

down when I shouldn't have been run down.

"The nice thing about the Blood Type Diet is that it's mainly whole foods. It's not processed foods, so you're not getting a whole bunch of bad calories. Every day I eat a salad and some dried fruit, nuts, and beans."

Switching from processed foods to whole foods gave him more energy, and Rasmussen said after he got started, it became easier to keep doing.

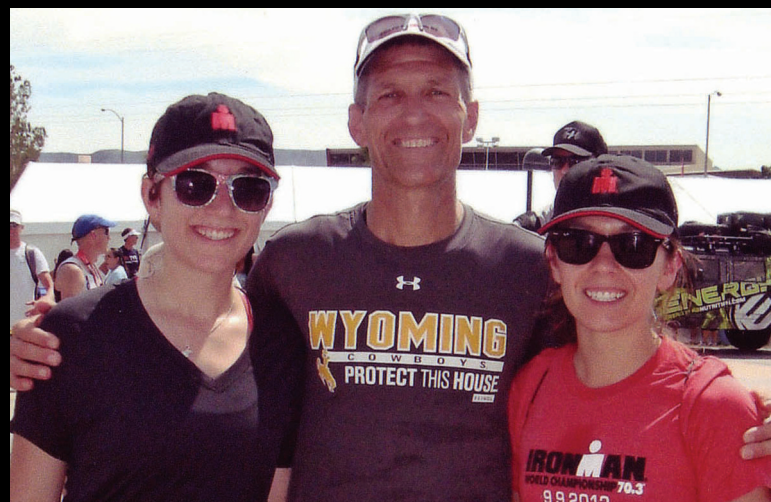
"Once I stopped eating the foods I should avoid, I had more energy, I lost weight in about a week – not that I was trying to lose weight – and I kept it off and kept going," he said. "Then I got it into my head that I was going to do longer triathlons. The first long one I did, I told myself I was never going to do another one. Now I've done four since and I'm going to do three more next year, basically because it's a healthier way of living and I can do it now."

Although the Blood Type Diet works for Rasmussen, he said it isn't for everybody, but still focuses on eating foods such as fruits, vegetables, dried fruits and nuts instead of processed food.

"If you eat a handful of those types of foods, you can feel as full as if you were eating a whole box of processed foods. They're healthier for you – you're getting real calories instead of bad calories," he said. "As far as eating goes, once you get into good habits you can stay with them."

"I try not to walk down the snack food isle, because even though I don't buy any of it, looking at that stuff makes you think, 'Why don't you just eat that stuff.' Once you get started it's easy, but you bet it's hard at times."

Rasmussen spends a lot of his time at the Wellness Center bicy-



*Randy with daughters Sarah (left) and Michelle (right).*

cling five times a week, swimming three to four times a week, running three to four times a week and lifting two to three times a week.

"I train a lot, but if you just want to change your lifestyle and get healthy, it's an hour a day," he said. "Step away from the TV, get up and you can even do it in two work outs. You can work out for half an hour in the morning, and half an hour at night if you don't have an hour."

Although he has completely changed his lifestyle, Rasmussen says it doesn't

have to be as drastic for everyone who wants to live healthier.

"You can't do this 100 percent of the time – nobody can. You can't follow anything 100 percent of the time. There is that freedom," he said. "It isn't as bad that way. Every once in a while I can say, 'OK, I'm going to have a Dr. Pepper.' When I go out to eat, which is not very often, I have dessert. I'm not that much of a stickler about it. Doing these things has made me a lot healthier and has allowed me to do a lot of things I don't think I ever would have done."

Rasmussen said he will continue to use the Blood Type Diet, exercise routinely and compete in triathlons as long as he's having fun.

"The diet thing – I think I'm going to do that forever. I would eventually like to do a full iron-man – I've done a lot of halves, and I've had a lot of success with them," he said. "You just always want to keep going to the next step. I'm not afraid to try and fail. The feeling of accomplishment you get after finishing something like that, whether it's a short one or a long one, is worth the reward of all the training."

■ by Emily Niebrugge

## TIPS continued from page 17

\* Continue to protect skin from the sun. The sun is just as strong in winter as it is during the summer, and winter sun can do significant damage to unprotected skin, especially when winter sun combines with snow glare. Use a moisturizer with SPF throughout the winter, and apply it to both hands and face roughly 30 minutes before going outside.

\* Wear a winter wardrobe. Protective clothing like gloves, scarves and thick socks not only keep us warm through the winter, they also keep skin safe as well. Strong winter winds and below freezing temperatures can damage the skin significantly, so bundle up when going outdoors. And be sure to avoid wet socks and gloves, which can irritate the skin and cause itching and cracking, and might even result in the formation of sores.

\* Stay hydrated. Staying hydrated is another skin care pointer people primarily, and incorrectly, associate with summer. But staying hydrated is just as important in the winter as it is during the summer. Staying hydrated is important for overall health. Men and women who enjoy caffeinated beverages like coffee and soda should know that caffeine is a diuretic that draws water out of the skin. So be sure to counter caffeine consumption by drinking plenty of water.

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