



## **Dear Fellow Alaskans,**

My name is Trajan Langdon, and I am 31 years old at the time I am writing this. I mention this because I've learned many things about living healthy throughout my life from many different people. You will hear many people stress how important it is to live a healthy lifestyle, but what does this actually mean to you?

I am fortunate because I am a professional athlete and therefore I stay in shape to perform the best I can. What I have learned is that living a healthy lifestyle has helped me to enjoy my life.

A healthy lifestyle for me is keeping myself physically, mentally and emotionally fit. The physical part is eating what I know my body needs and will use efficiently, exercising regularly and taking care of my health when I don't feel well.

The mental part, which I have learned most recently, is to keep learning more about different things and continue getting educated even though I am not in school. For example, I currently play in Moscow, Russia, and I am learning the Russian language. It is very difficult, but it keeps my brain working. I am learning something that I never imagined I would.

Lastly, surrounding myself with family, friends and others who love and support me with what makes me happy. For some, this might mean three people and for others it may mean 20 people. It doesn't matter how many people you have. It only matters that these people care about you as a person.

The term "Healthy lifestyle" will mean different things for different people, but this is what having a healthy lifestyle means to me.

## **Trajan Langdon**

*First Alaskan to play in the NBA and Alaska Sports Hall of Fame Inductee*