

# Ron Spegal

Supercenter #1961; Alexandria, Ky.

**ZP Spring/Summer 2019 Challenge \$15K Champion**

I've accomplished more than I even knew was possible with my ZP Challenge. I started ZP just to lose 20 pounds and be healthy. Nothing too drastic. I liked ZP because it's just small changes, a little bit at a time. It was something I knew I could do, with a plan that I created for myself. Being able to set your own goals keeps you from being discouraged. My very first better choice was to stop having candy and soda for breakfast and now I have low-carb breakfast shakes. I created a plan that keeps my daily food intake to 20 carbs and 1,500 calories. I started walking at least 20,000 steps a day and that turned into 20,000 steps and a 3-mile run. Twenty-one days is not a hard commitment. When you see what you can do in 21 days, it makes you want to see what you can do in 21 more days.

- **I set out to lose 20 pounds and I lost 147 pounds.**
- **After 25 years of living on Mountain Dew, I quit drinking it.**
- **Every day, I enjoy my family.**
- **Winning \$15,000 definitely speeds up reaching my goal to buy a house.**

I created an 18-month plan to pay off credit cards and the car and save a down payment for a house. Over five months, I've been able to reduce our family's debt by over \$8,000. My wife and I don't impulse buy and we cook at home. We budget our money and we're planning for our future. With ZP, everything ties together. I lost weight, then I had more energy. Then I had the energy for a second job and to spend more time with my family. Getting off the couch, walking and talking with family is the most fun you can ever have. Nothing I did was all that special. With better choices, I'm a better person, a better father and a better worker – that's all that mattered to me. I never set out to win. When I found out I had won \$15,000 I felt overwhelmed and blessed. Walmart gives you the opportunity to be whatever you want to be in life. With ZP and better choices, every day is always better than the day before.



Pro  
Walmart  
Associate

