

Optimus

The Center for Health

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.

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Bi-Monthly Newsletter for Optimus: The Center For Health

Volume I, Issue 2

HDL: What you should know about the “good” cholesterol

By Tom LaFontaine and Joanne Loethen

Cholesterol often gets a bad rap as being bad for you, and for good reason. Studies have shown that people with high cholesterol are at an increased risk for developing coronary artery disease and other cardiovascular diseases. But there is also a “good” side to cholesterol that is often overlooked – HDL cholesterol.

HDL and LDL, which stand for high-density and low-density lipoprotein, respectively, are not actually cholesterol themselves, but instead serve to transport cholesterol in blood. LDL serves to transport cholesterol and fat from the liver to other tissues in the body. Too much LDL in the blood can lead to a build up of cholesterol in arteries, making arteries more narrow and less flexible. We typically call this condition atherosclerosis. HDL, on the other hand, is thought to carry cholesterol from the arteries back to the liver, which helps reduce and/or prevent this build up. High HDL levels (above 60 milligrams per deciliter of blood) are actually considered a negative risk factor for heart disease



because it helps protect against the build up of plaque in arteries. A low HDL of <40mg/dl is associated with a significantly increased risk of heart disease and stroke. So, how can we make sure our HDL levels are high enough without visiting the pharmacist? Make a note of these simple lifestyle habits that can help improve your HDL and lower your risk for cardiovascular disease.

- **Increase exercise.** Expend a minimum of 250 kilocalories per exercise session and 1200 per week. This is the equivalent of 2-3 miles of brisk walking per session (about 10-14 miles per week)
- **More exercise is better.** A greater volume or more calories expended of exercise per week results in a greater chance of raising HDLs; however, too much exercise can increase the chance for injury—visit with one of the Optimus professional staff for more information on exercise and raising HDLs. A goal of 2,000 kilo-calories or the equivalent

of 20 miles of brisk walking is reasonable for many persons.

- **Stop smoking.** HDLs can increase 5-10% in just a few weeks after quitting smoking.
- **Lose weight if necessary.** If needed, losing just 5-10% of body weight can increase HDLs. Visit with one of Optimus’ professional staff for more information on weight loss and services we provide to assist members in weight management
- **Limit intake of trans fat and avoid completely, if possible.** This includes foods with partially hydrogenated oils, processed baked goods, etc.

Bottom Line: Overall, these simple strategies can increase HDLs in 70-90% of persons by 15-20%.

The information and recommendations stated in this column were provided by health professionals Paul Sorace, MS, CSCS, Dr. Tom LaFontaine, FACSM, CSCS, NSCA-CPT, and Dr. Tom Thomas in their article *Knowing the Risks: Lifestyle Management of Dyslipidemia* published in *ACSM’s Health & Fitness Journal*. This article along with additional information on cholesterol are available at Optimus in the Lounge Area.

New fitness class schedule announced, Yoga featured Wednesday nights

Beginning October 1st, Optimus will be offering a new fitness class schedule with at least one class being offered each week night and Saturday morning. New classes including *Short Circuit Training*, *Cardio-Resistance*, and *Total Body Conditioning* will be added to the current schedule along with the original favorites of *Cardio Step*, *Core Fitness*, and *Weekend Workout*.

Grab your friends or come on your own and join our enthusiastic trainers for a workout that is sure to complement any fitness program and will help you achieve your fitness goals. Workout routine growing stale? Working out in a group provides a fun and encouraging environment that will help you stay on track and mix up your weekly regimen.

Also beginning October 1st, Optimus will be offering Yoga on Wednesday evenings at 5:30pm. Join certified yoga instructor, Kate Walker as she leads you through a routine of traditional yoga postures. Kate has over thirty years of experience in teaching hatha yoga, breath control, and meditation techniques. Achieve greater flexibility, muscle tone, and

leave with a sense of peace through Hatha Yoga exercises that are appropriate for all fitness levels.

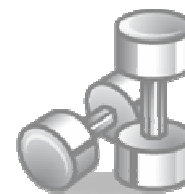
See page 4 for a complete Optimus class schedule. Yoga is offered for an additional fee, but all other classes are available to members at no additional cost.

Member Spotlight: Howard Hinkel

Howard Hinkel has been working with Optimus co-director, Carolyn Skelton since March 2007 and has been both an Optimus member and INTERxVENT participant since

May 2007. He has displayed numerous health and fitness improvements since his start with Carolyn and continues to set an excellent example for all through his positive atti-

tude, great enthusiasm and a solid commitment to his health. Congratulations, Howard, and here's to your better health!



	Body Weight	BMI	% Body Fat	% Fat-Free Weight	Waist Circumference	Hip Circumference	Blood Pressure
MAY 5, 2007	272lbs	34.4	36.1%	63.9%	47in	47in	152/96mmHg
SEPT 27, 2007	240.8lbs	30.5	35.4%	64.6%	42.25in	44.25in	142/78mmHg
Improvement	-31.2lbs	-3.9	0.7%	+0.7%	-4.75in	-2.75in	>6% reduction

Member Spotlight: Judy Schermer

Congratulations to Optimus member, Judy Schermer, on recently competing in the Octomax Triathlon Club National Championships. The race consists of a 0.3 mile swim, 14 mile bicycle ride, and 3.3

mile run and Judy won first place in her age group!

Since becoming a member in June 2007, Judy has been following a training program designed by Optimus co-director, Tom LaFon-

taine, PhD, of 2-3 days per week. The program was designed to improve her strength and power for triathlon competitions, as well as help her recover from a hamstring injury she developed earlier in the year. Not only has Judy's

hard work shown in her triathlon performance, but she has also made excellent improvements in her general fitness, body composition, and overall well-being. Great job, Judy, and keep up the good work!

	VO ₂ max	% Above Avg	Body Weight	% Body Fat	Body Fat Weight	Fat-Free Weight
JUNE 6, 2007	43.5mls/kg/min	31%	129.2lbs	25.1%	32.5lbs	96.9lbs
SEPT 24, 2007	49.7mls/kg/min	48%	125.6lbs	21.0%	26.3lbs	99.3lbs
Improvement	+14.3%	+17%	-3.6lbs	-4.1%	-6.2lbs	+2.4lbs

INTERxVENT Health Tip:

You may not realize it, but you talk to yourself all the time. You are often your biggest critic and what you say plays an important role in determining how you feel about yourself and how you act. Use these tips to help make your self-talk more positive:

- Be aware of your negative, self-defeating thoughts.
- Reflect on your thoughts before, during, and after a difficult situation
- Analyze and challenge your thoughts. Ask yourself if your thoughts are true and accurate
- Substitute more positive, helpful self-talk. Use "I am," "I can," or

"I will" rather than "I am not" or "I can't"

- Do not create negative self-fulfilling prophecies. Remember, you are likely to take your own advice

Here are suggestions to help you practice daily affirmations:

- Say affirmations out loud to yourself at least five times
- Use visualizations to create a picture in your mind of the way you want to be
- Practice being mindful of your thoughts. Use techniques like meditation or yoga to practice focusing on yourself in a positive way

INTERxVENT is an individualized, lifestyle management and cardiovascular risk reduction program that teaches good nutrition, regular exercise, stress reduction, and other healthy lifestyle habits. For more information on the INTERxVENT program, contact Optimus at 573-777-7474 and ask to speak with one of our trained INTERxVENT mentors. If you would like



to check out INTERxVENT on your own, follow the steps below to receive a FREE Health Risk Assessment online.

**It's your health...
Take control today!**

To complete your FREE online Health Risk Assessment:

- 1) Log on to the INTERxVENT^{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.

Nutrition Corner: Flax for Heart Health

By Carolyn Skelton

Flax seed has recently become a hot topic in the news and media... and for good reason. Flax is an excellent resource that contributes to whole body nutrition, disease prevention, and general well-being.

The Benefits of Flax. Flax seed contains three omega-3 fatty acids: alpha-linolenic (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic (DHA). ALA is essential for our health because it is a nutrient our bodies cannot make. EPA and DHA are also vital nutrients for our health and are made from ALA. Flax seed and flax oil are the richest sources of ALA, while EPA and DHA are found in herring, salmon, mackerel, bluefin tuna, and fish oil supplements made from these types of fish.

Omega-3 fatty acids are important to include in a diet due to their

effect on chronic disease. Chronic diseases such as heart disease, diabetes, cancer, and arthritis are often stimulated by inflammation. Omega-3s work against inflammation by blocking many compounds that contribute to inflammation in the body. Clinical studies have shown that adults with moderate high blood cholesterol who consumed a diet rich in ALA reduced the level of one such marker of inflammation by 75%.

Research is also being done on another disease-fighting nutrient of flax, lignans. Lignans have been shown to block metastasis in mice, decreasing risk of cancer spread. When lignans are digested by bacteria in the digestive tract, they are converted into potent hormone-like substances. Research with animals suggests that the newly formed substances may be capable of blocking the action of certain

cancer-causing compounds in the body.

Nutritional Value of Flax. Nutrients in ground flax seed are digested and absorbed by the body. However, consumption of the whole seed will pass through the digestive tract without absorption. The two types of flax seed—brown and gold—contain the same nutritional value.

Storing Flax. Whole flax seed can be stored at room temperature for up to a year. Once ground, flax seed should be refrigerated in an airtight, opaque container and can be stored up to 90 days. Many people keep a jar of flax seed handy on their kitchen counter to use in their everyday cooking. Ground flax has a tendency to develop an off-taste if left out, so it is best to grind whole flax seed as needed.



Nutritional Content of Flax.

Two tablespoons of ground flax seed contains 95 calories and the following nutrients:

<i>Omega-3 fatty acids</i>	3.5 g
<i>Dietary Fiber</i>	5.4 g
<i>Folate</i>	54 g
<i>Manganese</i>	0.64 mg
<i>Magnesium</i>	70 mcg
<i>Copper</i>	0.2 mg
<i>Phosphorus</i>	96 mg
<i>Vitamin B6</i>	0.18 mg

For more information on the benefits of flax and for great flax recipe ideas, visit www.healthyflax.com



SIMPLE WAYS TO INCLUDE FLAX INTO EVERYDAY FOODS:

- * Sprinkle ground flaxseeds onto your hot or cold cereal.
- * Add flaxseeds to your favorite homemade muffin, cookie, or bread recipe.
- * Use ground flaxseeds to pump up the nutritional volume of your breakfast shake or smoothie.
- * Sprinkle ground flaxseeds on top of cooked vegetables to give them a nuttier flavor.

Feature Recipe: Sweet Potato and Flax Pancakes

from www.healthyflax.com

Try this great recipe that incorporates flax into its ingredients. Don't be fooled by the name...this tasty food can be enjoyed at any meal!

SERVINGS: 5

SERVING SIZE: 3 pancakes

INGREDIENTS:

- 2 C lightly packed grated sweet potato
- 2 T grated onion
- 2 T chopped cilantro or fresh parsley
- 1 large egg, slightly beaten
- 1/3 C whole-wheat flour
- 1/4 C ground flaxseed

1 tsp baking powder

1/2 tsp salt

1/2 tsp. curry powder

1/4 C 1% milk

2 T melted butter

Canola oil for frying

DIRECTIONS:

In a bowl, combine sweet potato, onion, cilantro, and egg. Add flour, ground flaxseed, baking powder, salt, and curry. Stir. Add milk and butter, then stir to form

batter. Heat a nonstick frying pan over medium heat. Add 1 to 2 tsp canola oil to pan and swirl to coat the surface. Using a 1 tbsp measure, drop rounded scoop of batter into pan and flatten with the back of the spoon. Cook 1 to 1 1/2 minutes or until nicely browned on bottom and around edges. Flip over, gently pressing down on pancake with the back of a pancake turner. Cook an additional 1 to 1 1/2 minutes or until cooked

through. Repeat process with the remaining batter, adding more oil as needed. Serve with plain yogurt and mango chutney.

Nutrients Facts (per serving):

<i>Calories</i>	160
<i>Total Fat</i>	7g
<i>Carbohydrate</i>	22g
<i>Protein</i>	5g
<i>Dietary Fiber</i>	4g
<i>Sodium</i>	361mg

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Member Birthdays



Happy Birthday to all those celebrating a birthday in October and November!

OCTOBER

Christine Stamper 10/2
Judy Schermer 10/5
Marsha Fischer 10/6
Wayne Poston 10/10
Suzan Anderson 10/15
Vicki Dunscombe 10/17

NOVEMBER

Craig Van Matre 11/2
Dennis Smith 11/9
Sarah Dietz 11/16
Kara Haithcoat 11/16
Jerry Schermer 11/20
Tom LaFontaine 11/20
Linda Greenspan 11/27
Anne Weller 11/29
Anna Coil 11/30
Katherine Caldwell 11/30

Final Note: Schedule your chair massage today!

Have you been hesitant to try our massage therapy? Curious what it involves or how you will benefit from it? Why not start out with a 10 minute chair massage? For a limited time, Optimus massage therapist, Janene Sun, will be offering 10 minute chair massages for just \$10! Whether you're tight from a long day at work, sore from a hard week of training, or just curious about the massage experience, come see what a difference 10 minutes can make and leave with a feeling of relaxation. Janene will be offering these chair massages on Saturdays from 8am to noon on October 6, 13, 27, November 10 or December 1, so stop by and see what you've been missing. Janene is also available for half hour, one hour, and 1.5 hour sessions. Contact Optimus at 573-777-7474 to schedule your appointment today!

Mark your calendars...

OCTOBER

- * FAMILY HEALTH MONTH
- * TALK ABOUT PRESCRIPTIONS MONTH
- * WALK TO WORK DAY, Oct 5th
- * NATIONAL NUTRITION WEEK, Oct 14th-20th
- * NATIONAL OSTEOPOROSIS DAY, Oct 20th
- * PINK RIBBON DAY, Oct 22

NOVEMBER

- * NATIONAL DIABETES MONTH
- * GREAT AMERICAN SMOKEOUT
- * FOOD SAFETY WEEK, Nov 8th-15th
- * NATIONAL SKIN CANCER AWARENESS WEEK, Nov 18th-24th

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20pm Step Cardio	5:20pm Short Circuit Training	5:30pm Yoga 5:30pm Cardio-Resistance Circuit	5:20pm Core Fitness	5:20pm Weekend Work-Up	8:45am Total Body Conditioning

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 Joanne Loethen and Optimus staff members.

We're here for your health!