



## ***Andy Holder***

Andy Holder has always been the type of person to look for a new challenge, but his biggest challenge found him in 2005. He has been an athlete all of his life — playing football, baseball, and wrestling. After college, Andy maintained a healthy lifestyle by exercising, eating well and becoming a body builder. Despite being in such great shape, Andy was diagnosed with type 1 diabetes in 2005 at the age of 36.

A husband and father of two young boys, Andy was initially scared, angry and depressed by the diagnosis. But, after researching the disease, he realized this was another challenge he would overcome. Rather than allow diabetes to control him, he decided to take control of his condition. Andy became determined to do something extraordinary and to prove that no matter what challenges life presents, you can reach goals beyond your wildest dreams. Andy decided to become an Ironman triathlete.

To challenge himself and inspire others, Andy has engaged in the ultimate test of physical and mental endurance, as Ironman competitors swim 2.4 miles, bike 112 miles and complete the event by running a full marathon of 26.2 miles.

Andy faces additional challenges as an athlete with diabetes. He must keep his blood sugar levels in check, which involves careful meal planning, wearing an insulin pump, and testing his blood sugar a dozen times a day — even while running or riding his bike. Despite these significant obstacles, Andy has persevered, and has now completed five full Ironman competitions.

Andy's story is about overcoming tremendous odds and rising high above life's toughest challenges — a message he has delivered to numerous audiences. Andy has joined forces with Diabetes Shoppe<sup>®</sup>, a program offered by Good Neighbor Pharmacy<sup>®</sup>, as an official spokesperson for the "Managing Diabetes: Living Without Limits" campaign. Andy is participating in races and other events nationwide on an inspirational tour to spread his message of encouragement. Andy is living proof that people with diabetes can truly live without limits and strive for their highest aspirations.

