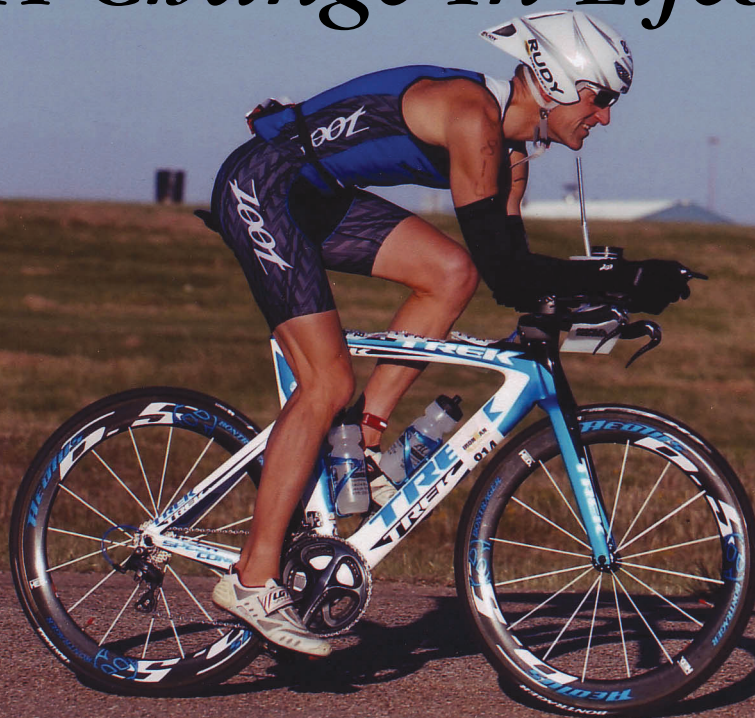


A Change In Lifestyle



Randy Rasmussen's lifestyle change began in 2006 when he had his tonsils removed. After taking that first step to improve his health, he has changed his diet, exercise routines and overall lifestyle.

"I never thought I would get to the point I'm at today," he said. "It's all because I got rid of my tonsils. I had strep throat three times a year until I had them out. I got rid of all the poison in my system, and then changed my diet."

After his first triathlon in 2008, Rasmussen spent the next winter preparing for the next one.

"At first I was kind of scared," he said. "What scared me the most wasn't the biking, or the fact that I hadn't run very much. But

swimming in open water with a bunch of people was not my idea of fun.

"My nephew brought me a flyer from the Yankton triathlon. So I thought, 'OK I can do this. It's not very long and I can do it.' So I went and did it and it was about the most exciting thing I've ever done in my entire life."

After completing three triathlons, Rasmussen tried a vegetarian diet for eight months before he decided it wasn't for him. Now he's on the Blood Type Diet, a diet that correlates what foods and exercises work for each person depending on their blood type.

"I found out the vegetarian diet was not for me," he said. "I didn't get enough meat and I didn't have enough protein so I was run



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