

# Optimus

## The Center for Health

### 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 is a 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 I, Issue I

## Four months and going strong!

Since its grand opening in April, Optimus has been eager to offer a state-of-the-art health and wellness facility with the vision of promoting a healthy lifestyle and reducing the risk for chronic diseases such as heart disease, diabetes, cancer, and hypertension.

Optimus was founded on the belief that a healthy lifestyle involves multiple components including regular exercise, proper nutrition, stress reduction, a positive attitude, and an overall positive well-being. These components contribute to achieving and maintaining a healthy lifestyle for all.

Experienced health and wellness professionals are on staff and available to assist members in achieving their personal goals and needs.



Optimus currently offers a variety of services and programs for its members to evaluate, improve, and maintain their health status. Services include:

- PERSONAL FITNESS CONSULTING
- NUTRITIONAL COUNSELING
- MASSAGE THERAPY
- EXERCISE METABOLIC TESTING
- BODY COMPOSITION ASSESSMENT
- GROUP EXERCISE CLASSES
- NUTRITION EDUCATION CLASSES

Various programs are also available for individuals wishing to achieve weight loss or to reduce their risk for cardiovascular disease. **EnergySmart<sup>TM</sup>** is a weight management program designed to set realistic goals, establish new meal plans and eating habits, and provide a guide to permanent weight loss. **INTER<sub>x</sub>VENT<sup>USA</sup>** is a comprehensive lifestyle management program designed to promote health, reduce your risk for heart disease, and improve your overall well-being. More information about these programs is available in this newsletter.

For more information on these services and other available programs, feel free to stop by or contact Optimus at 573-777-7474.

## Optimus Welcomes Massage Therapist, Janene Sun

Optimus has recently added Janene Sun, a licensed massage therapist, to its staff of health professionals. Janene, originally from Idaho, completed her massage training in Moscow, Idaho, at the Moscow School of Massage. Upon completion of her training, she became a member of the American Massage Therapy Association and was certified by the National Certification Board of Therapeutic Massage and Bodywork. Licensed in both Missouri

and Washington, Janene currently serves as the State Director of the Missouri Sports Massage Team.

Janene specializes in Sports Massage, utilizing various techniques such as Muscle Energy Technique, deep tissue, myofascial, and therapeutic stretching. Treatments offered include 30, 60, or 90 minutes of massage geared toward lengthening muscles, relieving soreness, and reducing adhesions.

Prices vary by duration of the treatment. As with all of our services, Optimus members are eligible for discounts on massage therapy sessions.

For more information about the massage treatments that Janene provides, please contact Optimus.

**See inside for more Optimus services and staff profiles!**

## INTER<sub>x</sub>VENT<sup>USA</sup>— Are you ready to take control of your health?

Chances are you already know what it takes to stay healthy:

- Eat right
- Exercise more
- Don't use tobacco
- Manage the stress in your life
- Control your cholesterol, blood pressure, etc.

But “*knowing*” is not the same as “*doing*”.....

Changing your lifestyle is one of the difficult challenges you can face. Most of us do not like change, and we often hang on to our routines and habits, despite whether or not they are the best decision for our health. Many individuals are not ready to commit the time and effort necessary to obtain optimal health.

Now there is a program designed to help you put into practice the lifestyle skills you already know are important. It's called INTER<sub>x</sub>VENT and here is how it works....

### WHAT IS INTER<sub>x</sub>VENT<sup>USA</sup>?

INTER<sub>x</sub>VENT<sup>USA</sup> is comprehensive lifestyle management program that is individualized specifically to your needs in order to promote your health, reduce your risk for heart disease, and improve your overall well-being. The INTER<sub>x</sub>VENT program provides effective behavior changing techniques to implement in the areas of nutrition, weight management, exercise,

stress, and, if applicable, tobacco cessation. INTER<sub>x</sub>VENT is not a “quick fix” but rather, a healthy, long-term solution to lifestyle management and chronic disease prevention.

### WHAT IS INCLUDED IN THE PROGRAM IF I DECIDE TO PARTICIPATE?

If you choose to become a participant in the INTER<sub>x</sub>VENT program, you will receive an initial evaluation of your current health behaviors, risk factors for disease, eating habits, and physical activity level. Based on this evaluation, you will receive realistic short- and long-term goals along with an individualized Personal Action Plan for achieving goals through healthy eating, weight management, regular exercise, stress management, smoking cessation, and other lifestyle changes.

One-on-one sessions with a highly-qualified, professional mentor, along with easy to understand educational kits will assist you in implementing your Personal Action Plan and achieving your health goals.

### HOW MUCH TIME WILL MY PARTICIPATION REQUIRE?

Being “too busy” is one of the top reasons people give for not exercising, eating poorly, or not managing their stress level. One of the great components of INTER<sub>x</sub>VENT<sup>USA</sup> is that it is both time efficient *and* effective.

The INTER<sub>x</sub>VENT program implements your individualized plan by introducing one concept at a time in an easy to understand and carefully-sequenced way to help you master important life skills and build healthy habits.

One-on-one mentoring sessions are brief and there are no group classes to attend. Sessions can be completed at Optimus or by telephone. Educational topics are available in audio format and via the internet.

### WHAT IS THE COST OF THE PROGRAM?

Anyone may complete a FREE online Health Risk Assessment (see below). If you then wish to enroll as a participant, packages of 9, 12, or 24 sessions are available. Rates vary by the number of sessions purchased and discounts are available for Optimus members. Additional discounts and incentives also apply to those who qualify. For a complete list of prices and discounts, contact Optimus.

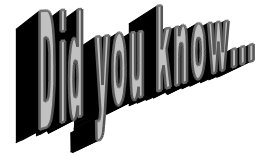
### WHAT IF I'M NOT A MEMBER OF OPTIMUS? CAN I STILL PARTICIPATE?

Anyone can participate in INTER<sub>x</sub>VENT and you don't have to be a member of the Optimus facility to receive the one-on-one mentoring sessions. So please refer anyone you think may benefit from the INTER<sub>x</sub>VENT program.

### HOW CAN I FIND OUT MORE?

There is much more to know about all that INTER<sub>x</sub>VENT has to offer. To find out more, feel free to call or stop by Optimus and one of our four trained mentors would be happy to tell you more and answer any questions you may have.

**You've got nothing to lose, and better health to gain!**



About every **26 seconds**, an American will suffer a coronary event.

About **every minute** someone will die from one.

*“Now there is a program designed to help you put into practice the lifestyle skills you already know are important. It's called INTER<sub>x</sub>VENT.....”*



*“One-on-one sessions with a highly-qualified, professional mentor, will assist you in achieving your health goals.”*

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

- 1) Log on to the INTER<sub>x</sub>VENT<sup>USA</sup> website: [www.interventathome.com](http://www.interventathome.com)
- 2) Click on “Click Here to Sign On to Our Secure Server.”
- 3) Click on the “Click Here” button to complete the Cardiovascular Risk Assessment (CRA).
- 4) Accept the Privacy Statement and Service Agreement
- 5) Complete the CRA. When you get to the question about the Company/Organization, select “PREVENT Consulting Services” from the menu.
- 6) When you have completed the CRA, click “Continue.” Then click on the “Display Results and/or Print” button to receive your individualized report.

## Resting Metabolic Rate and the EnergySmart™ Weight Loss Program

Weight management can be a frustrating thing for many people. Most weight loss programs promise quick results, set unrealistic goals, and are not individualized to your personal needs. Even if you do lose a few pounds, the weight often ends up coming right back. EnergySmart™ is a program, available at Optimus, to help re-shape your view of weight loss. EnergySmart™ utilizes one's personal resting metabolic rate and then focuses on establishing new eating habits and making better food choices to guide you toward realistic goals.

### What is Resting Metabolism?

The amount of daily calories a person expends ("burns") depends on several factors including amount of physical activity, occupational physical activity, food intake, and basal (resting) metabolism. Resting metabolism contributes about 60% to 70% to a person's daily caloric expenditure and is defined as the energy your body needs to support normal function of the brain, heart, liver, kidney, and other bodily organs and processes.

Resting metabolic rate (RMR) varies from person to person and is influenced by several factors including gender, muscle mass, and genetics, just to name a few. The EnergySmart™ program works by first determining an individual's RMR and then using the results to develop a meal plan that contains the precise number of calories needed to meet his or her weight loss goals.

### What will I have to do for the RMR testing?

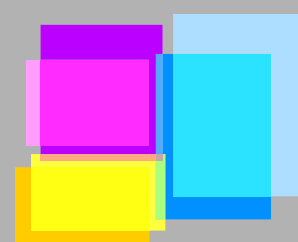
RMR testing takes about 40-45 minutes and is typically performed in the morning between 6am and 9am. The procedure requires an individual to first rest quietly in a lying position for 15-20 minutes. The individual then continues to rest for another 15-20 minutes while exhaled air is collected and oxygen intake and carbon dioxide production are evaluated. These measurements are used to determine the approximate number of calories expended at rest. In order to provide the most accurate measurement, it is necessary to fast overnight, drink only water the morning of the test, take

medicines as usual, and avoid strenuous exercise for 24 hours prior to the test. Results from an RMR test can also be combined with an Exercise Metabolism Test in order to determine approximately how many calories an individual expends each day.

### What does the EnergySmart™ program involve?

The EnergySmart™ weight loss program is an online program that provides 12 weeks of individualized meal and weekly planning. The meal plans are designed to meet a wide variety of nutritional needs and eating preferences. Tools are available to balance and record daily nutrition and exercise, and reports help track progress through the program. At Optimus, EnergySmart™ is managed by Carolyn Skelton, RD, LD, Co-Director, and includes 4 one-on-one sessions with her over the 12 weeks. Clients can also choose to work more frequently with Carolyn (8 sessions), while using her assistance to utilize the online program and tracking process.

*"Resting metabolism contributes about 60% to 70% to your daily caloric expenditure..."*



*"EnergySmart™ provides 12 weeks of access to individualized meal and weekly planning for a wide variety of nutritional needs..."*

## Member Spotlight: Craig VanMatre

Craig VanMatre, a noted Columbia attorney, has been a member of Optimus since its opening in April. Upon becoming a member, Craig completed an initial metabolic exercise test and body composition analysis. Since then, Craig has been training an average of

three days per week doing a progressive weight lifting program, as well as jogging regularly on his own, often with his wife, Laura, who is also a regular user of the Optimus. Craig completed follow-up testing on August 1st and demonstrated outstanding results. His

heart and lung fitness is now 46% better than predicted for men of his age, height, and weight. The excellent changes in his body fat and fat free body weight (muscle and bone mainly) indicate his metabolism and health status are markedly improved which trans-

lates to a lower risk for chronic diseases and an overall improvement in his health. Check out all of Craig's achievements in the table below and congratulations to Craig from the staff and members of the Optimus!

	VO <sub>2</sub> max	Anaerobic Threshold	% Body Fat	Body Weight	Body Fat Weight	Fat-Free Weight	Waist
<b>APRIL 4, 2007</b>	41.8mls/kg/min	52% of VO <sub>2</sub> max	28.5%	218lbs	62.0lbs	156lbs	39.8in
<b>AUGUST 1, 2007</b>	50.0mls/kg/min	63% of VO <sub>2</sub> max	24.2%	212lbs	51.5lbs	160.5lbs	38.25in
<b>% Improvement</b>	+19.6%	+21%	-15.1%	-2.8%	-17%	+2.9%	-3.9%

## Meet our Staff: Who's Who at Optimus....

Optimus is proud to offer a staff of experienced health and wellness professionals and a variety of services to help individuals meet their health and fitness goals. We always enjoy learning about our members and their interests, so here is some information about each of our staff to help you get to know us a little better too!

**Tom LaFontaine, Co-Director  
PhD, ACSM RCEP,  
NSCA-CPT, FACSM  
INTER<sub>x</sub>VENT<sup>USA</sup> Mentor**

Dr. Tom LaFontaine received his Ph.D. in Exercise Physiology in 1983 from the University of Missouri-Columbia. He helped to found the Cardiac Rehabilitation Center at Boone Hospital Center where he served for 22 years, and, upon retiring from this in 2003, he started a personal health 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 modifications. Dr. LaFontaine is also a licensed INTER<sub>x</sub>VENT mentor (see page 2) and has authored and co-authored numerous publications in the health and wellness field of research. He is recognized by the American College of Sports Medicine (ACSM) as a Registered Clinical Exercise Physiologist and was the 2001 recipient of the Mid-Missouri Affiliate of the American Heart Association Hugh Stephenson Award. Tom is married to his wife, Linda, and looks forward to assisting in the management of Optimus and continuing to promote a healthy way of life in the Columbia

community.

**Carolyn Skelton, Co-Director  
RD, LD, ACSM HFI  
INTER<sub>x</sub>VENT<sup>USA</sup> Mentor**

Carolyn, originally from Warrensburg, MO, received two degrees from the University of Missouri-Columbia in Nutrition and Fitness and Clinical Dietetics. Upon graduating in 2000, she worked at Boone Hospital Center, WELLAWARE. In 2002, Carolyn began three years of active duty in the U.S. Naval Reserves as a Clinical Dietitian, during which time she was deployed to Kuwait to support troops in Operation Iraqi Freedom. Upon returning home in 2005, she began pursuing a master's degree in Physical Education/Exercise and Sports Science from the University of Central Missouri. In 2006, Carolyn started Skelton's Wellness, LLC, with a mission to provide nutrition and exercise interventions to help individuals develop or improve their lifestyle habits. Currently, Carolyn serves on the board for the Missouri Dietetics Association and is a member of the Central Missouri Dietetic Association. Recently, she received the Recognized Young Dietitian of the Year award from the Missouri Dietetics Association. Carolyn enjoys cooking, working out, and spending time with her family, friends, and dog, Sailor. Her parents, Jim and Wanda Skelton reside in Warrensburg, MO and she has one brother, Paul, who lives in Lenexa, KS

**Joanne Loethen  
Assistant Supervisor, BA, CSCS  
INTER<sub>x</sub>VENT<sup>USA</sup> Mentor**

Joanne holds a bachelor's degree in Nutrition and Fitness from the University of Missouri-Columbia and is currently pursuing a Master's degree

in Exercise Physiology with research specifically involving bone health and exercise. She is recognized as a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association (NSCA). While attending MU, Joanne played first base for the Tiger Softball. She is originally from St. Thomas, MO, where her parents, Tom and Carolyn Loethen currently reside. She also has two older siblings— a brother, TJ and sister, Anne.

**Holly Scherder, Med, CSCS,  
INTER<sub>x</sub>VENT<sup>USA</sup> Mentor**

Holly graduated in 2004 from the University of Missouri-Columbia and then went onto pursue a master's degree in Health Education and Promotion which she completed in May 2007. She is recognized by the NSCA as a Certified Strength and Conditioning Specialist. Before joining the Optimus team, Holly was a member of the Strength and Conditioning Staff at the University of Missouri where she worked primarily with the MU football, track, and cross country teams. While attending the school at MU, Holly was a member of the track and field team where she earned the honors of Big XII Champion and All-American in the hammer throw. Holly is originally from Bowling Green, MO where her parents, John and Sandy currently reside.

**Linda LaFontaine**

Linda holds a Bachelor of Arts degree in Psychology and a Masters of Education in Curriculum & Instruction from the University of Missouri. She is currently President of the Columbia Track Club and has held both state and local age group records. Linda also plays the mandolin, guitar, and accordion, and per-

forms regularly with local musicians. She enjoys running, hiking, biking, skiing, and kayaking. She has one daughter living in Chicago and is married to Tom LaFontaine.

**Terry Dunscombe**

Terry has recently retired after 39 years of service at State Farm Insurance where he served as Division Manager. He served two years in the U.S. Army and graduated from the University of Missouri with a degree in Business and Public Administration. Terry has also participated in several triathlons and was selected as the Show-Me State Games Male Athlete of the Year in 2005. In 2006, Terry was ranked No.1 in the Mid-West Region U.S.A. Triathletes for his age group. Terry and his wife, Vicki, have two children and five grandchildren.

**Kate Walker**

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.

## Nutrition Corner: Eating Your Fruits and Vegetables for Optimal Eye Health

Looking for yet another reason to get your recommended servings of fruits and veggies each day? It turns out that several fruits and vegetables contain specific nutrients that help to promote eye health.

Spinach, kale, collard greens, mangoes, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, and honeydew melon are power packed with nutrient dense vitamins and minerals, and consumption of these foods will help keep the lens, retina, and the pigment of the macula (the central area of the eye) healthy and functioning properly.

So then, what vitamins and minerals do these foods contain to influence the eyes? Vitamin A, lutein,

and zeaxanthin are the three nutrients provided by the consumption of these foods and believed to influence eye health. Vitamin A plays an important role in vision, cell division, reproduction, strong immune system, and fighting infections. Lutein is a carotenoid and an antioxidant. Studies have shown that the consumption of lutein may decrease one's risk for macular degeneration by decreasing damage from free radicals. Zeaxanthin is another antioxidant vital to healthy retinas. It is mainly found in dark, leafy greens such as spinach and kale.

### BOTTOM LINE:

- Eat 5 to 9 servings of fruits and vegetables per day.

- Select 1 to 2 servings per day from dark green vegetables such as kale, collard greens and spinach

Check out the Steamed Vegetable Medley recipe below for a nutrient-rich dish.

For more information on this or other nutritional topics, contact Carolyn Skelton, RD, LD, ACSM HFI at 573-777-7474 or [cskelton@theinsurancegrp.com](mailto:cskelton@theinsurancegrp.com).

### Sources:

Lutein Information Bureau, <http://www.luteininfo.com/about>

American Dietetic Association, <http://www.eatright.org>

Office of Dietary Supplements, <http://www.odsp.nih.gov/>



Vegetables such as broccoli, spinach, kale, collard greens, and peas are packed with nutrients to help promote eye health.

Aim for 5 to 9 servings of fruits and vegetables each day and include 1 to 2 servings from dark green vegetables

## Feature Recipe: Steamed Vegetable Medley

This dish is one of those gems that is easy, delicate, and delicious, giving you a way to have the benefits of fresh vegetables in your diet with little effort. Because it is steamed it gives you a healthier way to enjoy these vegetables without using heated oils. For a wonderful variation try steaming a piece of salmon or chicken on top of vegetables for a 1 dish meal that is quick, clean, and healthy.

PREP & COOK TIME: 15 minutes

SERVINGS: 2

### INGREDIENTS:

- 1 C thinly sliced carrots
- 2 C chopped collard greens, stems removed
- 1 medium onion, sliced thick
- 1 C cubed zucchini

### Dressing:

- Extra virgin olive oil to taste
- 1 medium clove garlic pressed
- 1 Tbs. fresh lemon juice
- Salt and cracked black pepper to taste
- 1 tsp. soy sauce (optional)

### DIRECTIONS:

Bring lightly salted water to a boil in a steamer with a tight fitting lid. Add carrots, cover, and steam for 3 minutes. Without removing carrots add collard greens, and steam for another 3 minutes. Then add onion and zucchini and steam for another 3 minutes. Remove from steamer and place in bowl. Toss with dressing ingredients.

Find more great recipes and cooking tips at [www.whfoods.org](http://www.whfoods.org)

### NUTRITION FACTS (per serving):

Calories	72
Total Fat	<1g
Carbohydrate	16g
Protein	3g
Dietary Fiber	5g
Sodium	36mg

### HEALTHY COOKING TIPS:

It helps to toss the steamer basket up and down with the cooked vegetables to drain out excess water. This will keep the flavor from being diluted. Make sure you don't over cook the zucchini, as it also will dilute the flavor if over cooked. It will start to look a little translucent when it overcooks.

Better health for a better you!

# Optimus

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## Dates to remember:

August 5-11

HEALTHY BONES WEEK

September 14-16

CLEAN-UP THE WORLD  
WEEKEND

September 17-23

NATIONAL STROKE WEEK

September 30

WORLD HEART DAY

# Member Birthdays

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

## AUGUST

Donna Glenn 8/6  
Barb Stebbins 8/10  
Susan Gray 8/21  
Carolyn Skelton 8/21  
Sam Thompson 8/22

## SEPTEMBER

Debbie Rawlings 9/2  
Dorothy Sherman 9/4  
Valorie Windsor 9/4  
Holly Scherder 9/8  
Jordan Kroell 9/10  
Noah Borden 9/15  
Elinor Arendt 9/19  
Rich Miller 9/21  
Skip Grossnickle 9/23  
Howard Hinkel 9/25  
Norm Gysbers 9/29  
Caroline Harvey 9/30



## FITNESS CLASSES OFFERED EACH WEEK:

Monday	Tuesday	Wednesday	Thursday	Friday
5:20pm Step Cardio	12:30pm Free Weights & Physioball 5:20pm Core Fitness		5:20pm Core Fitness	5:20pm Weekend Work-Up

Call or see class flier for full class descriptions. All classes are appropriate for any fitness levels, so if you are looking for a great workout with a fun group, join us this week!

## Upcoming Events: 2007 Columbia Heart Walk

Mark your calendars for the 2007 Columbia Heart Walk to be held Saturday, August 25th from 8am to 12pm at Stephens Lake Park. Be inspired and inspire others to make changes in their daily lives to reduce their risk of heart disease and stroke.

Heart disease and stroke are currently the nation's No. 1 and No. 3 killers and the risk for these conditions significantly increases with sedentary lifestyles. According to the American Heart Association, 70% of Americans don't get enough exercise, blaming lack of time and lack of motivation.

The Heart Walk, presented by the American Heart Association and the Start! Campaign, promotes physical activity and heart-healthy living in a fun family environment, while simultaneously raising funds to help fight heart disease and stroke. This year over 1 million walkers will participate in more than 500 events nationwide, raising funds to save lives from heart disease and stroke. The Columbia event hopes to raise \$110,000 for the cause.

The walk consists of both teams and individuals who sign up and collect funds and support prior to

the event using personalized web-pages and other means of support. Participants then walk the day of the event with their team, which often consists of co-workers, family, and/or friends. Individuals are also encouraged to participate and may join a team the day of the event.

For more information on the Columbia Heart Walk, visit the event's website at:  
<http://heartwalk.kintera.org/columbia>.

Or log on to the American Heart Association's website at:  
[www.americanheart.org](http://www.americanheart.org)