



**Name: Nicole Weaver**  
**Agency: Corrections**

On January 1, I started by quitting my nasty habit of smoking (not a New Year's resolution as I do not believe in them - just coincidence). I had been an on and off smoker for about 9 years, far too long for a 24 year old. I was able to quit this time cold turkey for several reasons; my overall health, my son, and my grandmother who is battling lung cancer.

It gets harder to lose weight as you get older, and that scared me. Before I had my child, I was at a weight I would have loved to stay at forever. I lost control after that dealing with personal issues, and was unable to stay at a weight I liked. However, any mother knows, it's not that simple to pack up your kid, and go to the gym for a couple of hours. It doesn't happen like that, especially being a single mother. It is costly and takes time away from your children. Taking time away from my son is not something I was/am willing to do while he is young, and since I am all he has, I'd rather be with him every moment I can.

I have come up with a plan that I am going to stick to, no matter how hard it gets. I want to eventually be able to run an entire 5k by the end of the year. I have numerous 5k runs in mind, and am in the process of signing up for them. I know this won't happen overnight, or even after a month of training, but I am determined to make it happen. In the morning after work, I take my son to daycare, so I can get a maximum 6 hours of sleep a day. I am going to take time out of my sleep so I can work out and train for my 5ks. This way, I do not miss out on any time with my son. I am mixing it up from day to day trying to make sure I have everything covered. Whether I run 3 miles on the treadmill at the gym and lift weights or run/walk in my neighborhood, it will be done every morning possible. I know it will take a few of these 5ks until I can complete them with running only, but I want to be able to finish a 5k (specifically the Glow Run in August) without any walking at all. I have started forming better eating habits and drinking more water to help me with my goals.

I don't usually talk about my weight to many people, but my overall goal for this year is to lose 40-50 lbs. in order to get back to my weight before having a baby. I am horrible at talking about myself; I just thought it might be a little motivator for me if I shared this with everyone. If people know I am trying to reach a certain goal, I would like to show them I can do it.

