

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

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The benefits of resistance training

By Joanne Loethen

With the media currently placing such a large emphasis on reducing weight and body fat, the importance of lean body mass (primarily muscle and bone) is often lost in the mix. Although maintaining a healthy weight and optimal body fat are key components to a healthy lifestyle, building muscle and maintaining bone mass provide numerous health benefits as well.

Resistance training, better known as weight training, is an effective means of increasing lean body mass and is recommended for most adult populations. Not only does resistance training help build muscle and increase muscle strength, but with the proper intensity and frequency, it can also exert numerous other physiological responses within the body to improve overall health. The American Heart Association (AHA) recently released a statement pertaining to the benefits of resistance training in adults both with and without cardiovascular disease. The report established that a proper training program of resistance exercises can provide benefit to most adult populations, including those



with known cardiovascular disease. When combined with regular aerobic exercise, resistance training is a great recipe for good health. How about that for a holiday treat? Here are just a few of the benefits of resistance training as indicated by the AHA:

- **Increase muscle mass.** You may have already guessed that lifting weights increases muscle mass, but what you may not know is that even older individuals are able to increase muscle mass with resistance training, confirming the fact that it's never too late to improve your health!

- **Maintain or increase resting metabolic rate.** Muscle is more metabolically active at rest than fat tissue, so by increasing muscle and minimizing excess fat, we can burn more calories at rest. This is particularly important as we age, as well as during weight loss, when our metabolic rates tend to decline.

- **Maintain or increase bone mass.** Muscle contractions place substantial force on bones which in turn promotes bone mass and strength. These can help to reduce fracture and prevent osteoporosis, particularly in individuals at high risk for age-related bone loss.

- **Improve blood glucose.** Muscle contraction increases glucose uptake and improves insulin sensitivity, both of which are impaired in diabetes.

- **Improve functional capacity.** As we age, we tend to lose some of our ability to perform the same tasks that were so easy to do in our youth. Improving muscle strength through resistance training can help to improve physical function and balance, thereby allowing us to once again perform those daily tasks with ease.

To learn more about the benefits of resistance training, contact any of our certified staff members at Optimus. A copy of the AHA statement on resistance training is also available in our lounge area for your viewing interest.

Boost Your Immunity: Avoiding sickness during the flu season

It's that time of year again...flu season. Although it's hard to completely guarantee immunity from getting sick this season, there are several simple things that can help you optimize your immune system this season.

- **Wash your hands.** Probably one of the best ways to avoid cold and flu germs is to wash your hands frequently, especially before eating, after using the restroom, and after com-

ing in contact with commonly used surfaces. Sanitary wipes are available at Optimus for wiping down equipment before and after use.

- **Get plenty of sleep.** Not getting enough sleep can force your immune system to run on empty, making you more susceptible to sickness. Most adults need 7-8 hours per night while teens should aim for 9 hours.

- **Eat a healthy diet.** Fruits and vegetables are great to help boost the immune system. Focus on balance and variety to obtain the proper vitamins and minerals that are important for a healthy body.

- **Exercise regularly.** Physical activity boosts your body's natural defense against viruses. Just a 30 minute walk each day can provide protection. More than this can provide even

greater benefits.

- **Get your flu shot.** According to the Centers for Disease Control and Prevention, the flu shot is one of the single most effective ways to protect against the flu this season, sometimes reducing your chances of getting the flu by 70-90%. Although it's not 100% effective, it is highly recommended for healthy adults.

Try Yoga to avoid feeling stressed this holiday season

If you are like most Americans, you probably are feeling a little more stressed this time of year. Holiday shopping, family gatherings, and busy schedules may leave you stretched to the limit this holiday season. A great way to relieve the stressful hustle and bustle of the

holiday season is to incorporate meditative practices into your routine.

Yoga is a great way to get away and catch your breath, while getting in touch with your inner self. Optimus offers Hatha Yoga with

certified instructor, Kate Walker, on Wednesday evenings at 5:30pm. Kate has several years of experience including training in India. All ages and fitness levels are welcome and the class progresses at your individual pace. Take some time for yourself and try a class this week!



INTER_xVENT Spotlight: Associated Urologists

Congratulations to Associated Urologists for their recent participation in the INTER_xVENT Lifestyle Management Program. Associated Urologists have made an investment in the health of their employees by offering the INTER_x

VENT program and several of their team members have taken advantage of the opportunity.

Of 25 employees, 17 individuals completed a Health Risk Assessment and 9 of those individuals have enrolled in the program

through either a self-help educational kit or one-on-one mentoring with one of our trained INTER_xVENT mentors.

Kudos to Associated Urologists for making the investment in their employees' health! Find how to

get your company involved with the INTER_xVENT program by calling Optimus at 573-777-7474. Increase productivity, improve attitudes, and encourage good health by investing in your employees.

Member Spotlight: Whitnee Maycock

Congratulations to Whitnee on her recent performance at the Missouri State Olympic Lifting Championships and Double Deuce Open in Kirksville, MO on November 3rd. Whitnee achieved 3 personal bests in the

snatch (75Kg), clean and jerk (86Kg), and total (161Kg) in her weight class. Her outstanding performance qualified her for two major national meets: the American Open in Birmingham, AL on December 1-2, and the

National Championships and Olympic Trials in Columbus, OH on March 1-3.

Congratulations, Whitnee and good luck at Nationals!

	SNATCH	CLEAN AND JERK
OCTOBER 13, 2007	67 kg	83 kg
NOVEMBER 3, 2007	75 kg (Personal Best)	86 kg (Personal Best)

INTER_xVENT Health Tip: Staying Healthy for the Holidays

Did you know the average person gains four to eight pounds during the holiday season? With a little advance planning and precaution, you can maintain your current weight through the New Year. That way, your New Year's resolution won't be to lose the weight you gained over the holidays and you'll be that much farther ahead for a fresh new year!

Consider these ideas to help you stay on track over the holidays.

- *Taste everything, but take smaller portions.
- *Eat a light meal before going to holiday parties so you won't

arrive "starving."

- *Offer to bring a low-calorie dip or appetizer to parties.
- *Substitute healthy oils and spreads when preparing your favorite holiday foods.
- *Avoid fried foods and foods prepared in heavy sauces and gravies.
- *Crowd your plate with low-calorie, low-fat foods such as fruits, vegetables, and salads, leaving little room for the higher-fat items.
- *Be pleasant, but firm when declining offers for seconds.
- *Drink plenty of water and non-alcoholic beverages.
- *Take a walk before or an hour

after the holiday feast.

- *Look for opportunities to be physically active throughout the holidays.

INTER_xVENT 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 INTER_xVENT program, contact Optimus at 573-777-7474 and ask to speak with one of our trained INTER_xVENT mentors: Tom LaFontaine, Joanne Loethen, Holly Scherder, or Carolyn Skelton.

Invest in your health today!

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.

Nutrition Corner: Spices, Spices, Spices!

By Carolyn Skelton

Recent studies are finding the risk for cancer, heart disease, and diabetes decreases with consumption of powerful antioxidants, many of which can be found in various spices. A variety of foods such as vegetables, grains, beans, and lentils can be seasoned with spices including cinnamon, thyme, cumin, oregano, or turmeric. Read on to find out how each of these great spices may help reduce your risk for disease.

Cinnamon. Cinnamon is a natural germ fighter and may help lower blood sugar, triglycerides, and cholesterol levels. Sprinkle cinnamon on your oatmeal, add to your coffee, or try some cinnamon

baked apples. One-fourth of a teaspoon per day is a healthy goal. See below for a tasty cinnamon treat!

Thyme. Thyme makes a great marinade for grilled poultry or fish. Thyme adds a minty, lemony flavor to foods and is considered a healthy herb due to its possible anti-cancer potency. Thyme has also long been used as an antiseptic. Try adding thyme to your vinaigrette for a fresh taste.

Cumin. One of the world's most popular spices, cumin is concealed in chili powder and is a key ingredient in Indian curries. Cumin may be an anti-cancer advocate and its exotic flavor enhances marinades,

rice, and grain salads.

Oregano. Soldiers brought oregano home from Italy after WWII. Oregano is loaded with antioxidants, which may provide defensive mechanisms within our bodies to ward off disease. Oregano adds a delicate flavor to salad dressings, garlic bread, pizza, pasta, and omelets.

Tumeric. Tumeric is known as "The Queen of the Kitchen" by Indian cooks. Its active ingredient is curcumin. Studies show some promise in fighting cystic fibrosis, colon cancer, arthritis, and Alzheimer's. For an earthy flavor and yellow coloring, add a pinch of turmeric to rice, stew, or lentils. It



may even help you remember where you left your keys last night!

Storing spices. Whole spices can retain their potency for up to 4 years when stored in an airtight container in a cool, dry place. Ground spices are good for 2-3 years, while leafy herbs have a typical shelf life of 1-3 years depending on the herb. Go have some fun by spicing up your kitchen.

Visit these websites to find out more about the wonderful world of spices:

- * http://realage.typepad.com/food_bites/2007/09/top-5-ways-to-s.html
- * <http://www.ochef.com>

"Let food be thy medicine and let thy medicine be food." -Hippocrates



Feature Recipe: Chocolate-Cinnamon Bread Pudding

www.EatingWell.com/recipes

Try this recipe to fulfill your intake of cinnamon today!

SERVINGS: 6

INGREDIENTS:

4 slices whole-wheat bread

2 large eggs

1-12oz can evaporated skim milk

3/4 C light brown sugar

1/4 C cocoa powder

2 tsp vanilla extract

1 tsp ground cinnamon

1 oz semisweet chocolate, chopped

3 C nonfat vanilla or coffee frozen yogurt

DIRECTIONS:

Preheat oven to 350°. Coat an 8-in square baking dish with nonstick cooking spray. Tear bread into small pieces and spread in bottom of dish in an even layer. Whisk eggs

in medium bowl. Add evaporated skim milk, sugar, cocoa, vanilla, and cinnamon. Whisk mixture until the sugar and cocoa dissolve. Pour the cocoa mixture over the bread. Mix in any unsoaked bread pieces. Sprinkle chocolate over the top and let stand 10 minutes. Bake in center of oven for 35-40 minutes or until puffed. Serve warm, with a scoop of frozen yogurt on top. The pudding is also good cold.

Nutrients Facts (per serving):

Calories	275
Total Fat	4 g
Carbohydrate	54 g
Protein	10 g
Dietary Fiber	2 g
Sodium	130 mg

Join Carolyn Skelton at Downtown Appliance for

HEALTHY COOKING

Come enjoy good food while also learning how to cook it yourself. Carolyn Skelton will be leading "Healthy Cooking" at Downtown Appliance throughout December and January. Cost is \$10 which includes the meal and helpful advice on how to create your own healthy dishes at home. Sign up today by stopping by the front desk at Optimus or calling us at 573-777-7474.

Upcoming classes:

Wednesday, December 12th

Tuesday, January 8th

Tuesday, January 22nd

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Member Birthdays

Happy Birthday to all those celebrating a birthday in December and January!

DECEMBER

Joan Dutil 12/9
Eric Rosenhauer 12/9
Roxanne Herron 12/20
Mike Kelly 12/30
Gary Stamper 12/30

JANUARY

Cindy Corwin 1/5
Diane Peckham 1/9
Daisy Grossnickle 1/11
Pamela Bryson 1/12
Mandi Creed 1/12
Sharlet Finley 1/13
Lauren Gaston 1/17
Cynthia Schreen 1/21
Bridgette Bigelow 1/28
Sandy Hodge 1/31



Final Note: Holiday Hours at Optimus

Although Optimus will be closed on Tuesday, December 25th for Christmas, we will be open on all other days throughout the holiday season. Normal hours will be held throughout the week unless otherwise specified. Please note the following changes in our open hours for the following dates in December and January:

Monday, December 24th	6am-1pm
Tuesday, December 25th	CLOSED
Wednesday, December 26th	9am-12pm and 4-7pm
Tuesday, January 1st	8am-12pm

Because good health never takes a vacation!

Mark your calendars...

DECEMBER

- NATIONAL DRUNK DRIVING PREVENTION MONTH
- WORLD AIDS DAY, Dec 1st
- EAT A RED APPLE DAY, Dec 2nd

JANUARY

- WEIGHT MANAGEMENT MONTH
- 'JUST WALK IT' MONTH
- NATIONAL BLOOD DONOR MONTH
- NATIONAL OATMEAL MONTH
- HEALTHY WEIGHT DAY, Jan 25th

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20pm Cardio-Resistance Circuit	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.

