

Optimus

Optimus

Mission & Vision

To provide research-based, lifestyle 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.

HOURS

Monday-Friday:

6am-1pm and 4-7pm

Saturday: 7am-noon

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In our pre-Optimus days, exercise was referred to as the “e” word around our house! That has certainly changed with us now. I joined Optimus in September of 2008. I found that I didn’t hate exercising at all, and that I actually kind of enjoyed it. But after three months of working hard (in my opinion!), I actually gained some weight. Obviously, I blamed that on the holidays. Anyway, it really started bothering me that I was

Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 3, Issue 4

The “Promise” of Prevention Still Unrealized

By Tom LaFontaine

In 1993, Alexander Leaf, MD, a noted Harvard medical school researcher and clinician, published a commentary in the Journal of the American Medical Association discussing the key role of disease prevention as the solution to the enormous problems with the costs, inaccessibility, and limitations of the US “disease care”, crisis oriented medical system.

Henry McGill, MD, a renowned preventive cardiologist, suggested that physicians and surgeons be reimbursed according to how well they “prevent rather than treat” disease. Senator Tom Harkin, for essentially three decades, has espoused prevention in several legislative attempts to improve the disease care system to no avail.

As a result of our global failure to implement and practice preventive measures, rates of diseases such as heart disease, cancers, diabetes, and hyperten-

sion, continue to increase. We have become more effective in our crisis, treatment oriented system in reducing death from these chronic diseases but the prevalence and risk for them has increased. In fact with the present epidemics of overeating, lack of physical activity, and overweight and obesity, many of our youth will be facing an ever-increasing personal and financial burden imposed by these devastating diseases.



New legislation by Democratic Senators Harkin and Max Baucus, aimed at prevention has been introduced and is being “debated” (I place debated in quotes as I can’t find any reason to discuss the issue since it’s abundantly clear that prevention when implemented fully works) in the US Senate. This plan focuses on giving employers sweep-

ing new authority to reward employees for healthy behaviors including eating a healthy diet, regular exercise, weight loss, and smoking cessation. One of President Obama’s eight principles for health legislation is that “it must invest in prevention and wellness”. To emphasize that this is not a partisan issue, Republican Senators John Cornyn and Orrin Hatch have discussed similar legislation espousing essentially the same goal as President Obama and Senators Harkin and Baucus. After 35 years of working in preventive cardiology and medicine, I remain hopeful but skeptical that wisdom and common sense will prevail and effective, well designed and implemented legislation will help to create a system that focuses on preventing rather than treating disease.

(Continued on page 2)

Learning to Love the “E” Word:

A personal reflection from an Optimus Member

spending so much time exercising but not really being able to see many results. Finally, I had to face the fact that I had to work on my diet if I wanted my exercise efforts to not be fighting a losing battle.

I had watched two friends have fantastic results by eating healthier and consuming a diet full of nutritious foods, so I decided it was worth a try. My husband, Steve, also needed to exercise and eat better, but I knew we

couldn’t discuss this topic together. To my surprise, in January Steve decided to join Optimus, too, and we would exercise together. Then when I told him I was going to start a healthier way of eating, he offered to do it with me. On January 18, we started our 6-week body make-over and by the end of our seventh week, we had each lost 10% of our body weight and many inches. We have definitely changed our eating habits, basically sticking to nutritious

foods, portion control and eating often, and we continue to lose weight since we have increased our metabolisms. We still eat the “junk” foods that we love, but not so often, and we don’t pig out.

That good feeling of accomplishment we have after we have completed an exercise session at Optimus got even better once we were eating a much healthier diet.

By Sharon Milikan, April 2009

Member Spotlight: Pieter VanWaarde

This month, we would like to highlight Optimus member Pieter VanWaarde as a spotlight member for his health & fitness achievements since joining Optimus in January 2009. Pieter had been on-and-off the exercise track for years before really getting serious about living a more active lifestyle for better health and being more consistent with

his routine. Toward the end of 2008, a friend recommended Optimus to Pieter and since then there has been no turning back. Not only has Pieter been more consistent with his workout routine (averaging four days per week since January), but he has also improved his eating habits – both of which have contributed to his great success. “What I’ve

enjoyed most about Optimus is the people. The staff have taken an interest – not only in my fitness goals – but in me as a person. They create a real family feel there, and I never really

thought I’d ever say this, but I actually (kinda) look forward to going to the gym these days!” Congratulations, Pieter, and keep setting a great example of a healthy lifestyle!

	Weight	Body Fat (%)	Waist Circumference
1/5/2009	227.6lbs	31.5%	39.75in
4/23/2009	211.8lbs	29.9%	37.75in

Member Spotlight: Linda Peterson

Since joining Optimus a year and a half ago, Linda Peterson has made a personal commitment to her health and strives each day to maintain a healthy and active lifestyle. For a little over a year, Linda has been meeting with her personal trainer, Holly Delgman twice a week and has kept to a walking regimen several days a week. Linda’s diet has gone from red meat and high caloric snacks to high protein meals with plenty of fresh fruits and vegetables. As a result of the positive changes she has made, Linda has lost a

total of 30 pounds and dropped an amazing 15 inches. She has also improved her health tremendously by lower her cholesterol a staggering 40 points.

“I know that each time she comes in the door at Optimus, she will be ready and willing to tackle whatever tasks or obstacle I put before her. She is a very determined person with a great work ethic, but more importantly, she is a pleasure to work with,” comments trainer, Holly Delgman.

The “Promise” of Prevention *(continued from page 1)*

For many reasons, this is a complex issue. On the surface the evidence is overwhelming and the lifestyles necessary for prevention to be clinically and economically effective are clearly defined. This discussion will attempt to describe once again the “promise” of prevention. Wouldn’t it be nice if this “promise” were a “reality”.

There are several reasons for the complexity of this issue but the statistics are clear; most diseases that US citizens develop today are preventable. Harvard and other studies have shown that 72% of cancers, 70-75% of strokes, 80-85% of heart attacks, and 90% of type 2 diabetes cases are preventable. In fact, five risk factors can explain most of these problems. These five factors are listed below:

- * Smoking and all tobacco use
- * High total fat, trans fat, saturated fat, simple sugar, sodium, and calorie diets with minimal fiber
- * Lack of regular physical activity
- * Overweight and obesity
- * Unmanaged Stress

Unfortunately only 3% to 10% of US citizens do NOT have any of these risk factors. Only 20% practice a healthy diet, no more than 25% engage in the recom-

mended minimum of 30 minutes of physical activity, 5 or more days per week, 67% of the US population are overweight or obese, 33% of our youth are overweight or obese, 4 in 5 citizens report considerable stress in their life, and an unbelievable 25% of US citizens still use tobacco products (and Missouri sadly is in the top 5). Thus unless things change we can expect a continuing and worsening epidemic of chronic diseases in the US. The US will continue to rank poorly in health outcomes such as longevity, heart disease, cancers, infant mortality, and quality of life when compared to most European and Asian societies. Even our friends and neighbors to the north in Canada enjoy a 2-3 year longer average lifespan than US citizens. The US demonstrates these poor health outcomes in spite of spending the largest amount of any country in the world on health care (2-3 times as much per capita and absorbing 16-17% of our annual gross domestic product). So it’s rather dismal how well we are doing and I could elaborate at great length. My hope remains that someday I will “wake up” to an entirely new system that incentivizes and enables persons to truly focus on being healthy. It is also necessary that the vast

(continued on page 3)

INTERVENT Health Tip: Overheating

Overheating can lead to heat stroke, a dangerous and even fatal condition.

Symptoms of Overheating:

- Headache
- Light-headedness
- Dizziness
- Confusion and clumsiness
- Nausea and muscle cramps
- Excessive sweating or no sweating at all.

To help prevent dehydration and overheating:

- Drink one cup (8 ounces) of cold water about 15 minutes before starting to exercise. If you exercise more than 30 minutes, drink another cup of water every 15 to 20 minutes during exercise.

- Thirst is not a good way to know when you need water.
- Wear clothing that promotes heat loss—light colored, light-weight, loose fitting, and layered.
- Give your body time to adjust to exercising in hot and humid weather. Gradually increase the time and intensity of your exercise in these conditions over a period of 10 to 14 days.



Health and Wellness Professionals at Optimus

Optimus is excited to offer a state of the art wellness facility, numerous health services and programs, as well as a great staff of health and fitness professionals.

Tom LaFontaine, Director
PhD, ACSM-RCEP, NSCA-CPT, FACSM
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Dr. Tom LaFontaine is originally from Fort Wayne, IN. He received his Ph.D. in Exercise Physiology from the University of Missouri in 1983. He helped to found the Cardiac Rehabilitation Center at Boone Hospital where he served for 22 years. Upon retiring from this position in 2003, he pursued his own personal consulting business, PREVENT Consulting Services, LLC. Dr. LaFontaine has been involved in numerous community grants and projects including co-founder of the Mayor's Council on Physical Fitness, Health and Fitness Coordinator for the PedNet Organization, and other organizations that promote health and disease prevention through lifestyle modification. Dr. LaFontaine has authored and co-authored numerous publications in the health and wellness field of research and is recognized by the American College of Sports Medicine (ACSM) as a Registered Clinical Exercise Physiologist.

Holly Delgman, Health & Fitness Mentor
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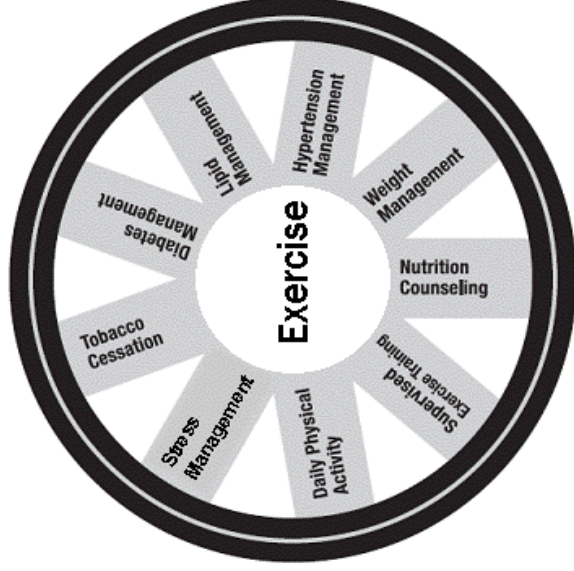
Holly is a native of Bowling Green, MO. She recently obtained her master's degree in Health Education and Promotion at the University of Missouri. Prior to entering graduate school, Holly completed her undergraduate degree at the University of Missouri while also competing with the Mizzou Track & Field Team as a hammer thrower. Holly is recognized by the NSCA as a Certified Strength and Conditioning Specialist.

Lance Bollinger, Health & Fitness Mentor
MA, ACSM-CES, NSCA-CSCS
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Lance Bollinger joined the Optimus team in May 2009. He holds a Master of Arts in Exercise Physiology from the University of Missouri which he completed in 2008. Prior to obtaining his Master's degree, Lance earned a Bachelor of Science degree in Health Management with an emphasis in exercise science from Southeast Missouri State University in 2006. Lance has worked at Boone Hospital's Wellaware Program since moving to Columbia in August 2006. During his time there, Lance obtained valuable experience in designing exercise intervention programs for individuals with various medical conditions, including cardiovascular disease, diabetes, and weight loss surgery. He holds certifications from the NSCA as a Certified Strength and Conditioning Specialist and from the ACSM as a Certified Clinical Exercise Specialist.

Hannah Holzum, Health & Fitness Mentor
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Hannah Holzum is a recent graduate from the well-respected medical dietetics program at the University of Missouri. Prior to pursuing her dietetic degree, Hannah graduated with a bachelor's degree in nutrition and fitness in 2007. Along with her interest in dietetics, Hannah also has three years of experience working as an American Council on Exercise (ACE) certified trainer at the Mizzou Recreation Complex. She will soon be obtaining her ACSM Health & Fitness Specialist and will be recognized as a Registered Dietitian as of July 2009. Hannah enjoys working with clients to help them meet their goals and improve their nutrition and wellness and is excited to join the Optimus team and to continue educating others on the benefits of a healthy lifestyle.



Dan Smith, Health & Fitness Mentor
MS, ACSM-RCEP

Originally from Chicago, IL, Dan received his MS in Physiology with an emphasis in Exercise Physiology in 1989 from the University of Missouri. Dan's career in exercise physiology began prior to the completion of his Masters when he began working at Boone Hospital's Cardiac Rehab Program in 1984. In 1985, he was appointed as coordinator of HealthLine Wellness programs at Boone Hospital. Dan became certified as an ACSM Registered Clinical Exercise Physiologist in 1999 and continues to provide superior guidance and support to individuals with a variety of health and fitness goals. Aside from Dan's clinical experience in exercise physiology, he has also served as a Personal Fitness Counselor for Boy Scouts, a guest teacher for Columbia Public Schools, a coach of youth sports, and is currently an Adjunct Professor for the University of Missouri.

Health and Wellness Professionals at Optimus

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Janene Sun, Massage Therapist

Certified Massage Therapist, AMTA
janene@sunsportsmassage.com

Janene Sun became a licensed massage therapist in 1996. Janene is nationally certified and is an ongoing member of the American Massage Therapy Association. Janene has taught sports massage classes for 6 years and currently teaches at the Massage Therapy Institute of Missouri. In 2007, she became the state director of the Missouri Sports Massage Team and serves on the board of the Missouri chapter of the American Massage Therapy Association. Janene is also a certified Personal Trainer with the ACSM and specializes in Muscle Energy Techniques, positional release, Myofascial work, and Active Isolated Stretching.

Jennifer Butterwick, Massage Therapist

Certified Massage Therapist
jenniferbutterwick@yahoo.com

Jennifer Butterwick holds a Bachelor's degree in Art History & Archaeology from the University of Missouri, which she completed in 1999. She received training in bodywork at the Massage Therapy Institute of Missouri and earned certification in 2006. Since then, she had gained diverse experience practicing clinical massage with Greenway Massage Team and alternative massage at Hacienda Perdomo Wellness Spa. She is an ongoing member of the American Massage Therapy Association (AMTA). Jennifer specializes in deep tissue, Swedish, and reflexology, as well as pre- and perinatal massage. With each massage, Jennifer's intent is to calm the mind, rejuvenate the body, and nourish the soul to help the body heal itself.

Bob Rogers, Health & Fitness Mentor

BS, NSCSA-CSCS
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Bob is a graduate of the University of Missouri with bachelor's degrees in Civil Engineering and Nutrition & Fitness. Originally from St. Louis, MO, Bob is currently pursuing his Master's degree in Exercise Physiology and is a Certified Personal Trainer by the National Strength and Conditioning Association. Bob began his training as early as age 16 to lose weight and improve his skating speed and strength for recreational hockey. At age 19, he took up resistance training seriously and quickly learned the benefits of staying fit. As an overweight youth, Bob says he quickly realized what exercise can do to change an individual's mind, body, and spirit as one improves him or herself. After working a few years in commercial construction, Bob returned to school in 2004 to pursue a career in health sciences. Bob's research interests include the relationship between exercise and mental health, especially in those suffering from clinical mental health issues, and in the relationship between exercise and bone health. Bob will finish his Master's in mid-2009 and will marry Rachel Burns on May 30, 2009.

Kate Walker, Hatha Yoga Instructor

walkerja@missouri.edu

Kate holds Bachelors' degrees in both Psychology and Dance from Stephens as well as a master's degree in Psychiatric Social Work from the University of Missouri-Columbia. She has worked in the safety, health, and environmental field for over 10 years and currently is a Training Manager at the University of Missouri-Columbia. Kate has studied Yoga for several years in India and the U.S. and now teaches meditation, breathing, mindfulness practice, stress management, and Hatha Yoga in the Columbia area. Kate enjoys Olympic weight lifting, dance, cooking, and spending time with her husband, Andy.

Kate Lunn, Pilates Instructor

pilatesbykate@gmail.com

After completing a Bachelor of Arts degree in Communication at the University of Missouri-Columbia, Kate Lunn began a career in Advertising. Turning to Pilates to get in shape and help manage a stressful work life, Kate became increasingly interested in the method and instruction of Pilates. She received her certification to teach Mat Pilates through Balanced Body University, completing her training in Nashville, Tennessee. Her Pilates education included an emphasis on rehabilitation and teaching an anatomically correct method. Kate is passionate to help her clients achieve balance within their bodies, which will in turn build strength, alleviate pain, relieve stress and improve overall quality of life.

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Nutrition Corner: Omega-3 Fatty Acids—Why Are They Important?

By Hannah Holzum

You've probably heard the hype about omega 3 fatty acids over the past few years and maybe you've wondered, "What are these and why are they important?" Omega 3's are polyunsaturated fatty acids which are not synthesized by the body. In other words, it is important to consume foods which contain omega 3's because the body does not make its own. Epidemiologic and clinical trials have shown that omega-3's have many health benefits.

The American Heart Association recommends eating fish at least two times each week for health benefits. Fish is a great source of protein and is lower in saturated fat when compared to other meats. If you currently do not eat fish, make it a goal to add

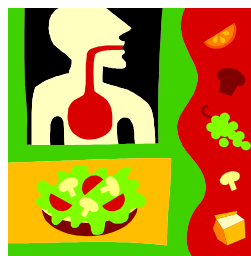
fish into a meal once a week. Fish is great for grilling and adding lemon and dill or garlic will give it a great taste!

Research has shown that omega-3 fatty acids:

- decrease risks of arrhythmias which can lead to cardiac death
- decrease triglyceride levels
- decrease growth rate of atherosclerotic plaque
- can slightly lower blood pressure
- reduce inflammation

Sources of omega-3's

- green leafy vegetables
- soy and tofu
- nuts and seeds such as almonds, walnuts, and flax seed
- cooking oils, such as flax seed oil, canola oil, and soybean oil



Did You Know?

Every Optimus member can schedule one **FREE** 30-minute nutrition counseling session with Hannah!

Schedule yours today!

Feature Recipe: Grilled Salmon with Mustard and Herbs

Ingredients:

- 2 lemons, thinly sliced, plus 1 lemon cut into wedges for garnish
- 20-30 sprigs mixed fresh herbs plus 2 tablespoons chopped, divided

(NOTE: *thyme, tarragon, and oregano* are great choices of herbs for this recipe)

- 1 clove garlic
- 1/4 teaspoon salt
- 1 tablespoon Dijon mustard

1 pound center-cut salmon, skinned

Preheat grill to medium-high. Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs. Spread the mixture

Source: www.eatingwell.com

over both sides of the salmon. Place the salmon on the herb sprigs.

Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18 to 24 minutes. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).



Nutrients Facts (per serving):

Calories	212
Total Fat	12g
Carbohydrate	1g
Protein	23g
Sodium	261mg

The "Promise" of Prevention (continued from page 2)

majority of US citizens internalize the need to practice healthy behaviors. One reason we all should embrace "health as a way of life" is the "ABSOLUTE" need for adults to be role models for their children and grandchildren who are headed towards shorter lifespans than ourselves unless changes occur. So what can you (we) do?? Below are just a few

recommendations.

Practice a healthy lifestyle by exercising regularly, avoiding tobacco, eating a healthy diet, maintaining a healthy bodyweight or lose at least 5-10% of your bodyweight if you are overweight, and managing personal stress.

- * Be a role model for youth as this is key to the future health of our nation.
- * Support policies that restrict

tobacco access and use.

- * Support policies that improve the quality of our food supply.
- * Advocate for improved nutrition and physical activity programs in schools.
- * Support policies that encourage restaurants and food manufacturers to provide healthier options.
- * Exercise with your family and friends as part of socialization.

A FINAL NOTE....

The "promise" of prevention is enormous. If we all come together and practice the behaviors known to prevent disease, we can make this "promise" a "reality".

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Member Birthdays

Happy Birthday to everyone celebrating a birthday in June & July!

JUNE

- Ravi Puri 6/4
- Anne Clark 6/6
- Debbie Daniels 6/14
- Blake Franke 6/17
- Roger Walker 6/17
- Carolyn Smith 6/19
- Audrey Harned 6/20
- Lauren Helmreich 6/25
- Jared Reynolds 6/25
- Herman Traudes 6/27

JULY

- Sharon Millikan 7/1
- Rodney Loesch 7/2
- Bill Woods 7/6
- Gary Larkin 7/9
- Janene Sun 7/11
- Ann-Marie McGarry-Papick 7/15
- Judy Cunningham 7/18
- Tim Schultz 7/20
- Linda Peterson 7/30
- Connie Wolfe 7/22
- Jason Swindle 7/23
- Gail Lazar 7/24
- Bruce Walker 7/25



Happy belated birthday to Sue Luger on April 17th!

Upcoming Local Events - Register Today!!

Columbia Track Club Summer Youth Program

Wednesday nights, June 3 - July 8, 6:00 p.m. at Hickman High School Track

Jeff Shikles Memorial 5 Mile Run/Walk

June 7, 8:00 a.m. at Gentry Middle School

Parley Pratt Memorial Freedom 4 Mile Run/Walk

July 4, 7:30 a.m. at Twin Lakes Pavilion

Show Me State Games 5K

July 26, 8:00 a.m. at Bethel Park

For more information about upcoming events in the area, contact Linda LaFontaine at linlafontaine@aol.com

Mark your calendars...

JUNE

- *June 1-7: Sun Safety Week
- *June 7: National Cancer Survivors Day
- *June 15-21: National Men's Health Week

JULY

- *UV Safety Month
- *July Belongs to Berries Month
- *Recreation and Parks Month
- *July 20-24: National Youth Sports Week

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Boot Camp	6am Boot Camp	9am Boot Camp	6am Boot Camp		10am Boot Camp
5:30pm Pilates	5:30 Hatha Yoga	5:30pm Pilates	5:30 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 Shaun Kelly and Optimus staff members.

