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My biggest struggle was my weight. I was eating fast food and I was always dragging. I didn't feel like doing anything with my three daughters. I had my first child, Rebekah, who's now 15, when I was 16, then Brandi, who's now 13. For a long time, I was a single mom, and doing it all by myself was hard. I would eat when I felt my worst. I was alone.

Now I'm married to Matthew and we have an eight-year-old together, Karma.

Matthew's amazing, but I wasn't feeling good and I really wanted to be happy. I was inspired to download the Thrive app last year by my friend and co-worker, Elizabeth Jowers.

I started with a Microstep: cutting out sodas and trading them for water.

I'm cooking healthy dinners, like chicken with steamed rice and veggies. And I've been counting calories along the way. We're all eating better. Dinner time is family time — without our phones — and we talk to each other. I have the motivation to get out and do things with the family. We'll play basketball or softball with the girls, and we go running together. I'm also doing cardio workouts.

Hula hooping makes me happy.

I love my weighted hula hoop. The girls are usually with me, hooping and dancing. We put on upbeat pop music like Nickelback and 3 Doors Down. We all giggle and it makes me feel like I did when I was a kid. I enjoy it because it's completely different from normal exercising.

Matthew and I are doing yard work.

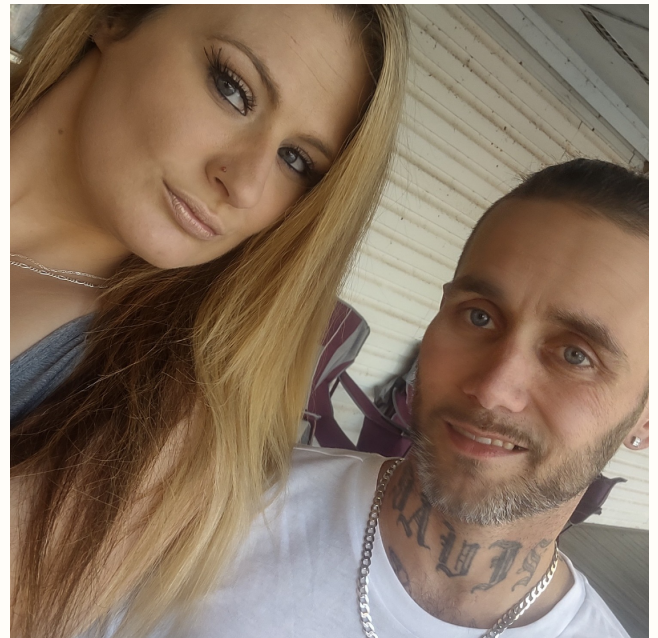
We'll be out raking and straightening out the flower beds; we love our miniature roses and we're growing lilies around the trees. It's a joyful feeling to see everything looking pretty.

I'm teaching Rebekah to drive and she's doing very well.

It's bonding, spending time with her in the car. Brandi and I both love makeup, so I've been teaching her little tips and tricks. Karma is too young for makeup, but she likes to get in on it with us because she's a girly girl too. Rebekah isn't into makeup — she's a tomboy. But they're all outdoorsy.

I've lost 42 pounds and I feel great, and I have much more confidence.

I used to be so critical of myself, but I feel much better about the way I look. Now, when I look in the mirror, I tell myself I'm pretty. And I really do feel pretty! I bought a pair of dark, flared jeans and a black t-shirt with a rainbow design that fit perfectly. The whole outfit flows together so nicely and looks great with my sandals.



Matthew always thought I was beautiful.

But now he says, "Wow, you've changed." He's happy because I'm happy, and he's very supportive of my Thrive journey. He's a sweetheart — a wonderful dad and stepfather.

My father-in-law was diagnosed with stage four lung cancer and it's been hard.

But we're taking it day-by-day. We're encouraging him; we take him fishing and we're spending as many good days with him as we can, without looking too far ahead. We're just grateful for the time we have with him.

The Thrive Resets of landscapes and nature help me stay calm and positive.

I love the relaxing sounds of birds and water. When I watch them in the evening, they put me to sleep. I also do yoga videos to de-stress. And I'm taking care of myself. I get my nails done every two weeks because it's something I'm doing that's just for me, to feel good. I like pinks and purples!

At work, we're like a family — I'm encouraging my team to be more positive.

We just did a reset for the cosmetic area. That's when we get in new products and fixtures. It can be stressful. I'm teaching and training people, and learning, all at the same time. This time we all giggled and laughed as we worked, and it was great. It took us a couple of days, but we got everything done on time, which we were very happy about.

My girls are my biggest cheerleaders.

And I feel amazing because I'm showing them they can do anything they set their minds to. The Thrive Challenge has changed my life. I feel healthier, happier, and hopeful.



THRIVE