

Thom T. Associate Wellness Story - Transcript

00:00:00:00 - 00:00:01:28

Unknown

I hate to use the cliché, but

00:00:01:28 - 00:00:03:11

Unknown

it was the perfect storm.

00:00:03:11 - 00:00:06:19

Unknown

My diabetes was out of control. My asthma was out of control.

00:00:06:19 - 00:00:07:24

Unknown

I contracted

00:00:07:24 - 00:00:08:19

Unknown

COVID

00:00:08:19 - 00:00:09:10

Unknown

and

00:00:09:10 - 00:00:12:25

Unknown

within a week's time I was in really serious trouble.

00:00:13:23 - 00:00:18:16

Unknown

My name is Thom Thompson. I am a corporate security officer, and I

00:00:18:16 - 00:00:19:09

Unknown

been working here at

00:00:19:09 - 00:00:20:22

Unknown

Kohl's for 12 years,

00:00:20:26 - 00:00:22:15

Unknown

back in 2022.

00:00:22:15 - 00:00:25:24

Unknown

I was hit with a very severe case of COVID

00:00:25:24 - 00:00:35:18

Unknown

During this episode, my asthma became really exacerbated, my diabetes, became out of control because of all the steroids in the treatment of the COVID.

00:00:35:18 - 00:00:39:06

Unknown

having come out the other side of it now, having it in my rearview mirror,

00:00:39:06 - 00:00:41:06

Unknown

it was really a wake up call.

00:00:41:06 - 00:00:46:05

Unknown

But I need to change my life. I need to change what I'm putting into my

00:00:46:05 - 00:00:50:07

Unknown

body and what I'm doing with my body in terms of exercise.

00:00:53:15 - 00:00:54:27

Unknown

While talking with my

00:00:54:27 - 00:00:56:08

Unknown

doctor at the Kohl's

00:00:56:09 - 00:00:57:04

Unknown

Wellness Center,

00:00:57:04 - 00:00:59:02

Unknown

he recommended that I

00:00:59:02 - 00:01:00:12

Unknown

sign up at a fitness center

00:01:00:12 - 00:01:01:25

Unknown

me and gyms

00:01:01:25 - 00:01:06:15

Unknown

didn't have a love hate relationship. We had a hate hate relationship. I just didn't go.

00:01:06:15 - 00:01:07:08

Unknown

and

00:01:07:08 - 00:01:07:22

Unknown

I

00:01:07:22 - 00:01:09:29

Unknown

work out 2 to 3 times a week

00:01:09:29 - 00:01:10:27

Unknown

And

00:01:10:27 - 00:01:15:01

Unknown

during the time since January through now, I've lost 45 pounds.

00:01:15:01 - 00:01:15:25

Unknown

I have

00:01:15:25 - 00:01:16:15

Unknown

eliminated

00:01:16:15 - 00:01:19:07

Unknown

the need for insulin for my diabetes,

00:01:19:07 - 00:01:20:01

Unknown

and

00:01:20:01 - 00:01:20:23

Unknown

life is good.

00:01:20:23 - 00:01:22:11

Unknown

I'm feeling great.

00:01:22:11 - 00:01:26:28

Unknown

probably in the best shape I've been in my entire life. And I just turned 60 back in August.

00:01:26:28 - 00:01:32:05

Unknown

I know how I feel every day. I know how I look compared to just a year ago,

00:01:32:05 - 00:01:33:23

Unknown

Get back on the horse,

00:01:33:23 - 00:01:35:21

Unknown
start paying attention to

00:01:35:21 - 00:01:36:29

Unknown
what you're eating,

00:01:36:29 - 00:01:39:01

Unknown
It's never too late to go back.

00:01:39:01 - 00:01:43:26

Unknown
I've had experiences where I've gone into medical clinics and you're pretty much just a number

00:01:43:26 - 00:01:48:11

Unknown
Kohl's You're not a number your person, you're human.

00:01:48:11 - 00:01:51:10

Unknown
I've been through a lot of different things in my life.

00:01:51:10 - 00:01:51:26

Unknown
And the one

00:01:51:26 - 00:01:53:11

Unknown
thing that I can truly say

00:01:53:11 - 00:01:56:02

Unknown
is that Kohl's has a culture of care

00:01:56:02 - 00:01:59:23

Unknown
We're very associate focused and I feel it.

