

circumstances, it's my hope that our shared singleness as mothers will unite us and stir within you a sort of kindred spirit. Regardless of our individual circumstances, we are in this together.

So join me each month on this journey as we take the helm of solo motherhood—in sickness and in health—and plot our course, sometimes through uncharted waters.

From living on a realistic budget and quelling your loneliness to enforcing your decree, finding a support network and getting out of your funk, I'll share the solutions and resources I've developed and/or discovered while talking with professionals and other mothers who've been there.

And feel free to e-mail me your questions, ideas and experiences as well.

In the meantime, keep an open heart and an open mind, as change is inevitable.

## Suffering is optional.



## STEADY AS SHE GOES

Debra Davis checks in with *Flower Mound Woman* and reports progress with Adventure Boot Camp.

She says she is "getting motivated after the holidays, long work days and school." It's not always easy, but inspiration comes in many forms: "The Nike 'Just do it!' phrase is echoing in my head," she says. She's lost pounds, inches and body fat. Her greatest challenge so far? "Sometimes the biggest step is the first one."

*Thanks, Debra! We're Cheering for You!*

|             | Start | 1st Camp | 2nd Camp |
|-------------|-------|----------|----------|
| Weight      | 257   | 253      | 246.8    |
| Neck (in.)  | 18    | 16 ¾     | 16       |
| Waist (in.) | 49    | 47 ¼     | 44 ¼     |
| Thigh (in.) | 27    | 25       | 24 ½     |
| Body Fat %  | 57.1  | 53.7     | 50.9     |

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