

**\$5,000 WINNER**

# Kevin Herrera

**HVFC #4124**  
**Lebanon, TN****Movement****Microstep**

Planning a time each day when you can take a walk outside.

**Outcome**

“I have a regular exercise routine, and I feel fit and healthy.”

I wanted to make health and fitness a priority, but I didn't have the motivation to get moving. I'm 18, and I was juggling a lot of responsibilities: my job, my studies, and my family life. I found myself skipping workouts more often than not. A dear friend and co-worker, Veronica Campins, inspired me to start the Thrive Challenge, and I discovered that with Microsteps, it's easy to stay motivated without getting overwhelmed.

I began with an easy Microstep, planning a time each day when you can take a walk outside.

Taking my Boston Terrier, Luna, for 30 minute walks every day has become a cherished ritual — we're outdoors in nature, getting good exercise. My older brother, Brian, and I share a love of soccer, and we're playing together, which is a fun way to bond.

My girlfriend, Amanda, and I decided to get fit together, and we're holding each other accountable every step of the way. We go to the gym a few times a week and we'll focus on different muscle groups each day, like back and biceps or legs and shoulders. Since we've been hitting the gym, we're more energized, and we take Amanda's little cousins to play soccer in the park once a week.

Now that I'm exercising regularly, I'm sleeping better. I'm studying for a degree in business management and I concentrate better on my assignments; my focus has sharpened.

Another Microstep I'm taking is finding time for activities that bring me joy. I have the energy to focus on my passion for cars. I bought a 2007 Lexus IS and rather than relying on expensive trips to the mechanic, I've been learning about car maintenance, and it's been incredibly rewarding. It's not just about keeping my vehicle running smoothly; it's about the sense of empowerment that comes with mastering new skills.

The most profound learnings I've had have been about empathy and gratitude. I know my Thrive journey is not only benefiting me, but also my beloved mother. As a single mother, and an immigrant from Colombia, she's a pillar of strength and has worked tirelessly for our family. Now that I'm taking care of myself, I'm more caring and supportive. I help out at home doing the laundry and vacuuming the house. My goals are to help my mom enjoy the life she deserves, and to make her proud.