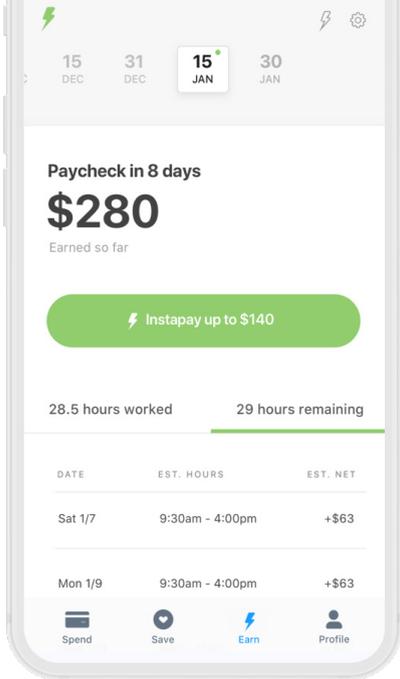
## Spotify Music App

"I am a HUGE fan of the 'Deep Sleep' playlist on Spotify. It's got a full night's sleep worth of music on a playlist that keeps me asleep".

### Candace McCabe

Home Office  
Bentonville, AR / **\$5K Winner**

All products available at [www.walmart.com](http://www.walmart.com)



**Even**

## Even App

"Every pay week, I put aside money automatically with the Even app. I would like to get a bigger place. The Even app has helped, because it takes money right out of my check."

**Amanda Howell**

Supercenter #0960

Dunnellon, FL / **\$5K Winner**

## Meditation & Breathing Exercises

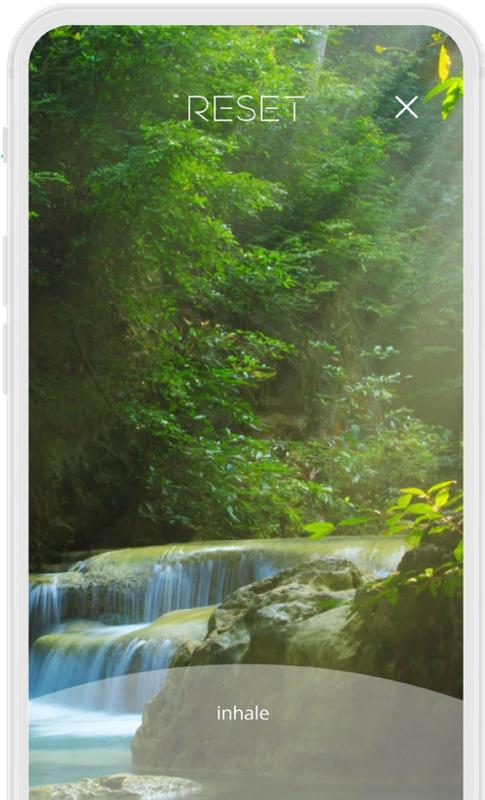
*Found in the Thrive app*

"I'm more patient and I don't get so upset. I'm doing breathing and mindfulness exercises to relax. And instead of overreacting when my son pours cereal all over the floor, I count to 10 and breathe. I've learned that not everything is serious!"

**Kyla Fleming**

Distribution Center #6094

Bentonville, AR / **\$5K Winner**



## Board Games

"We like to play the 'Walking Dead' Monopoly game, it has brought us together because of our love for the T.V. show. It's also a lot of fun."

### **Brandy Hall**

Supercenter #0389  
Edmond, OK / **\$5K Winner**



## Medicine Ball

"I'm working out three to four times each week, going for walks, stretching, and doing exercises at home with weights and a medicine ball."

### **Yolande' Dawson**

Sam's Club #4948  
San Angelo, TX / **\$5K Winner**





"We're becoming more active as a family. Instead of watching T.V. together, we're going swimming, running, even getting out for family bike rides. It's always about, 'How far did we go? Can we go further?'"

**Tyler Sigler**

Supercenter # 1390  
Pinellas Park, FL / **\$3K Winner**

"For the longest time, I was pushing people away. If I hadn't started the Thrive Challenge, I probably would have continued on that track. But now my connections are stronger and I'm hoping my positive changes will help my family make better choices in their lives too."



**Natasha Conner**

Supercenter #1573  
Price, UT / **\$5K Winner**



"Life as a nurse can be stressful. I didn't have time for myself or my family. Now, the kids help me cook, we make dance videos, and do Zumba classes together. I'm becoming a better person physically, mentally, and emotionally, and I'm not going back. The Thrive Challenge is helping me have more self-confidence."

**Fabiola Jean-Bart**

Walmart Customer  
Fredericksburg, VA / **\$5K Winner**

"If you're passive in one area of your life, it can leak into other parts of your well-being. If you don't eat well, you might notice that your mental health is tanking. I'm focusing on self-care so I can take care of myself and be there for others. I am a father and a husband. I'm prioritizing my health so I can show up in those roles."

**Alex Manning**

Supercenter #1696  
Fergus Falls, MN / **\$5K Winner**





"The Thrive Challenge helped me get back in control of my life. I've found my identity again. If someone had told me I would be running, I would be able to find balance, I would be a new mom after 14 years, I'd say, 'There's no way.' But here

**Heidi Cruz**

Supercenter #2732  
Villa Rica, GA / **\$3K Winner**

"Taking the Thrive Challenge helped me save enough to buy a house for me and my son, Jayden. I'm a single mom and never dreamed I'd be able to do that. When we stepped through the front door, the house echoed with Jayden's screams of delight as he ran around. We're so happy."



**Tia Williams Flax**

Fulfillment Center #8905  
Davenport, FL / **\$5K Winner**



“Being a driver has unique challenges. It’s hard to live a balanced lifestyle when you’re sitting for long periods and eating poorly. But with small steps, drivers have the power to make changes even with a tough schedule. I’m working hard to shatter the mold of the stereotypical truck driver.”

**Doug Slates**

Distribution Center #7834  
Potsville, PA / **\$5K Winner**

“For years, I had problems losing weight — but the real problem was that I sought perfection in myself. Developing a movement-over-exercise mentality has helped so much. I’m becoming more grateful — for the people around me and for myself. I’m learning to love myself and the person I’m becoming.”

**Candace McCabe**

Home Office  
Bentonville, AR / **\$5K Winner**

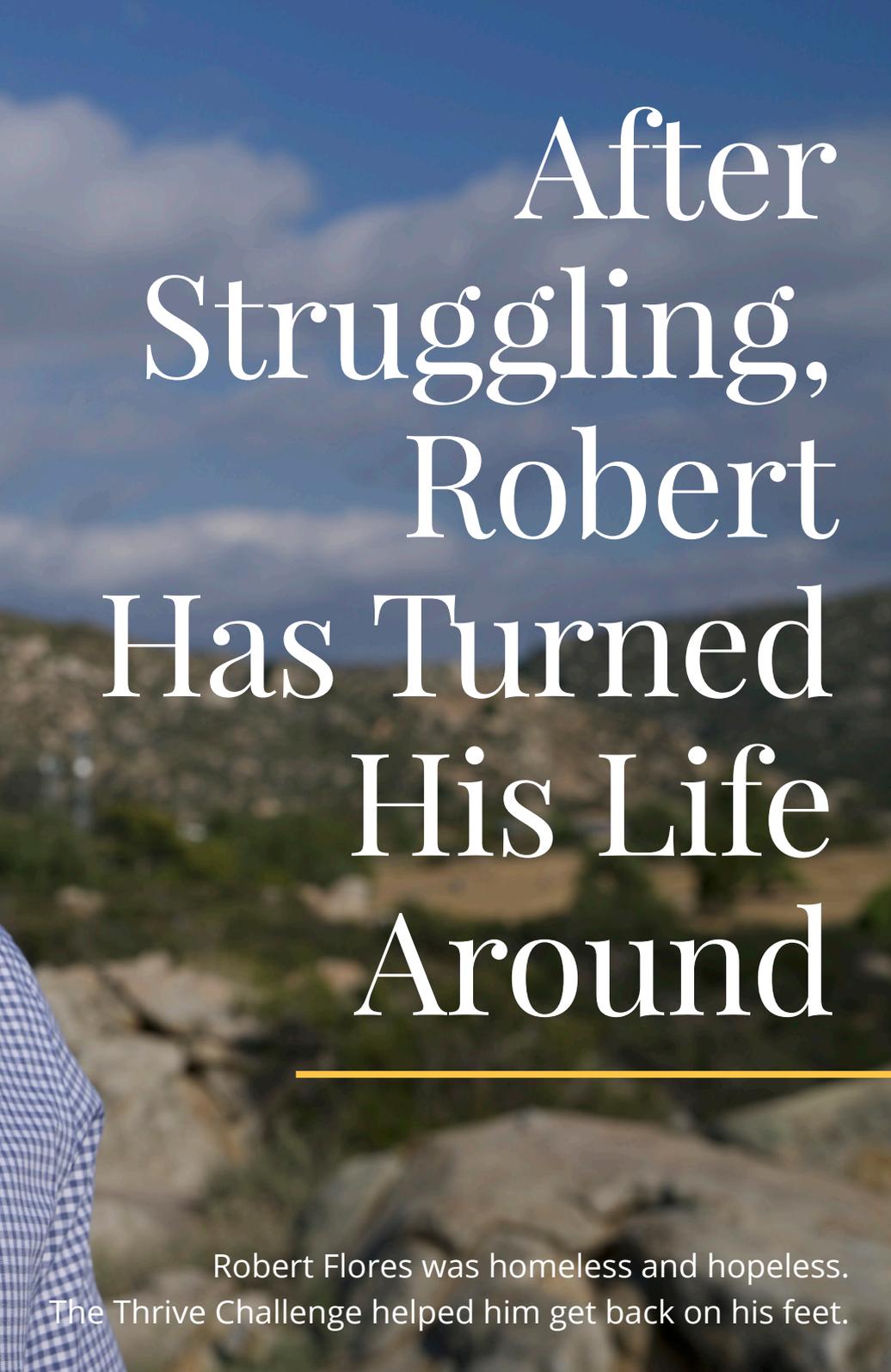


**Robert Flores**

Neighborhood Market #5008

Hemet, CA / **\$5K Winner**





# After Struggling, Robert Has Turned His Life Around

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Robert Flores was homeless and hopeless.  
The Thrive Challenge helped him get back on his feet.

“In December 2019, I was homeless and hopeless. I had a drinking problem and was neglecting myself. I was staying in a halfway house and felt like my world was coming to an end.”

When I was almost ready to give up, I got my job at Walmart and started the Thrive Challenge. I realized how important it is to establish good habits. I stopped drinking, got an apartment, began working out, and started saving money. When I get paid, \$100 is automatically transferred into my savings account.

Winning the Thrive Challenge was surreal. It lifted my spirits. I couldn't believe it happened to me. And wow, the prize money really made a difference and took away a lot of my stress. Suddenly, everything seemed possible. I proposed to my girlfriend,

Maria, and she said yes! We were able to buy a safe family car, which is important because we have a baby on the way! We've already named him Solomon.

The Thrive Challenge has given me a newfound purpose. As a Star, I love sharing my story and encouraging people. For example, I talked to my co-worker and friend, Antoinette Modesto, who was struggling with her weight and with depression. She said I inspired her to change course, which really touched me — and then she won the Thrive Challenge herself!





# “It’s about so much more than winning money.”

It’s about so much more than winning money. The ongoing support I get from the Thrive Challenge helps me stick to my decisions, like staying sober and being a good husband — and a good son. My mom, Sandra, is my biggest motivation. She and I talk every day; she’s been in a lot of pain since my brother, James, died of COVID-19 a few months ago. I’ve also started volunteering, mentoring high school kids who are struggling with substance abuse.

I want to be a good role model.

I just turned 30 and I’ve never felt so good. I’m studying for a degree in business management and leadership. My goals are to become a store manager and to save enough money to buy a house. I’m grateful for my family and for my job. As I start a family with Maria, I’m confident I can be the dad I want to be. Thanks to the Thrive Challenge, I’ve turned my life around.

# Super Friends

For Florice Nims and Arvis Abban, inspiring each other to take the Thrive Challenge was just the beginning. Now, they're spreading the word — and sharing their joy.



**Arvis Abban**  
Walmart Customer  
Fredericksburg, VA / **\$5K Winner**

In 2020, Arvis Abban was overweight and overwhelmed. "I was always stressed and my weight had been up and down for years," says Arvis, a 56-year-old nurse from Fredericksburg, Virginia. Then she joined a walking group organized by her friend Florice Nims, who told her about the Thrive Challenge.

"I trust Flo, we've been friends for 25 years, so I said, 'I'll give it a try,'" Arvis says. She downloaded the Thrive app and saw what her friend was talking about — her small steps added up to big results.

"I lost 25 pounds and paid off my credit cards," Arvis says. After completing the Thrive Challenge and sharing her story, Arvis was selected as a winner, receiving a prize of \$5,000. "Improving my well-being was a gift in itself," says Arvis. "And then to be blessed with a monetary gift — oh my goodness!"

But that's not where Arvis's story ends. She and Florice have inspired dozens of others to join the Thrive Challenge. Arvis has been encouraging everyone at the Veterans Affairs clinic, where she works, to get started. Fifteen of her co-workers have downloaded the Thrive app, and five have gone on to become Thrive Challenge winners. Her sons also took the Thrive Challenge, and one of them, Kevin, went on to win.

"I love helping and motivating people, like Flo does," says Arvis. "People call me 'Momma.' I have a mothering personality." She tells patients and colleagues she'll be with them every step of the way.

"In all, I've inspired about 30 people to get started, including my boss, and they've inspired others too," Arvis says. "I call it stacking, or the ripple effect: You tell one person and they tell someone else. I want people to show up as their best selves. We're in the business of taking care of people and so we need to take care of each other and ourselves."

Arvis and her co-workers walk together at lunchtime, exchange recipes — like substituting "zoodles," or spiralized zucchini, for pasta — and check in with each other to make sure they're drinking enough water.

Florice and Arvis continue to motivate each other. "We hold each other accountable," says Florice, a medical assistant. She originally heard about the Thrive Challenge from her friends (and Thrive Challenge winners) Edward Royster, who was a Walmart associate for 10 years, and his wife Nicole.

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**"We've all lost weight and together, our enthusiasm is infectious," Arvis says. "I tell people: 'Let's keep making better choices and watch each other shine.'"**

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Like Arvis, Florice inspired her children to join the Thrive Challenge. "I'm 55 and have the energy to work out with my grown kids, Michael and Tracey, who are super fit," Florice says. "Never in a million years did I imagine being able to keep up with them." Michael and Tracey downloaded the Thrive app, and following in his mother's footsteps, Michael won! "It was amazing," Florice says. "Both are excellent cooks. Tracey makes salmon on the grill, Michael makes delicious vegan recipes, like chickpea burgers, and I benefit because he lives with me."

Florice went on to win \$10,000 in the Essence Challenge, sponsored by Walmart in 2019 to celebrate culture, entertainment, and empowerment.

Like Arvis, she's remained committed to her well-being journey. Why? "Because it works," Florice says. She shares her Thrive Challenge journey every day with her 1,500 Facebook friends. "I say, 'Let's do this together — it's more fun when it's more than one!' Is it easy? No. Is it doable? Yes. I am so grateful and I'm happier than I've ever been in my life."

Arvis agrees. "For me the Thrive Challenge feels like a community," she says. "We're joyful, and we want to share that joy."

**Florice Nims**  
Walmart Customer  
Hampton, VA / **\$10K Winner**



# Join THRIVE STARS

Thrive Stars is a fun, free club for people just like you who want to focus on their well-being and support others as they make better choices in their lives.

Visit [Thriveglobal.com/Stars](https://Thriveglobal.com/Stars) to sign up and you'll unlock exclusive benefits just for Stars, like:

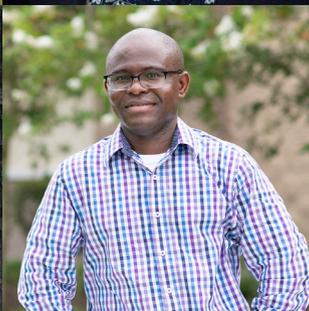
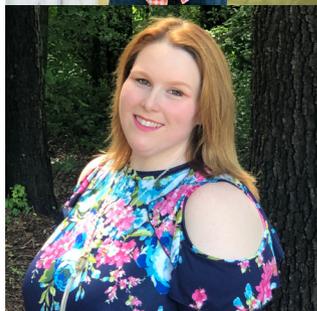
**Star Support:** Meet fellow Stars who can support you on your journey

**Star Rewards:** Enter Stars contests and sweepstakes, score free gifts, and more!

**Star Classes:** Learn the fascinating brain science behind creating new habits that stick

**Inspire Others:** Learn how you can help others make meaningful changes in their lives

Thrive Stars have been exactly where you are now, and they're here to help you take that first Microstep to living better. **Sign up today to become a Star!**



Visit [Thriveglobal.com/Stars](https://Thriveglobal.com/Stars) for more information.



# Resources just for you.

Each day you help America save money and live better. [MyWalmartCares.com](https://www.MyWalmartCares.com) is your place for resources, support, and community. Whether you are seeking tips on building new habits or need specific tools for you and your loved ones, we're here for you.

**Natasha Conner**  
Supercenter #1573  
Price, UT / \$5K Winner

**Walmart**  **Well-being**



THRIVE  
CHALLENGE

# This is your chance to win part of **\$1,000,000 in Prizes!**

The Thrive Challenge is all about helping you improve your life, one small step at a time. And did we mention you can win cash prizes from a \$1 million prize pool? For 21 days, make better choices and tally them up below. Then, tear out the entry card, fill in the information on the reverse side, and mail your entry using the pre-paid envelope. Every month, our team reviews Thrive Challenge entries and notifies winners. Any better choice or Microstep you take counts toward your progress!

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Recharge																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Food																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Move																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Money																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Focus																					
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Connect																					

Tally your final better choices:

Recharge

Food

Move

Money

Focus

Connect





THRIVE  
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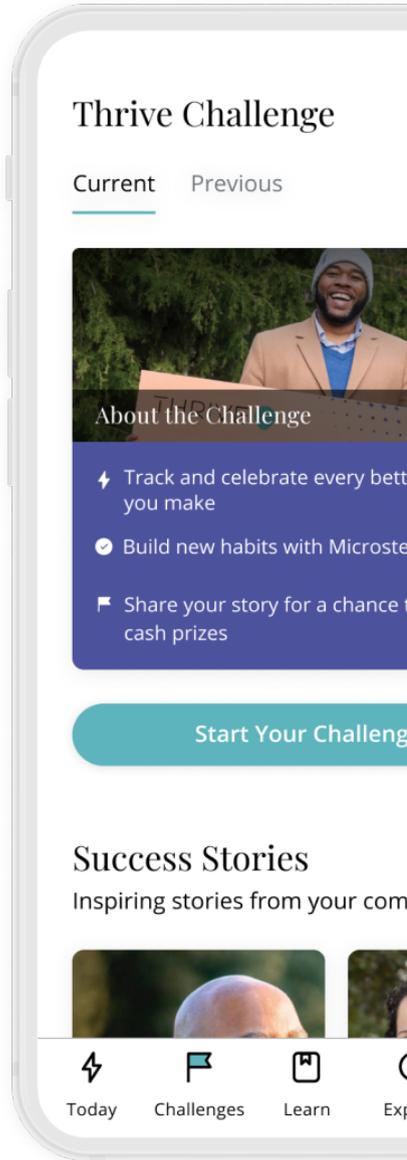
# So Many Ways to Thrive!

It's your time to Thrive! Download the **Thrive app** and start making lasting changes today!

The Thrive app has tons of small, easy tips that help you sleep and eat better, lower stress, strengthen your relationships, and more.



Search the **Thrive app** in the App Store or Google Play or scan the QR code to download instantly.





THRIVE  
CHALLENGE