



Dear Fellow Alaskans,

Being healthy and active has always been a central part of my lifestyle. I love the way my body feels when I'm in top shape and I love the natural energy I get from being active every day. Taking good care of my body has allowed me to chase after my dreams and experience great adventures.

My personal fitness journey began the day after my first birthday, when my Dad put me on skis for the first time. I couldn't quite walk yet, but I had the biggest smile on my face, and my love for sports and the outdoors was born.

When I was three years old my family moved to Anchorage, Alaska. My cousins and I used to play outside for hours, using our imaginations, building forts and playing all sorts of games. I also joined several sports teams, determined to try everything.

During the winter of 1988, I watched my first Olympic games on television and became mesmerized by Olympic athletes. I decided right then, at five years old that I wanted to go to the Olympics someday.

Growing up, I was fortunate to have an active and athletically accomplished family around as good role models. On the weekends I would go hiking with my family including lots of aunts, uncles and cousins. My Aunt Betsy and Uncle Chris were Olympians and I loved following them around while trying to keep up.

As I got a little older, I got more interested in competitive sports. I played on a soccer team for several years, I did many local running races and triathlons, and even tried the Native Youth Olympics. I learned to alpine ski and cross-country ski too.

Eventually I found that I got the most joy out of the endurance sports, especially cross-country skiing. I liked the challenge of pushing my body to the limit, as well as the speed and power of the movements. At age 16, I decided to pursue cross-country skiing as a full-time career with the goal of making the Olympic team.

Now, being a professional athlete is my job and it's one of the coolest jobs in the world! I get to be outside everyday, taking good care of my body, and constantly challenging myself to improve. Because my body has to be in top shape to compete with the best skiers in the world, I have to take extra good care of myself. I focus on being active everyday and fueling my body with good nutrition. I also try to stay well hydrated and get plenty of sleep. My body is strong and fit and I can do anything!

Being healthy and active is the way to go! All it takes are a few good choices everyday and you can be on your way to feeling good and living well. Take the challenge and make smart decisions about how you care for your body. If you treat your body well, you can achieve your wildest dreams! **Best of luck**

Kikkan Randall

Top American Olympic Nordic skier and World Cup Champion