



\$5,000 WINNER

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Movement



Microstep

My favorite Microstep was making a choice to move my body every day.



Outcome

"I completed a half marathon."

For years, I used to run marathons. It was my passion. I competed in races around the world in cities I never would have seen, like London and Berlin. But my mom became sick, and in 2020 she lost her battle with cancer. We were very close, and when she passed away, I didn't feel motivated to run as much. Then last year I had pneumonia, and when I recovered, I got out of the habit of exercising altogether. I really wanted to get back to my hobby, so I started the Thrive Challenge to increase my motivation and get moving.

My favorite Microstep was making a choice to move my body every day. I started going for short, brisk walks in the evening, and soon I added a little running to my routine. I'd run and walk in intervals, and used my treadmill too. Some days I'd be tired, and on other days I felt: "Hey, I'm back to my old self!" After a few weeks, I was running half a mile. I gradually built my endurance, and now I'm running between three and ten miles a day.

I have a wonderful accountability buddy, Lizzie. We run together regularly and if one of us is feeling tired, the other one will say, "What time are we meeting?" And we'll both just do it! My husband, Nate, and our 7-year-old son Kayden are so supportive; they remind me of my goal and push me out of the door. We're having fun being more active as a family, too. We go for walks and play baseball in the yard.

Over the months, I felt fitter and stronger, and in July I completed a half marathon. I felt so accomplished. Nate and Kayden were in the car, cheering me on along the route. There's nothing better than hearing your child shout out of the window: "Go Mommy!" Kayden got out of the car and sprinted the last few yards to the finish line with me. He was so excited that I got a medal.

On April 21st next year, I'll be running in the Boston marathon in honor of my mom. I've pledged to raise \$10,000 for the charity AKTIV Against Cancer. I'm 47, and I won't be the fastest runner, but I know I'll finish, and I know my mom would be proud of me.