



# Spare Tire Contest



## Inspiration From Our 2022 Participants

Let's take this one meal at a time. Celebrate your successes. *Mary - Corporate Office*

Today is the beginning. I gained over 25 pounds during COVID and I am very excited to regroup, reset and focus on my health. *Jeremy - Corporate Office*

Let's do this together!!! Last time I did the contest, I was able to lose 63 pounds in the 10 weeks!!! Diet and exercise. Lots of low carb meals, minimal sugar and starch. Tons of cardio (bike riding). Find an accountability partner (doesn't have to be a Discount Tire employee). I have since gained all the weight back plus some since the last time in 2015. Stay positive my friends. It doesn't matter if you lose 1 pound, 100 pounds, or just maintain – focus on getting healthy and being the best version of you!!! *Neil - TXA*

Second week down and I hope we all are on track to getting healthy like we all wanted to be. If not, THAT IS OK!!!! If you didn't start on April 12th, THAT'S OK!! If you cheated this weekend (I did), THAT'S OK!! To create a new habit takes time and effort. We are all here to support your journey to develop a healthier lifestyle. Start fresh today and stay positive!! If you need any additional motivation, hit me up at TXA\_23MGR email. I didn't originally take a picture of myself before the weigh-in, but I am on the KC at the Nascar race in Austin. I am the guy with the 3 chins in the middle smiling ear to ear. I can't wait to see myself at the end of June!! Stay positive friends. *Neil - TXA*

Hello Spare Tire Fam! I am on a journey and being committed to lose 50+ pounds of spare tire to get back to healthiest self again. I have lost a total of 9lbs since we started the contest without lifting or doing any cardio, which I know I will be doing when I get about 30lbs off.. But what's working so far is my smoothie routine. I would mix a smoothie in a big Ninja mixer/blender and have a full thermos size smoothie for breakfast and another one for lunch. I would have snacks in between like an apple, banana. but my favorite is mix trail nuts (if you're not allergic to nuts) and a sensible dinner at night with just being DISCIPLINED to just one serving.

I've done this lifestyle before and I had lost over 60lbs and gain back a lot of energy and feel good with happiness. So here we go again, stay true to routine and I know if you feed your body with the right food it will fill you up and you'll see the spare tires coming off of you. Let's do this team and get back our healthy selves again and live a long, healthier and happy life...Looking forward to hearing some great testimonies at the end of our contest! WE DO THIS TOGETHER – Bruce Halle *Sione Jr - CAS*

I had surgery three days before the contest started. Being in a boot, not allowed to move around much, and still eating healthy while lacking exercise until this week where I can move around do some small stuff while my foot heals is hard. Sitting around doing nothing, boredom hits and makes you want to eat, but knowing that will cause future issues and working with my wife about good foods are good motivation, especially since we signed up for 5k in 4 months - that's my goal to be back to. Everyone can do it, it's more mental that it is physical. Wish everyone well and good luck. *Shane – ILC*

I have been frustrated with losing weight and maintaining a healthy lifestyle. COVID hit and made things worse. I saw my weight and also felt choices were bad I was engaging in. I have decided it's important to be an example to my kids. I have started consistently walking, moving each day. I have found buying and cooking meals from home controls what you eat and how you feel. I'm not at my goal yet but each week getting closer. *Anthony - Corporate*

It is rewarding getting into smaller slacks for work. It can be done! *Deborah - Corporate*

Dieting has always been challenging for me and I have found that what has been working for me is quite simple: Calculate your metabolic rate (plenty of resources online for this), and simply count your calories to keep your count below your metabolic rate. It is hard to adjust to a calorie deficit if you're a large-portion eater like me, but within a few days your body will find its rhythm. Once you're comfortable with your calorie-counting, you can move into a more advanced method of counting your macronutrients. *Christopher - TXH*

I spent years trying to lose weight and didn't get serious until 2017. Why? I found a strong motivation: I wanted to have children and to set a good example for them. After my divorce in 2019, I lost that motivation. Even though I still want children, I found that it isn't as powerful a force behind my decision to get healthier anymore. What is keeping me going? Discipline. Someone once told me that motivation is a fickle friend, but discipline will be there through and through. So, utilize motivation if it's helpful but remember you can always fall back on your practiced structure. You just need to build it first. *Nicole - Corporate*

I hope this contest is going well for everyone. I have seen a huge change in the way I look and feel since this has started. I personally haven't really changed anything as far as food goes. I did completely cut out soda. I started drinking a lot more water every day and started doing an old workout at home, P90x. I didn't expect much to change but I have already lost 27lbs! I hope everyone else is seeing positive results with whatever they are doing! *Andrew - MOS*

I've played this game from day one, this is the first time I've lost this much. About the only thing I've changed was get a little more active and eat right. My wife started Weight Watchers right before we started our competition so that made it was a little easier to jump on board and diet. Don't get me wrong, I did have my cheat days but it's all about portions. Good luck to all....  
*Adam - INI*

I have a good article from MyFitnessPal (which I use to track my calories) about common myths around carbs that I thought some people would find helpful. Click [HERE](#) for the article, 8 Carb Myths Debunked by Registered Dietitians. *Nicole – Corporate*

Thank you for having the Spare Tire Contest again. I did it on my own individually It was a great feeling just to take a walk or do something every day even if it was for 10 min. I was personally inspired and really excited to lose 5 pounds. I feel better and fit better in my clothes. I find that I am eating better and eating less. I am choosing to eat and enjoy a healthier diet and know the

difference when I have a challenging day, I jump back on my routine and don't blame myself. Taking care of myself is making me happier. Thanks again for offering this positive challenge.  
*Kathi – Corporate Office*

I really like that fact that I was held accountable to my weight. *Caesar – ILC*

Thank you spare tire team. I have always appreciated this contest and your efforts to help employees stay healthy. My story is all about not becoming extremely overweight. Like most employees I pig out when I get home after a 10-hour shift and fall asleep. Doctor says you have to eat some time and your body gets used to it. Anyway, thanks to this program I have managed to maintain a 215 to 220 body weight and keep working at my 205 to 200 goal. Thanks again.  
*Mark - MIA*