

## Video 2 (2:06)

*\*Opens with upbeat music\**

I'm Noe Lopez, I'm the CSAS here in Marina.

I train, develop having all the associates have the hospitality mentality here and making sure all of our customers are being taken care of along with the associates being taken care of.

*\*Slower music starts, decreasing in volume\**

2017, uh, it started a little, uh, a little rocky. I took the health assessment sitting down finally like realizing hey this is not your friend asking you these questions this is yourself asking yourself these questions and answering them back.

It spoke a lot to me, I was like ok I need to change some of these things in my life. I need to take care of Noe.

*\*Music becomes more ominous\**

One night around March I basically, I don't know how long I had stopped breathing but, um, I woke myself gasping for air.

It was scary. It was a very scary thing for me to feel that you know what I stopped breathing in the middle of the night.

It woke, it woke me up literally, I just I uh, internally, uh, physically I just, I, I know I need to do something about my health.

*\*Music becomes more upbeat\**

*\*Sounds of weights hitting each other in background\**

My first goal was to just be healthy. Taking the first step to go to the gym.

So as soon as I started seeing that weight drop, I was like, you know I'm gonna set a goal of 25, and its going to go up to 30. *\*Sounds of ropes hitting gym floor\** I set my goal, I set it even higher.

Just recently I've lost 60 lbs. My next goal is just I want to get down to losing 100 lbs.

I had a couple of my associates said "Hey, I'm going to join you". One of my POS cashiers, she's lost 35 lbs.

One of my Loss Prevention team member has lost 17 lbs.

They're taking that journey like, hey they need to be healthy as well.

A lot has changed in my health.

I feel better, I feel more energetic

*\*Sounds of waves and ocean in the background\**

Growing up my mom would say I need to inspire before I expire.

I carry that motto.

*\*Volume of music increases slightly and tempo increases\**

I would want to continue moving forward and motivating people.

Motivating associates, motivating young people, motivating others.

I want to continue moving forward with this journey.