

Optimus

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.

HOURS

Monday-Friday:
6am-1pm and 4-7pm
Saturday: 7am-noon

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Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 4, Issue 1

Is the Answer to Overall Health a Plant-Based Diet?

By Hannah Holzum

High-protein, low-carbohydrate diets have been popular weight loss "solutions" in recent years. These high protein diets usually contain many animal products which are associated with an increased risk for heart disease, cancer of the digestive tract, other cancers, chronic kidney disease, osteoporosis, and overall mortality. So what about a plant-based diet? Increasing evidence is emerging that documents the health benefits of eating a more plant-based diet with a concurrent reduction in consumption of animal products, particularly those that are processed and high in fat. A plant-based diet is linked not only to lower rates of heart disease and many types of cancer, but may also reduce the risk of



Type 2 diabetes, hypertension, obesity and other illnesses.

A recent study looked at a high-protein, low-carbohydrate diet which used plant instead of animal protein to see if it was a healthier approach to weight loss. The high-protein diet was vegetarian. The primary sources of protein came from gluten foods, soy (soy burgers, tofu, and soymilk), nuts, some high-fiber whole-grains, fruit, and high-fiber vegetables. Fats in the diet came primarily from nuts,

vegetable oils, avocado, and soy products. See results at the bottom of Page 5.

Both groups reduced their calorie intake by 40% and lost 10 pounds in four weeks. There was no difference in weight loss between the two groups pointing out that calorie intake is more important than type of protein or carbohydrate intake. Both diets lowered LDL cholesterol levels, but the diet high in plant proteins lowered LDL cholesterol levels more (20.4% compared to 12.3% on the higher carbohydrate vegetarian diet). Blood pressure levels also were reduced more significantly in the plant-based diet. Is a plant-based diet the same as the Mediterranean diet? (cont'd page 2)

Optimus Announcements & Notes

Optimus Holiday Hours

Christmas

Christmas Eve: 6am-1pm

Closed Christmas Day

Saturday, Dec 26th: 7am-12p

New Years

New Years Eve: 6am-1pm

New Years Day: 8am-12pm

Have any friends who may be interested in Optimus?

If you refer a friend to Optimus and they join for 3 months or more, we will give you a free month of membership or a \$50 gift card to the restaurant of your choice! Please make sure to tell the office staff about those you refer.

The Insurance Group Health Fair

When: Friday, December 4th

Time: 7:30-10:00 a.m.

Where: Optimus Seminar Room

The health fair will include educational materials, height, weight, BMI and blood pressure assessments, fasting blood cholesterol and glucose measurements, access to the Optimus Health Risk

Assessment, chair massage, Optimus T-shirt, healthy snacks and beverages, and more!

For Optimus Members, the cost is \$50.00 per participant (a \$200.00+ value).

Contact Optimus to schedule an appointment.

Plant-Based Diet Cont'd

Yes, the Mediterranean diet includes fruits, vegetables, fish and whole grains and limits saturated fat. The Mediterranean diet is thought to reduce the risk of heart disease. In fact, a 2007 study conducted in the United States showed that both men and women who followed a Mediterranean diet lowered their risk of death from both heart disease and cancer.

So what are the key components to following a plant-based or Mediterranean diet? Here are the main components:

1. To achieve weight loss, eat fewer calories.
2. To follow a low-carbohydrate, high-protein diet, consume protein from plant-based foods such as soy, gluten, nuts instead of animal products.
3. Choose healthy fats (nuts, avocado, and vegetable oils). These are good for your heart when eaten in moderation.
4. Don't cut out carbohydrates completely. Carbohydrates are important for energy. Choose whole-grain and other complex carbohydrates such as beans and eat them in moderation.
5. Exercise! As you know, diet and exercise go hand-in-hand and although a plant-based diet will give you great health benefits, diet and exercise together will give you the best results.

"More die in the United States of too much

food than of too little."

John Kenneth Galbraith

Weight Loss: Is Surgery the Answer?

By Mason Stevens

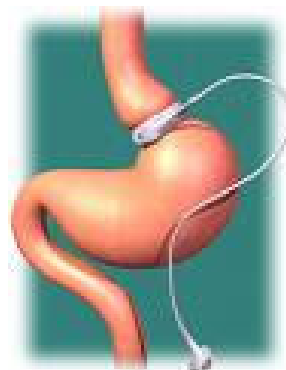
Obesity rates in the United States have increased from 15% to 35% in just the last 30 years. And 1 in 18 US citizens are extremely obese. The US population has tried everything from the Atkins Diet to P90X, but few interventions have had lasting effects. Inconsistent dieting leads to the all too common "yo-yo" effect of weight loss and regain. Exercise helps to keep weight off, but life in a toxic environment is the reality and unfortunately exercise often doesn't happen! Thus, the pounds creep back. This frustration has led some individuals to turn to weight-loss surgery and the Lap-Band procedure now is becoming more and more popular. The question is, after all other weight loss attempts have failed, will surgery work?

To answer that question, it helps to understand how the Lap-Band aids in weight loss. In surgery, a small band is placed around the upper stomach (See Figure). The band restricts the amount of food that can enter the stomach. Ingested food is held in the upper stomach in a space approximately the size of an egg, before it slowly passes through the lap-band to the lower stomach. All of this is done laparoscopically, meaning the minimally invasive surgery only requires small incisions in the abdomen. The entire procedure takes about 30-45 minutes, and patients typically return home that same day. The end result is that you eat less at one sitting and feel full sooner. However, without significant lifestyle changes, including dietary and behavior modifications and increased physical activity,

surgery won't likely be effective in the long-term.

A patient's success also depends on the support of the Physician, Dietitian, Exercise Physiologist and Psychologist team. Optimus Personal Health and Fitness Mentor, Mason Stevens, provides exercise consulting for patients of the Columbia Bariatric Associates. Mason's role is to help these individuals incorporate exercise into their weight-loss plan. He meets with Lap-Band patients a few weeks before surgery to help them begin exercising and to create a post-surgery routine. Exercise education and instruction continues 6 to 12 weeks after surgery.

There's no secret to permanent weight loss. It requires a lifetime commitment to exercise and



eating well and being physically active on a daily basis. If you'd like to learn more about the Lap-Band System, you can attend a Columbia Bariatric Associates seminar held on:

December 3rd and 21st

January 9th, 14th and 21st

You can sign up for a seminar by contacting CBA at :

www.columbiabariatric.com or 573-777-1042.

Contact Mason at Optimus, 777-7474 or by e-mail @ masonstevens@gmail.com

Two Optimus Members Master Chicago Marathon!

Marsha Fischer and Marty McCormick, two Optimus members, recently trained for the 26.2 mile Chicago marathon run on October 11. Marty works one-on-one with Optimus Personal Health Fitness Mentor (PHFM), Holly Delgman, and Marsha does PHFM sessions with Tom LaFontaine. In June, they underwent Metabolic Exercise Testing and Body Composition analysis. Tom prepared a 16 week systematic Heart Rate based training plan. In mid Sept, they were retested to assess progress. Marsha lost ~3.5 lbs and

Marty 11 lbs. Both significantly improved % body fat while losing all body fat and no lean body mass. Other results are illustrated below. These results showed excellent improvements. Marsha improved exercise capacity by 19% and Marty by 28%. They completed the marathon without problems. Marsha had run 2 previous marathons and improved her best by 40 mins to ~4:11:52! Marty was running her first marathon and did 4:03:51. Both were very excited! Please congratulate them!

“Training in heart rate zones was a new experience for me and taught me that my approach to push myself to maximum on most runs was completely wrong. I needed to allow my body to recover to achieve maximum performance. The results were amazing and took my performance to new levels I never thought I’d achieve. It was surprisingly fun at the same time. I think combining the HR training with strength training was key in achieving my weight loss and altering my body composition. I can’t thank Tom and Holly enough for helping

me realize my goals and finish my first marathon.” -Marty McCormick

“Working at Optimus with Tom the past several years has been great and a positive influence in creating an active, healthy lifestyle for myself and our family. With a career and two kids, my exercise time is limited and Tom helps me achieve more in less time. The testing, training plans, and personalized sessions keep me motivated and also help prevent injuries.” - Marsha Fischer

Parameter	Test 1 (6/16/09)		Test 2 (9/18/09)	
	Marsha	Marty	Marsha	Marty
Maximal Exercise Capacity	42	46	50	59
Training Heart Rate Zones				
Zone 2-3 (bpm)	150-163	135-147	155-169	148-158
Zone 4 (bpm)	163-173	148-158	170-180	152-162

Member Spotlight: Bill Woods

Bill Woods made a conscious decision 10 months ago to start practicing what he preaches to all of his cardiovascular patients by starting an exercise program and eating healthy. He began his journey for a healthier lifestyle by joining Optimus and obtaining the services of Holly Delgman as a personal trainer. In no time, Bill was in full swing of things and exercising 4 to 5 times a

week, alternating resistance training and cardiovascular workouts. He quickly began to see results not only in weight loss but also in his energy and strength levels. “Bill has made some amazing strides in improving his health. He went from being someone who had a fairly sedentary lifestyle to a very active and fit person in a very short time”, comments his trainer

Holly Delgman. In the first 5 and a half months of Bill’s training program he lost 16.7 pounds of body fat and gained 10.7 pounds of lean mass, decreasing his body fat percent by over 8%. He has also improved many of his lifts by over 50%. Bill is able to bench press more than his own body weight and can

perform 14 unassisted pull-ups in a row. “Bill is a very determined individual and works very hard to achieve the goals that we set for him. I never have to doubt whether or not Bill is giving me his full effort, because he always gives me 100%”, states Holly.

Nationwide INTER_xVENT Health Tip: Make the Holidays a Time of Renewal

The holidays—decorating, parties, shopping, traveling, family gatherings—can be hazardous to your health.

Tips for Renewal:

- **Don’t try to do too much.**
- **When requests and demands become too great, choose quality over quantity. Learn to say “no, thank you” nicely but firmly.**
- **Make a list of holiday tasks and set aside time every day to spend on priority items.**
- **Ask family members to share the responsibilities. You don’t have to do it all alone.**
- **Set a cutoff date. After that date, postpone until next year things that didn’t get done.**

- **Give yourself some time for renewal every day. A brisk walk can reduce stress.**
- **If you feel lonely or isolated, get involved in group activities. Volunteer to help someone less fortunate.**
- **If family gatherings are stressful, keep visits brief.**
- **Commit to putting aside differences. Let go of old traditions that no longer work. Stay true to the spirit of the season.**



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.

Kinesiotape..... Can It Help You?

By Janene Sun

Used in the Beijing Olympics by many Olympians, most notably Kerri Walsh (beach volleyball), this tape can help relieve pain. The tape has highly elastic qualities which, when applied to the skin, lifts the skin away from the deeper tissue. This allows more room for the lymph and blood to flow through. Many types of pain are caused by inflammation. Where there is a lot of inflammation, there is usually a lot of congestion. So, by creating space for the lymph and blood to travel through, inflammation and congestion can diminish

quite readily. For example, think of being injured and noticing a large bruise the next day. Applying kinesiotape in a special pattern around the bruise could lift the skin away from the stagnant, or dead, blood. Space is created and the black/purple blood (or bruise) gets flushed through the system much quicker. The next day, you might notice the bruise is greatly diminished or even gone.

This could happen without an actual bruise, as well. Inflammation and congestion can exist in joints and tendons that are irritated. The body doesn't respond well, when

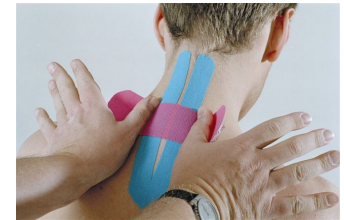
fluid is stuck, wherever it is. So, if we can create space for the fluid to travel through, that might equal less congestion, less inflammation and less pain.

Are you interested in finding out if kinesiotape could work for you?

I am interested in finding this out. I am not a certified kinesio-taping practitioner, but I am currently experimenting with the tape to find out if I want to become certified. If you are intrigued by this, I would love to practice on you. Set up some complimentary appointments with me, just to be taped, to find

out what you think. The sessions may last up to 30 minutes, depending on the level of taping. This offer is good until March 1st, 2010.

(FYI: the tape is latex-free. All adhesive is 100% acrylic.)



Staying Fit and Lean During the Holiday Season

By Tom LaFontaine

Studies show that during the 5 week (Thanksgiving week through New Year's Day), the average US citizen gains 1-3 lbs or on average ~2 lbs. Now this doesn't sound horrible, but the problem is that many do this year in and year out. Thus after 10 years, the average person in the US has gained between 10 and 30 lbs and after two decades it's between 20 and 60 lbs!! This certainly contributes to the 20 year epidemic of overweight and obesity among both adults and youth in the US (see a previous Optimus Connections). But of course, it doesn't have to be this way so here are ten tips for Optimus members, families, and friends to help all of you stay lean and fit during the holidays and perhaps even lose some body fat you would just as soon not possess!

1. Eat a moderate calorie, moderate protein and good fat, high fiber snack (1/4 cup of nuts possibly) and drink 8-16 ounces of water before attend-

ing holiday parties.

2. Eat slowly during social gatherings and engage in meaningful conversation during meals, at parties, etc.

3. Limit yourself to no more than one or two alcoholic drinks which are high calorie and empty nutrition.

4. Modify recipes by reducing the fat and sugar in them in order to reduce the calorie intake (check out Eating Well or similar magazines for low calorie recipes or ask Hannah if she has some good ideas).

5. Maintain perspective and enjoy your company. Remember that one day of overeating won't undo your efforts to eat healthy before the holidays. It's not what you do at one meal or on one day, but what you eat and drink as a pattern. Members of the National Weight Control Registry (www.nwcr.org) who have lost greater than 50 lbs and kept it off for 5 years or more are very attentive to weight gain; if they gain

2-5 lbs over a few days they immediately focus on their diet, track their intake, increase their exercise, etc. to prevent a "lapse" from becoming a "collapse".

6. Engage in family exercise such as walking the MKT trail before or after dinner or visiting Rockbridge State Park or other local natural area for a hike, bird watching, other active recreation - drag them away from the computer, smart phones, video games and other sedentary activities for a period of movement outside.

7. If you are traveling and have been using a fitness or comprehensive "health center" (Optimus), it's very likely you can get a day pass or even a week pass at a local facility which will have at least similar equipment to Optimus. Hopefully your family member(s) is/are regular exercisers and are members at a facility where they can facilitate your utilization.

8. If you can, increase your daily exercise time by 10-15 mins. If



you're on vacation or have days off, it might be possible for you to take a walk in the AM and then do your usual workout later in the day. Make time to get your usual daily physical activity as a minimum and try to increase moderate physical activity such as extra walking.

9. Play active games with the family such as some of the new games like Wii.

10. Consider using a pedometer to track your steps with a goal of getting 11,000 to 14,000 per day during the holiday season.

4 Optimus Members win their Weight Lifting Divisions

American Powerlifting Championships, Rolla, MO, 10-17-2009

Kate Walker won her 60-64 yr old, 148.75 lb division, doing a 100 bench press, 165 squat, 245 deadlift. Shelly Frazier set a national record in her division with a 110 lb bench press. Some of these lifts were "world records"!

2 State Champions at 2 Different Meets

Aaron Horschig and Anthony Jones competed in two meets recently, Oct 17 in St. Joe and Nov 7 in Kirksville. Aaron won the 207 lb division in both meets and set 3 personal records 229 lbs in snatch and 301 lbs in clean and jerk. He won the MO State Cham-

pionship and was best overall lifter in both competitions. Aaron qualified for National Collegiate Championships in April, 2010.

Anthony Jones won the 187 lb division in St. Joe and got 2nd in Kirksville. He snatched 211 lbs as well as clean and jerked 270 lbs. He qualified for the Junior Nationals in late February, 2010. He won the MO State Championship.



Dr. Michael Mayer's Upcoming Seminars	
Tuesday, December 8th:	<i>What is depression and how do you handle it?</i>
Tuesday, December 22nd:	<i>Am I in the right spirit for Christmas?</i>
Tuesday, January 5th:	<i>How do you handle the winter months?</i>
Tuesday, January 19th:	<i>Am I effectively handling my worrying about things?</i>
Tuesday, February 2nd:	TBD
Tuesday, February 16th:	TBD

These informational presentations are offered as a benefit of your Optimus membership and are held twice a month on Tuesdays from 5:45-6:45pm in the seminar room. Please mark your calendars! If you have any requests on topics, please let us know!

Regular Exercise May Help Prevent or Reduce Symptoms of the Flu

Researchers at the Iowa State University reported in the Journal of Infectious Diseases that regular exercise may reduce the risk for and reduce the symptoms of the

flu. It has long been known that persons who exercise moderately (30-60 mins most days of the week) suffer fewer and less severe colds and flu infections than

sedentary persons. This study albeit in mice found that mice who regularly ran on a treadmill over 3.5 months developed less severe symptoms when injected with the

flu virus. The results suggested that exercise boosts antiviral defenses. Just one more reason to stay active and fit!

Results from Plant-based Diet study, from lead article, pages 1 & 2

Health Changes	Low carbohydrate/high protein/vegetarian diet	High carbohydrate / vegetarian diet
Weight Loss	9.9 lbs	9.5 lbs
LDL Cholesterol %	-20.4%	-12.3%
Triglyceride Levels	-76 mg/dL	-40 mg/dL

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Member Birthdays

DECEMBER

- Steve Stephenson 12/4
Joan Dutil 12/9
Nolan Froese 12/9
Terry Fraser 12/12
Stephanie Riepe 12/12
Roxanne Herron 12/20
Eric Wilkerson 12/20
Dan Atwill 12/23
Billy McCormick 12/29
Gary Stamper 12/30
Mike Kelly 12/30
Lori Scanlon 12/30

JANUARY

- Charlie Digges Sr 1/5
Pat Okker 1/7
Jerry Kennett 1/10
Tate Cooper 1/11
Daisy Grossnickle 1/11
Beth Traudes 1/14
Laura Seivert 1/15
Eric Cooper 1/15
Lindy Ford 1/16
Anthony Jones 1/23
Mike Perry 1/27
Randaye Stowers 1/30
Bob Murray 1/31

FEBRUARY

- Richard Edgar 2/2
Chris Becker 2/4
Barb Bunton 2/10
Frank Higgins 2/10
Calvin Roebuck 2/11
Bill Wolff 2/11
Herb Willbrand 2/12
Jill Walker 2/13
Shelly Frazier 2/13
Josh Herron 2/14
Lydia Roebuck 2/28
Sally Stephenson 2/29

Upcoming Local Events - Register Today!!

Jingle Bell 5KRun/Walk For Arthritis

December 5th, 8:00 a.m. at Boone Government Building on Ash Street

Cheese and Sauerkraut 10 Mile

December 12th, 8:30 a.m. at MKT McBaine Trailhead

First Night 5K

December 31st, 4:00 p.m. at Flat Branch Park

To register for these events, please go to <http://ctc.coin.org>

The Insurance Group

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

Mark your calendars...

DECEMBER

- * 1st - World AIDS Day

JANUARY

- * National Blood Donor Month
- * Healthy Weight Week 17-23rd
- * Cervical Cancer Screening Month

FEBRUARY

- * American Heart Month
- * National Wear Red Day 5th

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am Power Yoga	6am Boot Camp	9am Boot Camp	6am Boot Camp		
	5:00pm Hatha Yoga		5:30pm 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 Hannah Holzum and Optimus staff members.