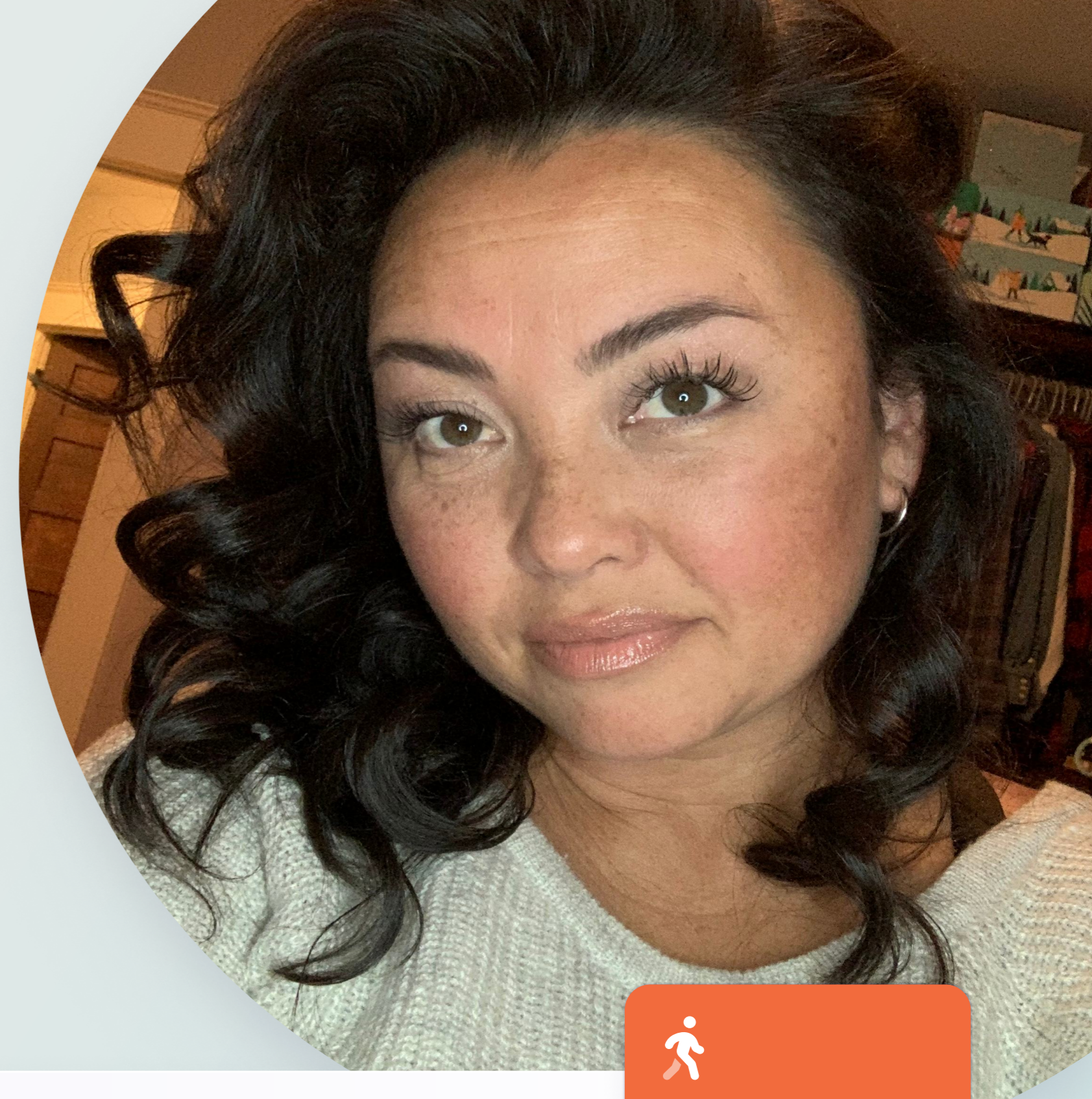




\$5,000 WINNER

Stephanie Kizer

Fulfillment Center #7559
Bethlehem, PA



Movement



Microstep

Taking 1,000 steps a day



Outcome

"I'm moving every day and I'm not in pain."

Two years ago, I tore a ligament in my knee, which was painful. It took a long time to recover and I got out of the habit of exercising. I intended to work out and I'd set goals for myself, then get discouraged and abandon them. I turned 46, and it was time for a change. I wanted to get healthy before I got older.

A co-worker inspired me to download the Thrive app, and moving every day was my first Microstep. It was great knowing that I didn't have to do anything dramatic to make a difference. My knee still hurt so I began with gentle stretches that felt good and weren't too strenuous. One Microstep that worked well was taking 1,000 steps a day; it felt realistic and motivated me to do more. My fiancé, Derrick, and I started walking around the neighborhood with our two dogs, Brody and Nixon. We live on a hill so it's great exercise. Derrick is so supportive. He bought me a stair stepper that doesn't hurt my knees. I began using it for a few minutes a day, and worked out for longer as I gained strength.

My kids have always been involved in competitive sports. My daughter, Madison, who's 18, plays softball, and my 13-year-old son, Kendall, plays baseball. As my energy improved, we'd go to the park and practice together. We'll rotate who bats and pitches and take turns fielding. Madison has a 2-year-old son, Carson, who loves basketball, and we got him his own hoop. I can run around with him now, which brings me such joy.

The accomplishment I feel since starting the Thrive Challenge is amazing. I realized that making small changes has an impact on my entire well-being. Now I'm more thoughtful about food choices; I cook dinner instead of rushing out for fast food. And because I'm moving, I'm tired at bedtime, so I go to sleep earlier and get the rest I need.

I recently organized Carson's second birthday party at the park. We were playing soccer and party games, and I realized that before Thrive I wouldn't have had the energy for that kind of celebration. My knee didn't hurt at all. I feel happy and grateful to be active with my family.