

## 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.

### Inside this issue:

Member Spotlights	2
INTER_VENT Health Tip	2
Nutrition Corner	3
Feature Recipe	3
Member Birthdays	4
Health Calendar	4

Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 2, Issue 4

## Eating Healthy While Prices are Rising

Modified from "10 Healthy Foods Under \$1" by Elaine Magee; www.webmd.com

There is no denying that the price of food is going up. Though healthy food has often gotten a bad reputation for being expensive even without the recent increase in prices, there is no need to slip into poor food choices and unhealthy eating habits! In fact, the opposite is true. Here are several healthy foods you can enjoy for under a dollar per serving:

### 1. Apples

Serving Size: 1 large apple  
Price/Serving: About \$1  
Nutrition Info: 117 calories, 5 g of fiber, 17% Daily Value (DV) of Vitamin C, and 7% DV of potassium.

### 2. Bananas

Serving Size: 1 Banana  
Price/Serving: About 45 cents  
Nutrition Info: 121 calories, 3.56 g of fiber, 14% DV of potassium, 20% DV of Vitamin C

### 3. Baby Carrots

Serving Size: About 1/2 cup  
Price/Serving: 19 cents  
Nutrition Info: 27 calories, 2g of fiber, 200% DV of Vitamin A,



- 7% DV of Vitamin C
- ### 4. Canned Beans
- Serving Size: 1/2 cup  
Price/Serving: About 28 cents  
Nutrition Info: 120 calories, 7g of protein, 6g of fiber, 6% DV of calcium, 10% DV of iron
- ### 5. Canned Tomatoes
- Serving Size: 1/2 cup  
Price/Serving: 28 cents  
Nutrition Info: 25 calories, 1g of fiber, 10% DV of Vitamin A, 15% DV of Vitamin C
- ### 6. Oranges
- Serving Size: 1 large orange  
Price/Serving: 40-79 cents  
Nutrition Info: 106 calories, 5.5g of fiber, 10% DV of Vitamin A, 200% DV of Vitamin C, 17% DV of folate, 9% DV of calcium, and 12% DV of potassium

### 7. Pears

Serving Size: 1 large pear  
Price/Serving: About 45 cents  
Nutrition Info: 133 calories, 7g of fiber, 16% DV of Vitamin C and 8% DV of potassium

### 8. Lentils

Serving Size: 2 ounces (dry)  
Price/Serving: 14 cents  
Nutrition Info: 195 calories, 14g of protein, 6g of fiber, 24% DV of Iron, 10% DV of magnesium and potassium

### 9. Pearl Barley

Serving Size: 2 ounces (dry)  
Price/Serving: About 12 cents  
Nutrition Info: 199 calories, 9g of fiber, 2.5g soluble fiber, 6g of protein, 8% DV of iron, and 11% DV of magnesium.

### 10. Yogurt (low-fat, or fat-free)

Serving Size: 6-8 ounces  
Price/Serving: 60 cents  
Nutrition Info: (for 8 oz fat-free plain) 130 calories, 13g of protein, 45% DV of calcium, plus active cultures which can aid in digestion and promote digestive health

## The Cost of Inactivity

Currently, 109 million Americans (50% of U.S. adults) do not meet the recommended levels of physical activity. Children ages 8-18 spend an average of 45 hours per week in front of the TV and/or computer – by the way, did we mention there are only 168 hours in a week? Furthermore, 86% of trips in the U.S. are taken by auto and, for children living less than 1 mile from school, only 31% of trips are made by walking. At the same time, adult and childhood obesity rates have been climbing since 1980. Coincidence? I think not.

Most people are aware of the recommendations for physical

activity and likely know the benefits of becoming more active, but have you ever thought of the cost to your health (and your pocketbook) of being *inactive*? Inactive individuals are at a higher risk of developing diabetes, cancer, osteoporosis, and heart disease, as well as a cognitive decline and depression, compared to individuals who regularly engage in exercise.

Recent statistics indicate that 1.9 million deaths globally are contributed to *inactivity*. Researchers estimate that inactivity costs the U.S. \$24 billion annually. So, what can we do to combat the cost of *inactivity*?

The surgeon general currently recommends 30 minutes of activity most days of the week at a moderate intensity, and many experts will tell you that even this recommendation is far too low. However, if you are just starting an exercise program, start slow and progress to a higher duration and intensity once you feel more comfortable with the routine. Talk with one of our health professionals at *Optimus* to discuss activities and an exercise routine that is right for you. Everyone is different, and listening to your body is one of the most important things to remember when exercising. The staff at *Optimus* will help you feel comfortable and

By Joanne Loethen  
confident in an exercise program that is tailored to you and your health & fitness goals.

In addition to being involved in a structured exercise routine, individuals should constantly be looking for ways to incorporate more activity into their daily activities. Take the stairs at work, park in the farthest parking space at the grocery store, and hold family outings at a park or somewhere that encourages physical activity. These are just a few ways you can incorporate more activity into your lifestyle and avoid the negative effects of inactivity to your health and your pocketbook.

## INTER<sub>x</sub>VENT Spotlight: Lynda Hodges

Lynda Hodges, an employee of *The Insurance Group*, started the INTER<sub>x</sub>VENT program with the intent to decrease her body fat, tone up her muscles and change her eating habits.

Lynda chose a 12 session INTER<sub>x</sub>VENT program with mentor Caro-

lyn Skelton, and she had this to say about her experience: "It's amazing the 'fluff' you can lose when you have a mentor from *Optimus* with the enthusiasm and drive to keep you going."

When Lynda started INTER<sub>x</sub>VENT, she was not a regular breakfast

eater. She consumed minimal fruits and vegetables on a daily basis, and her exercise was not consistent.

Now, Lynda eats 2-3 servings of fruit per day and 3-4 servings of vegetables per day. She has cut back on fast food intake, and she

exercises regularly, putting in 60-90 minutes of cardio 3-4 times a week. Lynda said she has gone down one pant size and feels really good about the progress she has made. Congratulations to Lynda for her efforts to change her lifestyle habits!

## Performance Spotlights:

### Jeremy Myers

Jeremy is currently ranked 6th in the Missouri Valley—Men's Open Division for his outstanding tennis performances.

Here are some of his recent accomplishments:

USTA Missouri Valley Regional in St. Louis, 3rd place (May)

USTA Missouri Valley Regional in Kansas City, Semifinalist (June)

USTA Cooper Summer Classic in Springfield, Semifinalist (July)

Congratulations, Jeremy!

Keep up the good work!

### Kate Walker

Kate has been powerlifting for two years now. She greatly enjoys the sense of accomplishment that comes from practicing towards and achieving her goals.

Kate recently competed in the Show-Me-State games on July 19th in powerlifting. She is a two time gold medalist in her age and class for both bench press (85lbs) and dead lift (200lbs).

Kate's next goal is to qualify to compete in the American Powerlifter's Competition this Fall.

Nice job, Kate! Good luck in your future endeavors!

### Anthony Jones

Anthony, 17 years old, and an *Optimus* athlete, recently competed in Kirksville on July 12th against other Olympic-style lifters.

Anthony weighed in at 83.8kg, and achieved personal bests in two of his lifts: 81kgs (178.2lbs) in snatch, and 107kgs (235.4lbs) in clean and jerk, for a total of 188 (413.6lbs) kgs.

For his outstanding performances, Anthony qualified to compete in the National Age Group Olympic Lifting Competition.

Strong work, Anthony!

## INTER<sub>x</sub>VENT Health Tip: Avoiding Exercise Interruptions

You are at greatest risk for not exercising when your schedule is interrupted.

Interruptions due to injury, illness, and family matters are not within your control. Social activities, heavy workloads, and travel are things you can plan for, even if you can't control them completely.

Tips to Avoid Exercise Interruptions:

- Learn to dress appropriately for bad weather
- Walk in a shopping mall

- Don't let an illness or injury be an excuse to stop exercising permanently. Set a date when you will begin exercising again
- Emphasize to others that exercise is a priority to you
- Invite others to join you for physical activity
- Write exercise time on your calendar
- Carry your exercise shoes and travel bag with you at all times

To learn how you can get involved in the INTER<sub>x</sub>VENT program, contact *Optimus*. One of our trained INTER<sub>x</sub>VENT mentors will be happy to answer any of your questions and get you started on a healthier lifestyle today!



### To complete your FREE online Health Risk Assessment:

- 1) Log on to the INTER<sub>x</sub>VENT<sup>USA</sup> website: [www.interventathome.com](http://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: The Wonderful World of Garbanzo (Chickpeas) Beans

By Carolyn Skelton; Modified from "The World's Healthiest Foods"

Have you ever wondered, "What is a garbanzo bean?" "How can I prepare these interesting little beans?" Garbanzo beans are also called Chickpeas. The origin of the garbanzo bean dates back to 3000 BC. It was a staple food of the Egyptians, Romans and Greeks. This legume is still relied heavily upon for its tremendous nutritional characteristics. Garbanzo beans are rich in fiber, protein, phosphorous, folate, copper, tryptophan, manganese, iron, and the mineral molybdenum. Our body needs molybdenum, an integral component of the enzyme

sulfite oxidase, because it is responsible for detoxifying sulfites. Sulfites are preservatives added to foods to prevent spoilage and to extend food shelf life.

One cup of garbanzo beans contains 12.46 grams of fiber. This is almost 50% of a person's daily fiber needs. There is insoluble and soluble fiber in garbanzo beans. The insoluble fiber helps with regularity of bowel movements and the soluble fiber helps to excrete bile (which contains cholesterol) out of the digestive tract, lowering cholesterol levels in the body. Fiber intake also

helps stabilize blood sugar because it takes longer to break down fiber rich foods. 30-45 grams of fiber per day is excellent for a heart healthy diet. When increasing fiber intake, be sure to drink plenty of water.

Garbanzo beans may be prepared several different ways. Dry or canned beans should be examined prior to washing them. Spread the beans out on a light colored dish and remove any small stones, debris or damaged beans. To cook the beans on the stovetop, place 1 cup of beans in a pot with 3 cups of water. The liquid should be 1-2

inches above the beans. Bring the beans to a boil then reduce to a simmer for 1 to 1 1/2 hours. If a foam develops on top of the beans, remove the foam and continue cooking. When running short on time, canned beans may be purchased. Remember to rinse the beans prior to adding to a recipe.

Garbanzo beans are used to make hummus, garbanzo bean curry, and as a salad topping they taste wonderful with balsamic vinegar, olive oil, chopped peppers, a little onion, and fresh, pressed garlic.

### Quick Reference: Nutrients in Garbanzo Beans

**Fiber:** Protects against obesity, high blood pressure, type II diabetes, and intestinal disorders

**Protein:** Contributes to tissue structures; Exists as important constituents of the metabolic system

**Phosphorus:** Aids in bone and tooth formation, acid-base balance; helps prevent loss of calcium from bone

**Folate:** Involved in protein metabolism and is essential for the formation of red and white blood cells

**Copper:** Constituent of enzymes involved in digestion

**Tryptophan:** An essential amino acid; promotes the release of serotonin in the brain which serves as a sleep aid

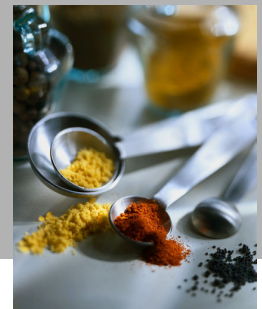
**Manganese:** Helps the body utilize several key nutrients such as biotin, thiamin, ascorbic acid, and choline.

**Iron:** Constituent of hemoglobin and enzymes involved in energy metabolism

**Molybdenum:** Detoxifies sulfites (food preservatives)

**"The king who cannot rule his diet, will hardly rule his realm in peace and quiet."**

*From the "Rule of Health of Salerno"*



### Feature Recipe: Hummus

By Carolyn Skelton

**SERVINGS:** 6 (1/4 cup per serving)    3 Tbs fresh lemon juice

**ACTIVE TIME:**    3 Tbs olive oil

**TOTAL TIME:**    1 clove pressed garlic

**INGREDIENTS:**    1/4 tsp cumin

1 can garbanzo beans, rinsed    1/4 tsp cayenne pepper

3 Tbs tahini

**DIRECTIONS:**

Combine all ingredients in a food processor.

\*Add a little water if you want a more creamy consistency

Serve with carrots, celery, pita, or pretzels.

**Nutrients Facts (per serving):**

<i>Calories</i>	<i>290</i>
<i>Total Fat</i>	<i>13.8g</i>
<i>Carbohydrate</i>	<i>32.8g</i>
<i>Protein</i>	<i>11g</i>
<i>Dietary Fiber</i>	<i>9.5g</i>
<i>Sodium</i>	<i>215mg</i>

## Hatha Yoga

Tuesdays & Thursdays    5:45pm

Take another step towards health and improve your flexibility, strength, alignment, endurance, and balance

Contact instructor, Kate Walker, for more information, or ask any Optimus staff about it today!

200 East Southampton Drive  
Columbia, Missouri, 65203  
573-777-7474

**Optimus Staff Email:**

**Tom LaFontaine:**

fithealth@aol.com

**Carolyn Skelton:**

cskelton@theinsurancegrp.com

**Joanne Loethen:**

joanne@optimushealth.com

**Holly Delgman:**

hollyscherder@hotmail.com

**Janene Sun:**

janene@sunsportsmassage.com

**Linda LaFontaine:**

linlafontaine@aol.com

**Whitnee Maycock:**

wam985@mizzou.edu

**Kate Walker:**

walkerja@missouri.edu

## The Insurance Group

200 East Southampton Drive  
Columbia, Missouri, 65203  
573-875-4800

# Member Birthdays

Happy Birthday to all those celebrating a birthday in August and September!

### AUGUST

- Donna Glenn 8/6
- Kyle Shern 8/6
- Pam Walker 8/6
- Barb Stebbins 8/10
- Cary Skelton 8/21
- Susan Gray 8/21
- Meir Lazar 8/22
- Linda Arnold 8/26
- Joanne Loethen 8/31

### SEPTEMBER

- Debbie Rawlings 9/2
- Dottie Sherman 9/4
- Jackie Lenox 9/4
- Suzy Moore 9/4
- Val Windsor 9/4
- Tammy Carter 9/5
- Jacqueline Miller 9/6
- Holly Delgman 9/8
- Jordan Kroell 9/10
- Noah Borden 9/15
- Dayle Garrett 9/16
- Curtis Delgman 9/17
- Elinor Arendt 9/19
- Wes Sherman 9/20
- Rich Miller 9/21
- Skip Grossnickle 9/23
- Howard Hinkle 9/25
- Norm Gysbers 9/29
- Caroline Harvey 9/30
- Cory Marchbanks 9/30



## Final Note: Upcoming Events

August 2 - Great Sandbagger 10K	7:00am Mill Creek Elementary School
August 9th - Beat the Heat Run/Walk	8:00am Callaway County YMCA—Fulton
September 1 - Heart of America Marathon	6:00am 600 Stadium Blvd
September 6 - 5K Foot Pursuit	8:00am Law Enforcement Memorial—Jeff City
September 13 - Heart for Africa 5K	8:00am Flat Branch Park
September 20 - MU Physical Therapy 5K/10K	8:00 Turner Ave. & 5th Street
September 27 - PAWS in the Park 5K Dog Run/Walk	9:00am Stephens Lake Park
September 27 - Hallsville 5K Run/Walk	8:00am Hallsville High School

## Mark your calendars...

### AUGUST

- Family Meals Month
- Peach Month
- 3rd Watermelon Day
- 3rd-9th Farmer's Market Week

### SEPTEMBER

- Fruit and Veggies - More Matters Month
- National Cholesterol Education Month
- National Yoga Month
- Whole Grains Month
- 24th Women's Health and Fitness Day
- 27th Family Health and Fitness Day USA
- 30th World Heart Day

## WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00am/9:00am Boot Camp		6:00am Boot Camp	9:00am Boot Camp	8:45am Total Body Conditioning
	5:45 Hatha Yoga		5:45 Hatha Yoga		

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 Kara Halthcoat and Optimus staff members.

