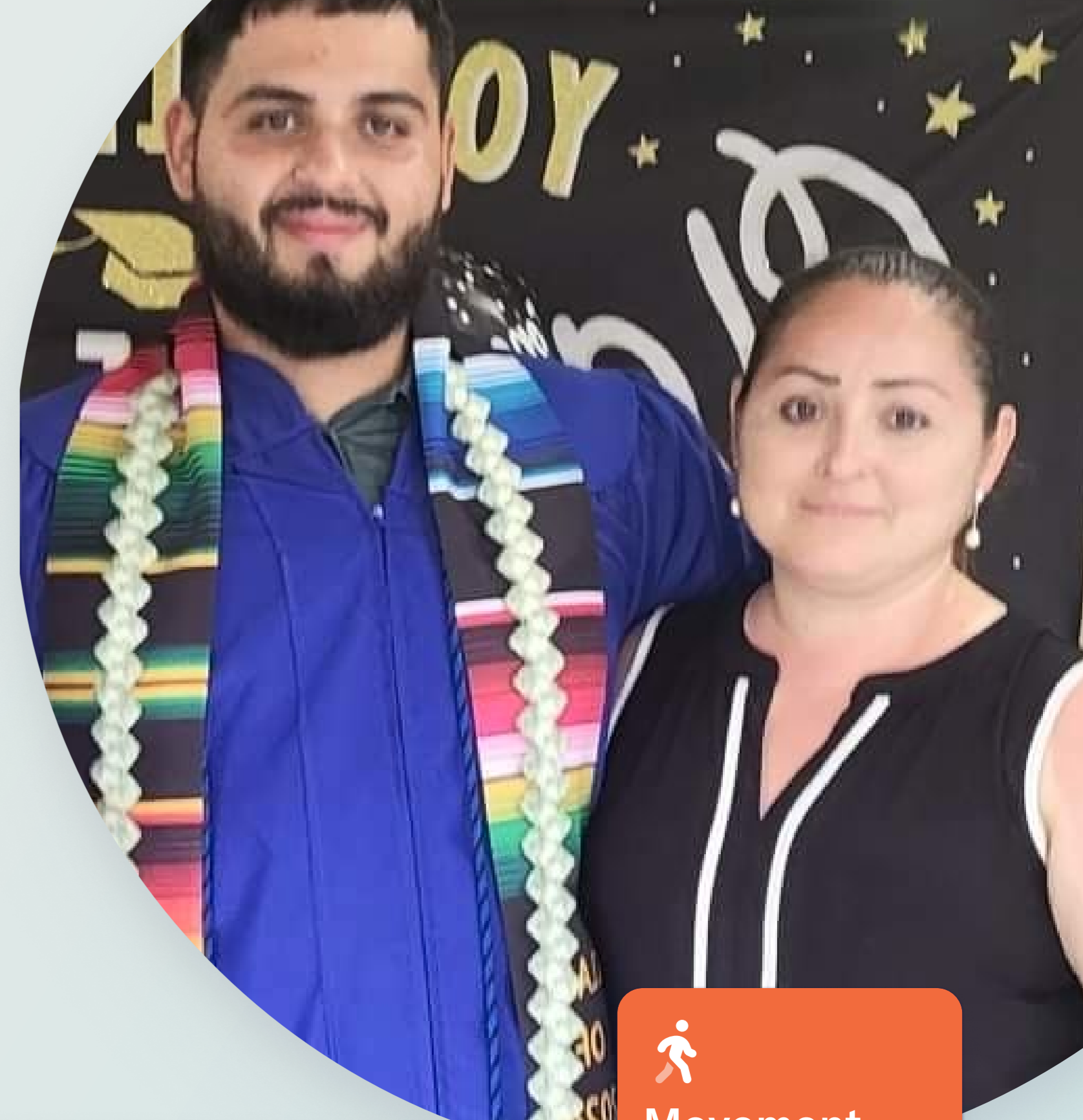




\$5,000 WINNER

Karina Castillo

Return Center #9153
Waco, TX



Movement



Microstep

Instead of sitting around, I started going outside with my kids



Outcome

"I'm an active, engaged mom."

I used to love playing soccer. I played in school, but I stopped when I fractured my right foot. Then I hurt my back and I got out of the habit of exercising, and I felt anxious and overwhelmed. I wanted to be active again with my husband, Daniel, and our four kids, but I always had an excuse to not go outside to play with them. I needed help and decided to download the Thrive app.

First, to help change my mood and mindset, I'd watch Thrive Resets every day. I found the breathing exercises calming. Just closing my eyes and taking a few deep breaths helped me relax.

Instead of sitting around, I started going outside with my kids, just chasing each other around. Now we go for walks after dinner and bike rides. We have a little farm and we'll go out and play with our baby goats and chickens. Our 9-year-old son, Gio, and 4-year-old daughter, Delilah, love taking their basket out to collect the fresh eggs. Once I got more energy, we started doing more activities, like taking day trips to the local lakes and rivers where we swim and fish.

I started playing soccer again, practicing with the kids and teaching them tricks. We have a soccer goal in the front yard, and we're playing a lot. Nothing is more fun than kicking a ball around with the whole family and scoring goals. Everyone joins in, even little Delilah. My next goal is to join a moms' soccer team.

Daniel and Delilah love to dance, so I've started a new tradition: Friday Night Dance Parties. We love Cumbia, and Delilah has great rhythm. As soon as she hears the music she jumps up, grabs our hands, and we all dance. If I feel tired, she says: "Come on mommy, I can help you!" So I get up and move.

After work, I always used to be on my phone checking social media, but now I put my phone away and have good conversations with my team. I'm helping my 18-year-old son, Pablo, enroll in college and fill out the applications. I am so excited for him. I feel more confident and I know that anything is possible.