

Optimus

Connection

Optimus Mission & Vision

To provide research-based, life-style interventions designed to reduce the risks for chronic diseases.

We strive to provide a positive, safe, and comfortable environment to help you achieve your personal health and wellness goals.

Optimus staff members are experienced health and wellness professionals. Optimus has state of the art fitness equipment for total body conditioning and various services to better your health and fitness.

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Bi-Monthly Newsletter for Optimus: The Center For Health

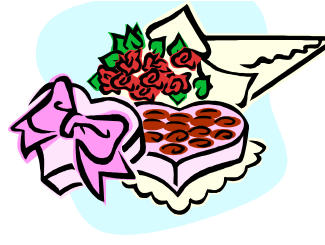
Volume 2, Issue 1

Fat but Fit? Clearing up the confusion

By Joanne Loethen

Recently, headlines have been causing some confusion about the “fat but fit” concept. “Obesity Myths Debunked” and “Pleasantly Plump” are just a couple of the misleading statements bombarding us in magazines and newspapers.

If you are not familiar with this “fat but fit” idea, it spurs from recent studies suggesting that overweight individuals are at a lower health risk as long as they are physically fit. With the whirlwind of information in the media and see-saw discussions among researchers, what are we to believe? Should we continue to work toward our ideal weight, or, instead, are those few extra holiday pounds ok as long as we stay active? The answer is simple and should come as no surprise....*be regularly active, maintain a healthy weight, and eat a proper diet.* So then, if



this is the answer, why all the fuss and confusion?

A recent study released in the December 2007 issue of the *Journal of the American Medical Association* examined the relationship between body fat and fitness level as predictors of death in older adults. The researchers concluded that fitness was an independent predictor of mortality in the 2,603 participants who took part in the study. Through fitness testing and follow-up examinations, the authors found that individuals who were lean and fit reflected the lowest rates of mortality. The study also noted that overweight individuals who were highly fit had lower death

rates compared to individuals with low fitness levels.

These findings lend further support to the notion of being regularly active to promote a longer, healthier life, yet, some have misinterpreted these findings in assuming that being overweight does not present health risks. The bottom line is that regardless of our current weight status, we should all strive to participate in at least *30 minutes of moderate exercise on most days of the week.* If you are overweight, being active will place you at lower risk than if you were not active. However, achieving a healthy weight will reduce your risk even further.

Exercise. Eat right. Live Well.

Visit the lounge area at Optimus to view the entire study from JAMA referenced in this article.

Walk Your Way to Better Health

By Holly Scherder

Did you know that you can reduce your Body Mass Index (BMI) and your blood pressure merely by walking? That’s right, studies have shown that by wearing a pedometer and by setting daily step goals, anyone can get fit and improve their health.

A pedometer is a small portable device that can be fastened to your pant waist and will record your daily step count. The step count can then be converted into

miles walked and approximate calories burned. A recent review by Dr. Dena Bravata of Stanford University stated that individuals who wear a pedometer significantly increase their physical activity by 2,183 steps or about 1 mile per day. This is a very significant amount if you consider that walking 1 mile is equivalent to about 20 minutes of walking or 75 calories for the average person.

In his article, Bravata also found that setting a step goal and using a step diary were key motivational factors for increasing physical activity. Recording the number of steps taken in a day helps individuals to be accountable to their goals and actions.

Walking is a form of exercise that is appropriate for all ages, all skill levels, and does not require any fancy equipment. So what are you waiting for? Grab your

shoes and walk your way to better health.

* * * * *

Dr. Bravata’s article, *Using Pedometers to Increase Physical Activity and Improve Health*, was published in the November 2007 issue of the *Journal of the American Medical Association*. Copies of this review can be found in the lounge area at Optimus.

INTER_xVENT Spotlight: DENNIS SMITH

We are fortunate to have the opportunity to work with Dennis Smith, CEO of Missouri Employers Mutual insurance company. Dennis started the Optimus/INTER_xVENT lifestyle management and chronic disease prevention program on September 9th with a metabolic exercise test. He started a 9 session INTER_xVENT program on Sept. 15, 2007. He has increased his exercise habit from ~2-3 hrs to 4-5 hrs per week and has incorporated resistance training into his routine. Dennis, who enjoys cooking, has significantly

improved his diet and has been involved in one-on-one Personal Health and Fitness Mentoring sessions with Tom LaFontaine. In mid December, he completed the INTER_xVENT program and was reassessed. The table to the right is a summary of some of the significant improvements in health status that he has achieved. His mentor, Tom LaFontaine, is very pleased with Dennis' progress thus far and stated, "Personally, it has been a pleasure to work with Dennis and he has made outstanding progress over the last 3-4 months. Dennis

is an outstanding role model for his 250 or so employees and their spouses/families." On January 23rd, Optimus began its annual health risk assessment and health improvement program at MEM of which Dennis is highly supportive. Congratulations Dennis and keep up the good work!

If you are an employer and would like information on how to get your company involved in the INTER_xVENT program, contact Optimus TODAY!

	9/15/07	12/31/07	GOAL
BODY WIEGHT (lbs)	285	270	255
LDL CHOLESTEROL (mg/dl)	124	102	<100
TRIGLYCERIDES (mg/dl)	191	152	<150
SYSTOLIC BLOOD PRESSURE	126	126	<120
DIASTOLIC BLOOD PRESSURE	81	72	<80
FASTING BLOOD SUGAR (mg/dl)	97	95	<100

Member Spotlight: PAM & RANDY BRYSON

Pam and Randy Bryson joined Optimus upon referral by Jill Murphey, MD, in October 2007. Randy had a history of high cholesterol, triglycerides, and LDL cholesterol as well as low HDL cholesterol. Randy also had problems with side effects thought to be due to cholesterol-lowering medications. He was placed on a drug that blocks the absorption of cholesterol but wanted to try to control his blood cholesterol and triglycerides with nutrition, exercise, and weight loss as well.

Pam has a history of high blood pressure and, upon joining Optimus, had lost 40 lbs over the previous year. Pam had also been regularly walking 4 miles, 5-6 days per week.

For the past 12 weeks, Randy and Pam have been attending Optimus an average of 3 days per week, and doing a 40-45 minute circuit combining cardio and weight training. They have also progressed to doing some intermittent running. Pam has improved her aerobic fitness by 27% since her evaluation

in October, placing her 45% better than her age, gender, height and weight matched peers. Although her other health parameters were not available at the time this newsletter was released, Pam's continued

focus at Optimus is sure to help her achieve her health-related goals in the near future. The table below shows Randy's progress so far. Congratulations to Pam and Randy! Optimus wishes you continued success!

	10-22-2007	1-21-2007	GOAL
TOTAL CHOLESTEROL (mg/dl)	226	180	<200
TRIGLYCERIDES (mg/dl)	168	101	<150
LDL "BAD" CHOLESTEROL (mg/dl)	166	126	<130
HDL "GOOD" CHOLESTEROL (mg/dl)	26	34	>40
BODY WEIGHT (lbs)	219	209	<200
%BODY FAT	26.8	23.2	<20
CARDIORESPIRATORY FITNESS	32.9	36.2	

INTER_xVENT Health Tip: EATING OUT

Did you know you can eat out and eat healthy? Eating out doesn't have to be an excuse for overeating or for making less healthy choices.

TIPS FOR EATING OUT:

- Choose a restaurant that has a variety of foods
- Avoid restaurants that feature "all you can eat" specials or buffets
- Don't go out feeling especially hungry; have a light snack before you go
- Decide what and how much you will eat before going out
- Sit next to someone who you

know will eat healthy

- Rehearse how you will resist pressure to have a drink, dessert, or other food you haven't planned to eat
- If you order an alcoholic beverage, don't have an appetizer or dessert
- Order first so you won't be influenced by others
- Be assertive and politely ask for what you want
- Split an oversized portion or take home the leftovers
- Drink water throughout the meal
- Stop eating when you are full

and have your plate taken away

Following a few or all of these simple tips can make your dining experience both fun and healthy. Try incorporating a few of these tips when eating out this week!

To learn how you can get involved in the INTER_xVENT program, contact Optimus. One of our trained INTER_xVENT mentors will be happy to answer any of your questions and get you started on a healthier lifestyle!

To complete your FREE online Health Risk Assessment:

- 1) Log on to the INTER_xVENT^{USA} website: www.interventathome.com.
- 2) Select "Click Here to Sign On to Our Secure Server."
- 3) Click on the "Click Here" button to complete the Health Risk Assessment (HRA).
- 4) Accept the Privacy Statement and Service Agreement.
- 5) Complete the HRA. When you get to the question about the Company/Organization, select "PREVENT Consulting Services" from the menu.
- 6) When you have completed the HRA, click "Continue." Then click on the "Display Results and/or Print" button to receive your individualized report.

Nutrition Corner: Berries for Everyone!

By Carolyn Skelton

Do you ever crave something sweet, tangy, tart and healthy? Try some berries, fresh or frozen. Berries are full of antioxidants which help prevent many types of diseases. Most people can benefit by adding foods rich in antioxidants, which are naturally occurring plant substances that help block bad free radicals in our bodies. Foods like blueberries, strawberries, prunes and fatty fish also show a positive benefit to short-term memory.

Recent studies performed at the Harvard Medical School have found that strawberries may provide cardiovascular disease protection. The studies indicated that women consuming 2 or more servings per week of strawberries had a

lower C-reactive protein level than women who consumed no strawberries over a month time period. C-reactive protein (CRP) is a blood biomarker that signals the presence of inflammation in the body. Multiple studies have indicated that elevated levels of CRP are potentially a good predictor for risk of heart disease and stroke, as it is generally a signal of atherosclerosis.

Berries may be bought all year round. Frozen berries are great for adding to smoothies for a quick meal. Berries may also be tossed in salads or added to oatmeal and yogurt. If berries are not currently in your diet, start to slowly add them. Because berries contain tiny seeds, some individuals

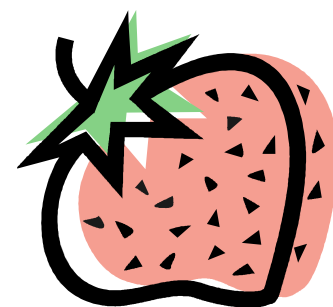
may not tolerate more than the recommended serving of ½ cup per day. Also, because more fiber is contained in whole fruit rather than fruit juices, aim to incorporate berries into by consuming fresh or frozen berries as opposed to juice form.

Try these two recipes for a quick and tasty, berry-filled treat!

Blueberry, Peanut Butter and Dark Chocolate Smoothie

1 cup of skim milk
2 tbs. natural peanut butter
1 tbs dark chocolate syrup
½ cup blueberries

Place all ingredients in a blender and blend until smooth. Plenty of protein and healthy fat in this smoothie from the natural peanut butter and skim milk!



Orange Juice, Strawberry and Banana Smoothie

1 cup of calcium fortified orange juice
½ cup of frozen berries

1 small banana

Blend all ingredients until smooth.

Add 1 scoop of soy or whey protein powder with 15 grams of protein per scoop.

One should eat to live, not live to eat.

- Cicero



Nutrients Facts (per serving):

Calories	437
Total Fat	10.3 g
Carbohydrate	41.9
Protein	42.6 g
Cholesterol	80 mg
Sodium	806 mg

Feature Recipe: Black Bean and Chicken Pizzas

Cooking Light Low-Fat Low-Calorie Quick and Easy Cookbook, 1998

Looking for a quick and easy dinner that's healthy too? Try this delicious recipe that is sure to please the entire family!

SERVINGS: 4

INGREDIENTS:

2 cups shredded cooked chicken
1 tsp ground cumin
1 cup chunky salsa
4 (6in.) Italian bread shells (Boboli)

1 (15oz) can no-salt added black beans, rinsed and drained
3/4 cup (3oz) shredded reduced-fat sharp Cheddar cheese
1/2 cup thinly sliced green onions (about 2 large)
1/4 cup nonfat sour cream or plain yogurt (optional)

DIRECTIONS:

Sprinkle chicken with cumin; toss well. Spread salsa evenly over bread shells to within 1/2 inch of

edges; arrange chicken over salsa. Layer beans over chicken; sprinkle with cheese. Place pizzas on a large ungreased baking sheet. Bake at 450° for 10 minutes or until cheese melts and crust is golden; sprinkle with green onions. Top each pizza with 1 Tbs sour cream, if desired. Serve immediately.

Serve with a tossed salad.

**** COMING SOON TO OPTIMUS ****

February 11-22 ... FREE Nutrition Assessments

Sign up at Optimus to reserve your spot!

February 13 and 20 ... Heart Healthy Nutrition Presentations

Call or stop by Optimus for times

Beginning March 3 ... 8-week group exercise program

Involves group fitness classes on Monday and Thursday mornings at 6:00am, with health measurements taken before and after the 8-week program to evaluate goals and assess outcomes

Participants must pre-enroll. Optimus members receive special discount.

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Mark your calendars...

FEBRUARY

- *AMERICAN HEART MONTH
- *GROUNDHOGS DAY, Feb 2nd
- *VALENTINES DAY, Feb 14th
- *PRESIDENT'S DAY, Feb 18th

MARCH

- *NATIONAL NUTRITION MONTH
- *NATIONAL SLEEP AWARENESS WEEK, Mar 3rd-9th
- *ST. PATRICK'S DAY, Mar 17th
- *FIRST DAY OF SPRING, Mar 20th
- *EASTER, Mar 23rd

Member Birthdays

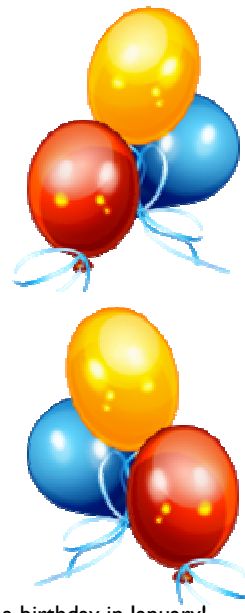
Happy Birthday to all those celebrating February & March birthdays!

February

- Richard Edgar 2/2
- Brian Hartwig 2/4
- Frank Higgins 2/10
- Herbert Willbrand 2/12
- Edward Rollins 2/14
- Brian Harszy 2/18
- Mary Derby 2/21
- Paula McDowell 2/28

March

- Amy Vik 3/1
- Stacey Reed 3/6
- Susan Schuppan 3/6
- Dale Nichols 3/7
- Laurie Kelly 3/9
- Laura Van Matre 3/10
- Jeremy Myers 3/13
- Virginia Edgar 3/14
- Charlie Digges Jr. 3/15
- Laurie Digges 3/16
- Jane Russell 3/17
- David Lile 3/18
- Jay Scribner 3/19
- Kathy Digges 3/21
- Kate Walker 3/22
- Lynn Willbrand 3/26



NOTE: Happy belated birthday to Barbara Townsend who celebrated a birthday in January!

Final Note: Upcoming Events in Columbia

Looking for a reason to train this Spring? Check out these running/walking events in Columbia and the surrounding areas. Perfect for runners/walkers of all ages and skill levels! Get training and sign up today!

- Saturday, February 2nd 9-10am Nut Race 5K at Reactor Field near the MU campus (Columbia, MO)
A Reactor Park 5K run with nut-oriented prizes. Free for Columbia Track Club members or \$3 for non-members.
- Saturday, February 16th 9-11am Have-A-Heart 10K at the Moberly Activity Center (Moberly, MO)
A 10K race with awards given to male and female overall winners and top 3 placers in each age group.
- Saturday, March 1st 9-11am Run with the Eagles 5K at Albert Oakland Park (Columbia, MO)
Proceeds to benefit Oakland National Junior Honor Society
- Saturday, March 15th 8-10am St. Patrick's Day 5K at 6th and Ash in downtown Columbia (Columbia, MO)
A 5K run in the District and MU campus followed by a free 1-mile run for children ages 5-12.
- Saturday, March 22 9-11:30am Sedalia Half-Marathon (Sedalia, MO)
Features a 4-person relay team event this year!

For online registration, printable entry blanks, and information on these and other run/walk events, visit the Columbia Track Club Website at ctc.coin.org or email Linda LaFontaine at linlafontaine@aol.com.

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30pm Hatha Yoga		4:20pm Weekend Work-Up	8:45am Total Body Conditioning

Articles in *Optimus Connection* are contributed by the health and wellness professionals of Optimus. Information and recommendations presented in this newsletter are research-based and are given in the best interest of Optimus members and the Columbia community. Please contact Optimus to speak with any of our experienced staff if you have any questions or concerns regarding the content of this newsletter. Newsletter edited by Joanne Loethen, and Optimus staff members.

