

Maurice Davis

.....

\$5,000 WINNER
Distribution Center #7078
Elwood, IL

I've always tried to be a good dad for my daughters, Olivia, who's 12, and 11-year-old Mia. I'm divorced and the girls live with me. But I wasn't giving them enough attention; I was more focused on trying to be a good provider. Also, I wasn't taking care of myself. I'm 40, and I weighed 335 pounds. I was eating fast food and not enough home-cooked meals. And I'd bring fast food home for the kids. My life was: go to work, come home, repeat. I wanted to create happy moments with my daughters, but I felt dejected. I wasn't excited about the way my life was tracking.

Nothing I'd tried before had worked out, so I thought, why not try something different?

I was inspired to start the Thrive Challenge by Marty Perry. I liked the fact that it's about little decisions and choices; it's not a quick weight-loss fix.

I started with the Microstep that stood out most to me: move your body.

I made going to the gym part of my routine. I'd always thought if I didn't make it to the gym, the day would be a wash, but now, if I don't make it some days, that's cool. I work out at one in the morning. At that time, I don't have to fight over equipment. And it fits in with my work schedule.

I do cardio and weights. I also ride a bike and do basketball drills.

Before, if I was working out with a buddy and he stopped going to the gym, I'd get discouraged. Now, I consider Thrive as my accountability buddy — I don't need to rely on anyone else!

When the girls are in school, I go for walks with my dog, Sway.

We live on a cul-de-sac connected to a park and there are excellent hiking trails. It's great getting out of the house and seeing the seasons changing with all the colors and the flowers. Everything's blooming right now and springing back to life, and the birds are chirping. Being in nature is calming.

I'm making home cooked meals and we only eat out once a week.

I tried my hand at making lasagna and it came out well, which was a plus because my kids are picky eaters! We're grilling lobster tails and chicken, and the girls really like shrimp on skewers with corn on the cob, baked beans, and salad. And I've incorporated more fruit into my day, like apples and grapes. Family dinners are really quiet. No phones are allowed around the kitchen table — even though the girls try to bend the rules!

I've lost 12 pounds and I feel great.

But the biggest change isn't the weight loss; I don't need the scale to validate my efforts. I have more energy and I'm more active with my daughters.



Once a month the girls and I go for outings together in Chicago.

We went to the Museum Of Ice Cream, and the WNDR Museum, which is interactive; it's amazing. We also went to an indoor theme park with laser tag and go-karts. We had a ball!

The girls and I are bonding.

I'm getting in tune with them as individuals. I learned that I have a vocal daughter, Olivia. She will always tell you how she's feeling. She'll break out into a Michael Jackson song like "Beat It" at the drop of a dime. You think, "Where did this talent come from?" She sings in the church family choir. Mia is quiet; she is an avid reader and I take her to the library because she goes through five books a week.

Once a month, I link up with friends.

Recently, we went to a Chicago White Sox baseball game. We're making time for each other, catching up and cracking jokes.

At work, I have more confidence in my decisions.

I'm an area manager and my interaction with associates has improved. I help to keep morale up. One day I unloaded a full truck of folding tables by myself. I told them, "Hey, you're not the only ones who do this," and they laughed. I lead how I would want to be led. I'm excited about my own professional growth as a leader.

As a father, I feel proud of myself, and I absolutely feel happy.

We're closer as a family and we're creating great memories. I want to see my daughters grow up to become happy young women.



THRIVE