

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 2

Ten Major Reasons to Engage in Resistance Training

by Tom LaFontaine, PhD

Resistance training (RT) is any exercise that causes muscles to contract against an external resistance resulting in increases in muscle strength and endurance, muscle mass, and overall musculoskeletal fitness. The external resistance can be provided by barbells, dumbbells, specialized hydraulic or pneumatic machines, rubber tubing, your own body weight, weight stack exercise machines, or any method that causes the muscles to contract against an external load. The most common forms of RT are “free” weights (dumbbells and barbells) and specialized machines and equipment (often called pin-select or selectorized) that target certain body parts and limbs. At Optimus we have several of these options.

Often RT is overshadowed by cardiovascular or aerobic exercise in terms of the benefits to be derived. This is unfortunate as maintaining and increasing muscle and bone integrity and fitness as one ages is extremely important to health and quality of life. Recent data from the US Centers for Disease Control found that only 21.9% of adult men and 17.5% of adult women engage in any form of RT. Among US adults over 65 years only 14.1% of men and 10.7% of women engaged in RT 2-3 days per week. Of course here at Optimus nearly everyone takes advantage of the excellent RT equipment available. Why RT? As with aerobic exercises the reasons are many!! Below is perhaps the “top ten”.

1. RT increases muscle strength and muscle endurance and the capacity to perform physical work. This capacity to perform physical work, measured often as the maximal oxygen uptake, is associated with a longer life (some studies suggest up to 12 years with high levels) and better quality of life.
2. Low levels of muscle strength predicts functional impairment in older adults. Several studies show that adults with poor muscular strength are more likely to fall and need assistance in walking or doing normal daily physical activities.



3. High levels of muscular strength are associated with improved long-term survival. In a study of 8,762 men, muscular strength was associated with a 28% lower risk of death over 18.9 years even when correcting for aerobic fitness. http://www.bmj.com/cgi/content/abstract/337/jul01_2/a439
4. High levels of muscular strength are associated with a lower risk of death from cancer. For more information and a study that reported this benefit, read the following link. <http://cebp.aacrjournals.org/content/18/5/1468.abstract>
5. RT increases lean body mass (bone and muscle).
6. As a result of the increase in lean body mass, resting metabolism is

often increased and therefore a person will burn more calories at rest.

7. RT improves how blood sugar is metabolized thus reducing the risk for diabetes or helping to control blood sugar in persons with diabetes.

8. RT has been found to improve bone mineral density thus reducing the risk for osteopenia and osteoporosis (conditions in which bone mineral density, particularly in the wrist, hips, and spine is low increasing the risk for fractures).

9. RT decreases the risk of musculoskeletal injury and helps to manage musculoskeletal and neurological disorders such as back pain or multiple sclerosis.

10. Moderate intensity RT improves several cardiovascular disease risk factors including helping to lower blood pressure and raise HDL or “good” cholesterol. For more information on RT and Cardiovascular Disease, see the 2007 position statement of the American Heart Association.

www.americanheart.org

These are just 10 of perhaps 100 reasons to engage in RT. The Optimus staff encourages all of you to continue with your RT program. If you have questions, please ask our professional staff. If you would like to upgrade the program you are presently following consider working with one of our Personal Health & Fitness Mentors. Check out our staff at www.optimushealth.com.

Member Spotlight: Mike Perry

Since joining Optimus one year ago, Dr. Mike Perry has made incredible improvements in both resistance training and cardiovascular endurance. Working with Personal Health and Fitness Mentor Hannah Holzum, and previously Joanne Loethen, he has at least doubled the amount of weight lifted on over 11 different exercises and has even tripled the amount of weight lifted on the leg

press. When Mike first started at Optimus, he could only do one minute on the Elliptical Trainer (which he termed "the terminator"). Today, he does 30 minutes. According to Hannah, Dr. Perry is a great client to work with. He pushes himself, works hard and is here 3-4 times per week even with his busy schedule.

"I joined Optimus at the urging of Laura and Craig Van Matre, primarily to rehab after several surgeries. I was immediately struck by the warm welcome of the staff and the other members. I've had two personal trainers who have helped me learn the ropes, with the result that I can lift three times my base-

line and have increased my time on the elliptical trainer ("the terminator") by 500%! Now I check in, get my headphones, connect to ESPN or the History channel and do my cardiovascular workout, then go station to station for various weight training. It's not painless, but it's comfortable."

Member Spotlight: Sherry Nichols

Several months ago, Sherry Nichols came to Optimus determined to improve her health and fitness. Once she started, there was no stopping her. Alternating cardiovascular and resistance training workouts, Sherry has made great improvements in strength, weight loss, and a sense of overall personal well-being. "She is an exercise ma-

chine. Her determination and commitment to get in the gym and work for her goals is incredible, and she is clearly reaping the benefits," says her Personal Health and Fitness Mentor, Andy Dawson. Sherry is a testament to a person having the ability to go from being relatively sedentary, to having an active

and healthy lifestyle. Being an avid golfer, Sherry is also excited to see how her progress is going to improve her golf performance this upcoming season. "I have no doubt that Sherry will continue to make improvements in her health and continue to enjoy the benefits of her hard work. I am

excited to see her continue to meet her goals and improve her well-being, not to mention impressing (or embarrassing) her competitors on the golf course," Andy says with a smirk. Sherry also managed to maintain her weight during and after her all-inclusive trip to Mexico.

Optimus Weightlifters

Aaron Horschig, 23 yrs old, 90.5 Kgs or 199.2 lbs lifting in the 94 kg or 206.8 lb weight class finished first in the Open division at the Annigan Weightlifting meet in St. Joe, MO on Saturday, Feb 13, 2010. Aaron did a personal best snatch of 107 Kg (236.5 lbs) and a 134 Kg (294.8 lbs)

clean and jerk just missing 140 kgs or 308 lbs). His total was 241 kgs (530.2 lbs) which tied his personal best. Aaron will compete in the National Collegiate Championships April 16-18, 2010 in Marquette, MI.

Anthony Jones, 19 yrs old, 84 Kgs or 185.8 lbs (85 kg or 187 lbs weight class) finished first in the 18-20 yr old division at the same meet. Anthony did 95 Kgs (209 lbs) in the snatch and 121 kgs (265.2 lbs) in the clean and jerk nearly missing

127 kgs which would have been a personal best. Anthony won the best lifter in the teenage competition. Anthony will be competing in the Junior National Championships on Feb 27th in Rochester, MN.

Women's Intersport Network Recognizes Optimus Members

Congratulations to Optimus members Katherine Caldwell, Shelly Frazier and Linda LaFontaine for their recognition as award finalists by the Women's Intersport Network of Columbia. Katherine was nominated as "High School Sportswoman of the Year" for her swimming performance. Katherine fin-

ished in the Top 20 at Nationals and qualified for Nationals and Worlds in the breast stroke. Shelly was nominated for the "Gladys Stankowski Sportswoman of the Year" for achievement in power lifting. Shelly set national records in the squat, dead lift and bench press, and two world records

in the bench press. Linda, along with kayak partner Cami Ronchetto, was also nominated for the "Stankowski Sportswoman of the Year" for her performance in kayaking. Linda and Cami won the women's tandem division of the Missouri River 340 Race in their first attempt, finishing 3 hours ahead

of second place. They finished 49 overall of 275 men and women competitors. The Stankowski award also recognizes community service and commitment to healthy lifestyle. Linda and Cami were named the 2010 recipients of the Gladys Stankowski Sportswoman of the Year. Congratulations Linda!

Advance Directive Seminar

On Tuesday, April 13th, 12:00-12:45 AM, Beth Traudes, MSN, RN, Optimus member and retired faculty of the MU Sinclair School of Nursing will present a lunch seminar entitled: "Part of a Healthy Lifestyle Includes an Advance Directive". The seminar will be held in the Optimus Seminar room.

According to Beth, "studies indicate that most Americans have not exercised their right to make decisions about their health care in the event that

they cannot speak for themselves. April 16th marks the third annual National Health Care Decisions Day which is designed to help people understand that making future health care decisions includes much more than specifically deciding what care they would or would not want; it starts with understanding their rights, clarifying values, expressing preferences and legally identifying an agent to express their health care decisions if they are unable to

speak for themselves." Traudes goes on to say, "While I'm certainly aware that discussions about death aren't something anyone wants to have, my work and life experiences have taught me firsthand that if these conversations don't occur, there can be unnecessary heartache caused by the decisions that our loved ones might have to make. I've come to realize that these conversations are a demonstration of love, a gift to those we hold dearest in

our lives. There are no right or wrong answers. It is about sharing your thoughts and wishes."

There will be a notary available to witness the signing of any directives that might be completed, but the focus of the seminar will be to simply begin the conversation and allow Beth to share her expertise and wisdom on Advance Directives with us. We hope that you will plan to join us.

The Optimus Way to Prevent Cardiovascular Disease (CVD)

May is Hypertension (high blood pressure) and Stroke Month. Nearly 70 million US adults have high blood pressure and 90% of middle-aged adults will develop high blood pressure in their lifetime. According to Harvard University studies and others, 72% of

strokes and 84% of heart attacks are preventable. Ninety percent or more of CVD is caused by six major risk factors; high blood pressure, abnormal cholesterol, diabetes, tobacco use, sedentary lifestyle, and obesity. Come to this presentation by Tom LaFontaine,

PhD, Optimus Manager and Registered Clinical Exercise Physiologist with over 35 years of experience in disease prevention and health promotion and learn how you can greatly reduce your chances of developing CVD.

Thursday, May 20th @
12:00-12:45pm & 5:45-6:30pm
Presentation will be held in the Optimus Seminar Room.

Optimus Announcements & Notes

TV & Radio Stations

Please feel free to request a TV station or music station at the front desk. We are here to please!

Lost & Found

If you have lost something, don't forget to check the lost and found box in our coat closet or ask the Optimus Staff for help.

Inclement Weather Policy

In the event of inclement weather, please check KOMU, KMIZ, ABC 17, KFRU or KBIA to see if Optimus will be open.

Come Join Us for Dr. Mayer's Seminars!

"How Does Our Family of Origin Impact Our Lives Today"

Tuesday, March 9th @ 5:45-6:30pm

Tuesday, March 23rd @ 12:15-12:45pm

(lunch time location will be in our kitchen area)



"Are We Ever Sufficiently Satisfied With Life?"

Tuesday, April 13th @ 5:45-6:30pm

Tuesday, April 27th @ 12:15-12:45pm

Nutrition Corner: Food Labels–What do the numbers mean?

By Hannah Holzum

Food labels are used for many different reasons. Some check the calorie content for weight control, while those with hypertension or diabetes likely pay more attention to sodium, fat, or carbohydrate content.

Most of us know how to read a food label, but do we really know what we are looking for? Using the label displayed to the right, let's check our label-reading knowledge.

1. The first place to start on the food label is the serving size. The size of the serving on the label influences the number of calories and all the nutrient amounts. Ask yourself, how many servings am I consuming?
2. Calories, of course, provide you with a measure of how much energy you receive from

this serving of food. One of the biggest mistakes individuals make is not measuring their serving sizes which in turn, causes them to consume more calories than they think they are consuming, typically causing them to gain weight or fail to lose weight.

3. The nutrients in gold (total fat, saturated and trans fats, cholesterol and sodium) are three nutrients you want to limit. Eating too much fat, cholesterol or sodium may increase your risk of chronic diseases such as cancer, heart disease or hypertension.

4. The five nutrients in blue (dietary fiber, vitamin A and C, calcium and iron) are the nutrients that we should consume more of. Eating more of these nutrients can reduce the risk

of conditions such as osteoporosis and cancer.

5. What do the percentages mean? The numbers are the percent of daily value (%DV) based on a 2,000 calorie diet. This percentage helps you determine if a serving of food is high or low in each nutrient. 5% or less is considered low. You want 5% or less on those nutrients in yellow. 20% or greater is considered high.

The next time you grab something to eat, check your label. Are the nutrients in gold limited? Are you trying to get more of the nutrients in blue? Are you actually measuring your serving size versus “eyeballing” it?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Recipe: Easy Chicken Cacciatore

Ingredients:

- 1/3 cup chopped onion
- 1 clove garlic, chopped
- 1/3 cup green pepper, chopped
- 3/4 lb cooked chicken, cubed
- 1/2 cup whole peeled tomatoes
- 1/2 cup green beans
- 1/4 tsp dried oregano



Source: www.allrecipes.com

1. In a large skillet, saute onion, garlic and bell pepper until soft. Add chicken, then stir in tomatoes, beans and oregano.
2. Reduce heat to medium low and simmer for 8 to 10 minutes, stirring constantly. Remove from heat and serve hot.

Nutrients Facts (per serving):

2 servings per recipe

Calories	240
Total Fat	5.5 gm
Carbohydrate	8.6 gm
Protein	38 gm
Dietary Fiber	2.5 gm
Sodium	221 mg

Do you need to review your eating habits? MU Dietetic Student, Kirsten David will be at Optimus from March 8-19th. Sign up for a free nutrition session with her today! Sign-up sheet is at the front desk.

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Member Birthdays

March

Amy Vik 3/1
Dale Nichols 3/7
Laurie Kelly 3/9
Laura VanMatre 3/10
Ginny Edgar 3/14
Charlie Digges, Jr. 3/15
Laurie Digges 3/16
David Lile 3/18
Jay Scribner 3/19
Kathy Digges 3/21
Kate Walker 3/22
Will McWilliams 3/25
Jill Murphey 3/26
Fay Stine 3/27
Adam Wilkerson 3/31
Justin Burger 3/31

April

Liz Alen 4/2
Michele Kennett 4/2
Alan Luger 4/5
Marty McCormick 4/8
Betty Grise 4/11
Dina Schultz 4/11
Linda LaFontaine 4/14
Lucas Blount 4/14
Wendy Evans 4/17
Sue Luger 4/17
Betty Montgomery 4/18
JoAnne Wilkerson 4/21
Herb Tillema 4/23
Lynn Miller 4/24
Jerry Grise 4/25
Linda Struckhoff 4/27
Shaun Kelly 4/29
Shannon Kelly 4/29
Karen Atwill 4/30

Happy Birthday to all those celebrating a birthday in March and April!!



Upcoming Local Walk/Run Events - Register Today!!

St. Patrick's Day 5K

March 13th, 8:00am at 6th and Ash St

GO! St. Louis Marathon

April 11th, 7:00am at Chesnutt Street, St. Louis

CIGS 4 mile Run/Health Fair

April 17th, 9:00am at Lemone Blvd

Head For the Cure

April 24th, 8:00am at S. 4th Street

For more information about upcoming events in the area, see www.columbiatrackclub.com

Mark your calendars...

MARCH

- * National Nutrition Month
- * Save Your Vision Month

APRIL

- * National Cancer Control Month
- * 7th—World Health Day

NOTE

Laurie's next Power Yoga class will be April 14th at 10am.

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am Boot Camp	9am Boot Camp 10am Power Yoga	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.