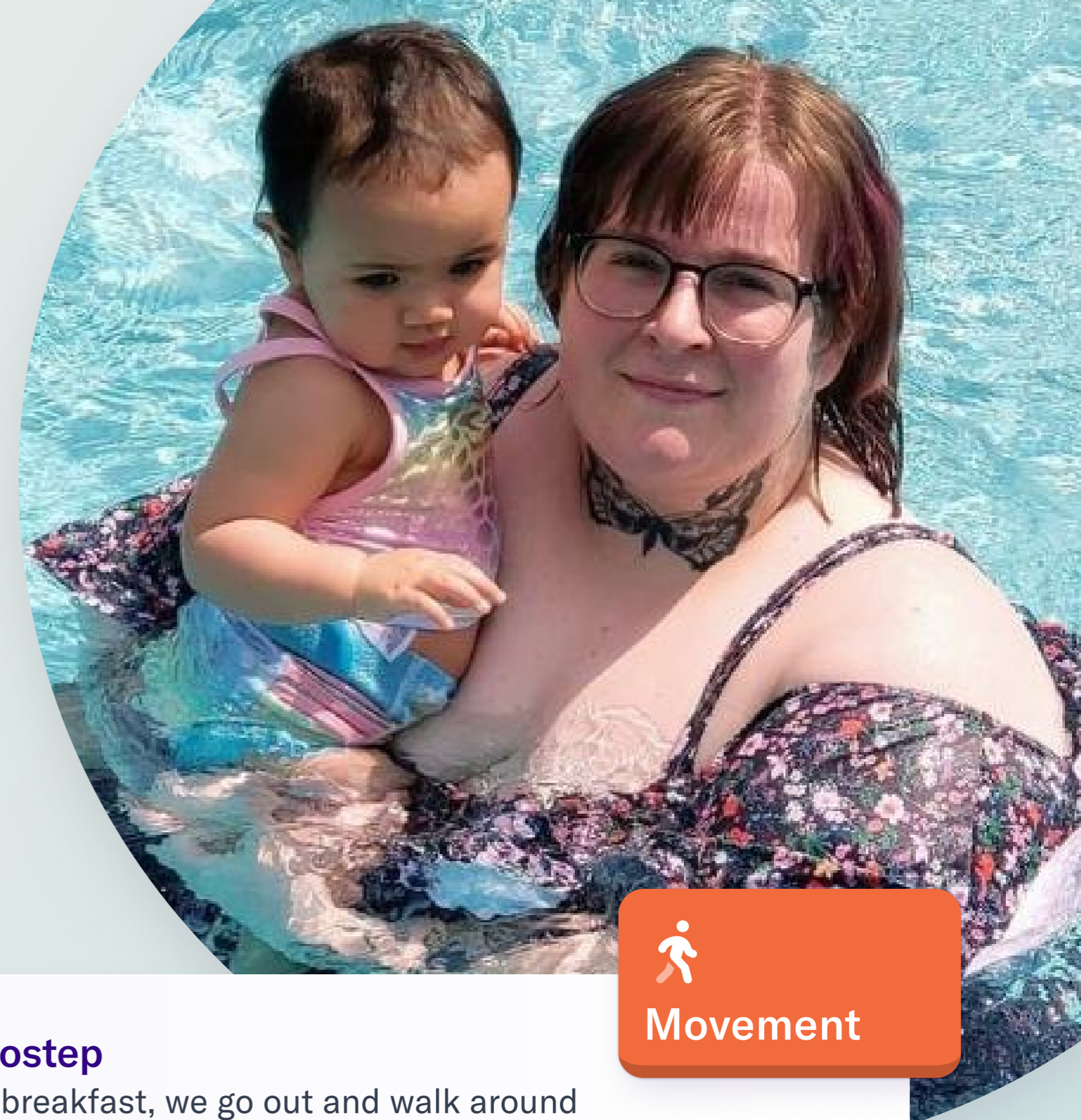


**\$5,000 WINNER**

# Kaitlyn Creager

Distribution Center #6064  
Cleburne, TX

**Movement****Microstep**

After breakfast, we go out and walk around the block.

**Outcome**

"I'm able to play with my daughter without feeling so exhausted."

I'm a single mother and I've been feeling more than ever that I need to do better for my daughter, Cora. I've had obesity for a while now, and I struggle with simple tasks around the house. But once Cora turned 1, I realized I had to make a change if I wanted to give her a fun and fulfilling life. I don't want to be the mom who has to say no to playing catch because of my weight. That's been my main motivation for starting the Thrive Challenge.

It's difficult for me to go to the gym with Cora at home, so I've been scheduling an activity every day that we can do together. After breakfast, we go out and walk around the block. My father lives nearby and has exercise equipment at his house, so we go over there a couple times a week and I walk on the treadmill, lift some light weights, and take a long swim in the pool with Cora. We have some baby floats that she can sit in, and I try to do at least 10 laps while pushing her with me.

Cora and I color together, and recently I realized how relaxing it can be, so I've started buying adult coloring books as a way to recharge; being a single mom is stressful. I have this one coloring book called Relaxing Patterns, which is filled with flowers and tons of symmetrical patterns, and it brings me so much joy.

I'm now able to play with Cora without getting exhausted. I still have progress to make, but I'm feeling better, physically and mentally. When Cora was born, I fell into a deep pit of depression, and thankfully with the help of therapy and family, I found my way out. I still have bad days every now and then, but if I ever need a break, my stepmom, father, three brothers and cousins are quick to jump in with no questions asked. They want me to better myself for my daughter and for my own health. I know now that I have a support system, and even if I have a bad day, Thrive reminds me that I can jump back in the next day and continue my journey. That's changed everything for me.