

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 2, Issue 2

What You Need to Know about Your Heart

By Kara Haithcoat

Modified from Nutrition Action Healthletter, March 2008



Did you know there are five major signs of heart attack and, if recognized early on, can save countless lives? A recent study, published online in the February issue of *Morbidity and Mortality Weekly Report*, states around 50% of all cardiac deaths occur within one hour of symptom onset, before patients reach the hospital. The study also found less than a third of adults were aware of these warning signs!

Are you familiar with the five signs of a heart attack? Test yourself with this easy quiz and check the answers to learn information that could save your life or others:

1. TRUE or FALSE? If you're under age 65, your risk of a heart attack is low.
2. All of these symptoms could be a sign of heart attack EXCEPT:
 - A. Chest pain
 - B. Nausea
 - C. Neck pain
 - D. Double vision
 - E. Shortness of breath
3. TRUE or FALSE? Some signs of a heart attack are more common in women than in men.

4. If you have symptoms of a heart attack, but they're not severe, what should you do?

- A. Call 911 immediately
- B. Have someone drive you to the hospital immediately
- C. Call 911 if the symptoms don't go away in 10 minutes
- D. Take an aspirin and wait 10 minutes to see if the symptoms go away
- E. Try to reach your doctor

5. TRUE or FALSE? Women are more likely to survive a heart attack than men

ANSWERS:

1. FALSE - Don't assume you're too young to worry about your heart. 45% of heart attacks strike people younger than 65, and 5% occur in people under age 40.

2. D - Chest pain and shortness of breath are the most common symptoms, but the others listed can also be experienced. Double vision can be a sign of stroke; still a reason to call 911.

3. TRUE - Both men and women are most likely to feel chest pain or discomfort, but women are more likely to experience shortness of breath, nausea, vomiting, and back or jaw pain.

4. A - Wait no more than 5 minutes—less is better—if you have signs of a heart attack. It doesn't matter if some symptoms go away, because they may return.

5. FALSE - Women are less likely to survive a heart attack than men.

THE FIVE SIGNS & SYMPTOMS:

1. Pain or discomfort in the jaw, neck, or back
2. Feeling weak, lightheaded, or faint
3. Chest pain or discomfort
4. Pain or discomfort in the arms or shoulder
5. Shortness of breath

Core Strength: Why is it important?

By Holly Scherder

Does it seem that every time you open a fitness magazine or hear a segment on the news about health, the terms "core strength" or "core fitness" come up? Do you ever wonder what these terms actually refer to?

Core strength and core fitness are terms or catch phrases that refer to the muscles involved in stabilizing the spine and pelvic regions and run the entire length of the torso. Without these core muscles, we

would be unable to balance, walk, or even sit up. The core muscles help control movement, shift body weight, and change directions. Furthermore, core muscles are very important for functional fitness, which is essential to both daily living and regular activities. Core stability allows you to get out of bed in the morning, get behind the wheel of your car, and bend over to pick up your child.

Because the core muscles are so

vital in our lives it is important to keep them strong. Weak core muscles result in a loss of the appropriate lumbar curve and a swayback posture, which in turn results in low back pain and decreased functionality. Strong core muscles help to distribute the stresses of everyday weight-bearing activities and protect the back from excessive stress and pressure.

It is important when training the

core muscles to have a well balanced workout routine. Simply training a few muscles of the core can lead to muscle imbalances, pain, and injury. Instead, aim for a series of core exercises that will target all of the core muscles including the abs, back, and sides.

* * * * *

Join us at 5:15pm every Tuesday and Thursday evening for a dynamite core strength class!

INTERxVENT Spotlight: Roxanne Herron

Roxanne started INTERxVENT Labor Day weekend 2007 with several goals: 1. lose 20 lbs, 2. eat 5 fruits and vegetables per day, and 3. incorporate physical activity into her weekly schedule. Roxanne participated in a 12 session INTERxVENT program with Carolyn Skelton as her mentor. At first, changing her eating routines was a challenge, but over the last 6 months, Roxanne has learned to enjoy

healthy food such as whole grains, fruits, vegetables and lean meats. She has learned to decrease her portion sizes when eating out and has cut back tremendously on her fast food intake. Roxanne’s new eating habits have been an excellent example for her daughter Brooke and husband Josh. They are now all enjoying eating more healthy and trying new recipes in the kitchen! Roxanne’s hard work is

being noticed! One evening, her daughter Brooke was watching her walk/jog on their home treadmill and was so impressed, she said, “Wow Mommy, you are really going fast on there!” What great role models Roxanne and Josh are for their daughter. Optimus Staff would like to wish Roxanne and her family future success as they continue to live a healthy lifestyle!

RESULTS:	
Weight:	-20lbs
Waist:	-1.25”
Hips:	-2”
Eating Habits:	Eating fresh fruits and vegetables daily

Member Spotlight: Carolyn Smith

Congratulations to Carolyn Smith on her health and fitness accomplishments! Carolyn joined Optimus in August 2007 with the primary goals of losing weight, building fitness, and improving her nutritional habits.

Carolyn has lost 30 lbs since September and is now attending Optimus up to 5 days per week. Along with one-on-one Personal Health and Fitness Mentor sessions

with Joanne Loethen, Carolyn has been involved in the EnergySmart program and currently meets with dietitian, Carolyn Skelton, once a month to help maintain a lifestyle of healthy eating habits. “Carolyn is a great example of someone who has a goal in mind and a strong determination to achieve it,” says trainer, Joanne Loethen. “I have complete confidence that her continued persistence and hard work

will help her continue to see her desired results.”

Carolyn and her husband Dennis enjoy preparing new, healthy meals. When eating out, they select healthier menu items and split their meals to decrease caloric intake. Carolyn states she chooses healthier items at the grocery store and social events; she adds ground flaxseed to her diet and combines a fruit with a protein to help keep her hunger

cravings satisfied. Carolyn also says that she appreciates the knowledge and creativity of her trainers here at Optimus who have tailored her program specifically to meet her health needs.

We look forward to a continued partnership with Carolyn as she works hard to meet her health and fitness goals! Keep up the great work, Carolyn!

INTERxVENT Health Tip: Listening to Your Body

It is important to know what is normal and what is not normal during exercise. Pain during exercise is not normal. It is your body’s way of telling you something is wrong. Listen to your body. Learn and remember what is normal for you. When something is different or things aren’t normal, **STOP**. If you think you have a problem, **GET HELP**.

WHAT’S NORMAL:

- Faster heart rate
- Breathing deeply
- Breathing faster
- Sweating

WHAT’S NOT NORMAL:

- Chest pain or discomfort; pain in your arm; heaviness in your chest
- Extreme breathlessness with light to moderate activity
- Wheezing, inability to catch your breath
- Lightheadedness
- Nausea
- Extreme fatigue
- Numbness
- Irregular pulse
- Acute pain of any kind

If you have any serious disease, or symptoms of heart problems, see your doctor before starting to exercise. *Only you* can accurately assess how you’re feeling, so listen to your body and be

attentive to any of the abnormal signs listed. Also, consider exercising with someone else present, whenever possible.

Exercise can be safe, fun, and effective in helping you achieve your health and wellness goals. The bottom line: listen to your body and ask a health professional if you have any concerns during your workout.



To learn how you can get involved in the INTERxVENT program, contact Optimus. One of our trained INTERxVENT mentors will be happy to answer any of your questions and get you started on a healthier lifestyle!

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: Dietary Fiber - An Essential Part to a Healthy Diet

By Denise Coots

“You need more fiber in your diet.” You have probably heard this before, but, do you know why fiber is good for your health?

Dietary fiber is best known for its role in preventing or relieving constipation.. Fiber also provides other health benefits such as decreasing cholesterol and blood pressure and helping individuals maintain a healthy body weight.

What is Dietary Fiber? Dietary fiber includes all parts of plant food

your body cannot digest or absorb. Fiber is what puts the crunch in carrots and the chewiness in whole grain bread. Foods high in fiber are generally lower in calories and fat while packed with vitamins and minerals.

Fiber-Heart Disease Link. Heart disease statistics continue to rise in the United States, with it being the number one killer of Americans. At the same time, heart disease is preventable largely through positive lifestyle changes, including exercise

and a diet rich in fiber and low in saturated fat.

Fiber Recommendations. The recommended daily allowance for men is 30-38 grams per day and for women is 21-25 grams per day. Currently, most Americans only consume about half of the recommended value for fiber, and are missing out on its health benefits. If you are going to increase your fiber intake, do so slowly and be sure to drink 6-8 cups of water each day.



Ways to Increase Fiber Intake:

- Eat more fruits and vegetables – aim for 2 cups of fruits and 2.5 cups of vegetables.
- Eat beans every other day - black, kidney, garbanzo, lima, and baked, for example.
- Switch to whole wheat bread, rice and pasta.
- Add fiber rich foods to soups/chili – barley, frozen vegetables, or beans.
- Serve entrées on beds of vegetables, like spinach & sautéed onions.
- Snack on air-popped popcorn, dry nuts and seeds and whole grain cereal.

Feature Recipe: Red Curry with Vegetables

Eating Well: Where Good Taste Meets Good Health (www.eatingwell.com)

SERVINGS: 4

INGREDIENTS:

- 4 tsp canola oil (divided)
- 1 14-ounce package extra-firm tofu, rinsed, patted dry and cut into 1-inch cubes (If tofu is not your style, dice up 1 lb of chicken, sauté in 2 T of canola oil until it is cooked to a temperature of 165 degrees)
- 1 pound sweet potato cut into 1-inch cubes
- 1 14-ounce can light coconut milk
- ½ cup vegetable broth or reduced-sodium chicken broth

- 1-2 teaspoons red Thai curry paste
- ½ pound green beans, trimmed and cut into 1-inch pieces
- 1 tsp brown sugar
- 2 tsp lime juice
- ½ tsp salt
- ⅓ cup chopped fresh cilantro
- 1 lime, quartered

DIRECTIONS:

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add tofu and cook, stirring every 2 or 3 minutes, until browned, 6 to 8 minutes total.

Transfer to a plate. Heat the remaining 2 teaspoons oil over medium-high heat. Add sweet potato and cook, stirring occasionally, until browned, 4 to 5 minutes. Add coconut milk, broth and curry paste to taste. Bring to a boil; reduce to a simmer and cook, covered, stirring occasionally, until the sweet potato is just tender, about 4 minutes. Add the tofu, green beans and brown sugar; return to a simmer and cook, covered, stirring occasionally, until the green beans are tender-crisp, 2 to 4 minutes. Stir in lime juice and salt. Sprinkle with cilantro and serve with lime wedges.

“To eat is a necessity, but to eat intelligently is an art.” - La Rochefoucauld



Nutrients Facts (per serving):

Calories	348
Total Fat	16 g
Carbohydrate	41 g
Protein	13 g
Dietary Fiber	7 g
Sodium	451 mg

Super Suppers!

Ask about this unique opportunity to have home-cooked meals prepared for you and delivered to Optimus! All recipes were selected by Carolyn Skelton, our Registered Dietician, to ensure your optimal health!

Ask the front desk for more information!

UPCOMING HEALTH FAIR!

Help celebrate our **one year anniversary!**

May 2008

Be watching for more details soon to come!

Optimus

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Mark your calendars...

APRIL

- * APRIL FOOL'S, Apr. 1st
- * NATIONAL PUBLIC HEALTH WEEK, Apr. 7th-13th
- * NATIONAL SAFE KIDS WEEK, Apr. 26th-May 4th

MAY

- * NATIONAL PHYSICAL FITNESS AND SPORTS MONTH
- * BETTER SLEEP MONTH
- * NATIONAL WOMEN'S CHECK-UP DAY, May 12th
- * NATIONAL EMPLOYEE HEALTH AND FITNESS DAY, May 21st

Better health for a better you!

April

- Lane Miller 4/1
- Randy Coil 4/5
- Alan Lugar 4/5
- Eric Cox 4/7
- Nicholas Peckham 4/11
- Linda LaFontaine 4/14
- Jason Swindle 4/15
- Lynn Miller 4/16
- Rod Hartwig 4/17
- Vicki Hartwig 4/17
- Susan Jessee 4/17
- Sue Lugar 4/17
- Dan Schuppan 4/20
- Melissa Griggs 4/21
- Kathleen Stewart 4/25
- Linda Struckhoff 4/27
- Shannon Kelly 4/29
- Shaun Kelly 4/29
- Scott Rubinstein 4/29
- Corey Murphey 4/30

Member Birthdays

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

May

- Marissa Spencer 5/4
- Mark Blount 5/11
- Kelly Dinwiddie 5/13
- Carroll Wilkerson 5/16
- Erin Wheeler 5/17
- Allison Moore 5/24
- Lynda Hodges 5/27
- Kay Rosenhauer 5/28



Final Note: Upcoming Events in Columbia

- Saturday, April 5th 9am CIGS 4 mile run/1.33 mile walk and Health Fair <http://ctc.coin.org/calendar.htm>
- Saturday, April 12th 9am Jay Dix 5K/10K <http://www.challengetocure.com/>
- Saturday, April 19th 9am Tim Heinz Memorial 5K Columbia <http://www.law.missouri.edu/sba/th5K/>
- Saturday, April 26th 9am Laughing Out Loud 5K, 10K Half Marathon, Full Marathon <http://www.offtrackevents.com/lolrun.html>
- Sunday, May 4th 7am Race for Sight Triathlon UMC Rec Center ctc.coin.org (calendar link)
- Saturday, May 10th 8am Joe Marks Memorial Human Race 5 mile Bethel Park ctc.coin.org (calendar link)
- Monday, May 26th 8am WellAware 5K Stephens Lake Park ctc.coin.org (calendar link)

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15pm Cardio - Resistance (Cary)	5:15 Mid-Week Happy Hour (Joanne) 5:30pm Yoga	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 Kara Haithcoat and Optimus staff members.

