

Optimus

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 has state of the art fitness equipment for total body conditioning and various services to better your health and fitness.

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New at Optimus!

PILATES

See page 3 for details!

Bi-Monthly Newsletter for Optimus: The Center For Health

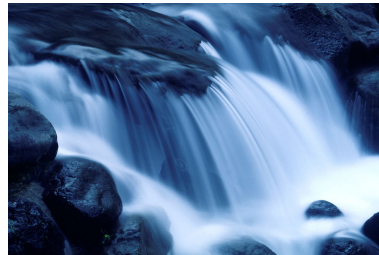
Volume 2, Issue 5

Achieving the Proverbial “Fountain of Youth”

By Tom LaFontaine

As discussed in 5th grade history class, Ponce de Leon landed on the northeast corner of Florida on April 2nd, 1513 AD, in search of a “Fountain of Youth”. Ponce and his crew were sadly disappointed as they succumbed to the wounds of battle and numerous incurable, infectious diseases. Interestingly, the “boneheaded” quest for a magic source that would bestow a long and healthy life continues today. The latest “perfect” substance appears to be resveratrol, also called resveratrol, which is found in high concentrations in grapes and red wine. Resveratrol seems to allow mice to live up to 20-50 percent longer. Given in high doses, resveratrol blocks many of the bad effects of high-calorie Western diets.

The problem is that the doses given to the mice are far larger than anyone can get from drinking red wine unless they wish to die of alcohol poisoning. The equivalent dose in a human would require the person to drink 300 glasses of red wine per day, enough to destroy the liver in fairly short order! However, this hasn’t stopped a large pharmaceutical company from purchasing, for \$270 million, a biotech company named Sirtris which has developed a synthetic resveratrol compound. Certainly there are “mucho bucks” to be made off the naïve public irrespective of the scientific evidence. Snake oil salespersons have taken the US public for years. It seems like human nature never changes – from the days of Ponce de Leon to the present. Homo Sapiens are always seeking the easy fix re-



gardless of the validity, reliability, and effectiveness.

This article discusses evidence that adhering to a low risk lifestyle not only reduces the risk of numerous chronic diseases but also extends life in all populations studied. Harvard and other studies have shown that men and women who adhere to a low risk lifestyle enjoy:

- 92% lower risk for diabetes
- 85% lower risk for heart disease
- 80% lower risk for stroke
- 72% lower risk for some cancers

Numerous other studies conducted in Europe, Asia, North America, and South America have found similar results. What is a low risk lifestyle? See the sidebar that compares a low risk versus a high risk lifestyle.

What’s the secret of a long, healthy life? Two excellent books on living longer and healthier have been published. The first one is called The Okinawa Program by Bradley and Craig Willcox and Makoto Suzuki (<http://www.okinawaprogram.com/>). This book chronicles the results of the 25-year Okinawa Centenarian Study. Okinawans enjoy an average life expectancy of ~82 years, ~79 in men and ~86 in women. The US life expectancy is ~75.5 years in men and ~80 years in women. There are 34 centenarians per 100,000 Okinawans versus about 5-7 per 100,000

in the United States. The second book is called The Blue Zone (<http://www.bluezones.com/>). This book by Dan Buettner discusses information on long-lived societies in four areas of the world: Sardinia; Okinawa; Loma Linda, California; and the Nicoya Peninsula of Costa Rica. All of these areas of the world have high rates of people living in reasonably good health to 100 years of age and beyond.

I would encourage all Optimus members and their friends and families to read these books and visit their websites to learn many lessons for healthful living.

LOW-RISK VS. HIGH-RISK LIFESTYLE FACTORS

Low Risk Lifestyle Factors

- Non-Tobacco User
- Physically Active (30+ min/day)
- Diet is low fat, high fiber*
- Moderate alcohol intake**
- Normal weight ***

High Risk Lifestyle Factors

- Tobacco User
- Sedentary
- Diet is high in fat, low in fiber*
- None or Heavy alcohol intake**
- Overweight or obese

*Low risk diet includes a high intake of fruits, vegetables, beans, low fat dairy, nuts, soy, cereal, fiber, low intake of meat and trans fat, little or no intake of processed meats. High risk diet includes high intake of meat and processed meats, little intake of fruits and vegetables, and fiber-rich foods

** Moderate alcohol intake is 1 drink per day in women, 1-2 in men

*** Normal weight is a body mass index (weight in lbs x 704/height in inches squared) of 25 or less, overweight is a body mass index 25-30 and obese is a body mass index of 30 or greater

Fitting Yoga Into Your Workout and Why

By Kate Walker

We live in a fast-paced world where time for personal exercise programs is short. In addition, we all want to make the most of our exercise experience and time. There is no doubt that good nutrition, cardiovascular exercise, and weightlifting contribute greatly to health, but our need for stretching and flexibility is something that is often put off until more time is available. Our bodies, however, need to balance these strengthening and toning activities with flexibility, balance and trunk stability exercises.

Traditional hatha yoga can improve flexibility, strength, alignment, endurance, and balance, all of which may reduce the potential for strains and injuries. Numerous studies also show that traditional hatha yoga can improve your mental health. Hatha yoga provides benefits not only for physically fit individuals, but helps many other populations such as elderly and individuals with health issues such as multiple sclerosis, arthritis, osteoporosis, wheelchair-bound persons, and even persons who are bed-

ridden. Persons dealing with chronic aches and pains often find yoga and its techniques, such as controlled breathing, helpful in easing discomfort.

Hatha yoga reduces stress and increases focus through its excellent breathing and relaxation exercises. This, in turn, helps reduce high blood pressure and anxiety, and increases a sense of well being. Beginner Hatha yoga class participants have noted that they already feel a difference in their posture and balance after taking a few

classes, and many are pleased to learn that they are not too inflexible for yoga.

The on-going Tuesday and Thursday evening classes at *Optimus* are suitable and developed for nearly everyone, beginning or experienced. Come by at 5:30 PM any Tuesday or Thursday evening and try a class for yourself. Your first class is free. For more information, talk to Kate Walker or any of the staff at *Optimus*.

Member Spotlight: Barbara Bunton

Over the past 6 months, Barbara Bunton has undoubtedly been a poster child for the *Optimus* mission and vision. Determined to manage her health risks without becoming dependent on prescription medication, Barb came to *Optimus* in March 2008 to get on track with a healthier, more active lifestyle, and she hasn't looked back since. Upon joining *Optimus*, Barb began a regular workout routine and started on the INTERVENT program with her mentor,

Joanne Loethen.

Despite living 20-30 minutes away, Barb has made a commitment to her health and doesn't let a week go by without getting in a cardio-resistance circuit at *Optimus* 2 or 3 times. On the days that she is unable to attend *Optimus*, she keeps active by walking and bicycling at her home in Hallsville, MO. Not only has Barb lost 14 pounds so far, but she has reduced her LDL cholesterol and

lowered her fasting blood glucose to a more desirable level. Plus, her energy level is better than ever.

"When I started INTERVENT, I had tried several approaches to losing weight and would lose only to gain it back," says Barb. "Since starting the INTERVENT program, I have found success in weight loss by learning the necessary tools for a healthy diet and exercise program

By Joanne Loethen

to last a lifetime." Keep up the great work Barb! You're an inspiration to us all!

Want to share in Barb's success story? Looking to improve your health, fitness, and eating habits and adopt habits that you can carry on for a lifetime? See one of our INTERVENT mentors at *Optimus* and ask how you can get started on this life-changing program today!

INTERVENT Health Tip: Reducing Fat When Cooking

Low-fat baked goods may be high in calories. Extra sugar may be added to replace some of the bulk and moisture when fat is removed from baked goods.

When cooking baked goods and other recipes:

- Reduce the amount of sugar by one-fourth to one-third without noticing a major difference in the taste or texture of baked goods and other recipes.
- Eliminate some ingredients altogether. If the ingredient is added for appearance, out of habit, or is optional, you can leave it out

Here is a list of ingredients that may be reduced or eliminated:

- Nuts in baked products
- Raisins or dried fruits
- Olives in salads
- Whipped toppings and thick frostings on desserts
- Butter or margarine on sandwiches or in mashed potatoes
- Always measure when you cook, especially oil or fat in recipes. You will save fat grams and calories. It's hard to visualize a gram of fat, but you can see a teaspoon. One teaspoon equals about four grams of fat.

To learn more about easy ways to avoid high-fat foods in your food plan, schedule a consultation with dietitian, Carolyn Skelton today or ask any of our qualified health professionals!



INTERVENT^{USA}

To complete your FREE online Health Risk Assessment:

- 1) Log on to the INTERVENT^{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: Healthy Eating for Healthy Aging

By Carolyn Skelton

Growing older is something we all experience. As we climb the ladder of wisdom, it is also important to consume nutrient-dense foods. Calorie needs decrease with age and mineral and vitamin requirements increase with age.

Using a supplement as a band-aid for a healthy diet is not the answer. The body will absorb nutrients from food more effectively than from a supplement. A person should aim to eat 3-4 servings of fruit, 5 servings of vegetables, 6 servings of whole grains, 6 oz of lean fish, poultry, beans or beef, 3 servings of low fat dairy and 3 servings of a polyunsaturated/monounsaturated

fat per day. A key factor in aging healthfully is eating right, so do not cut yourself short.

A diet high in processed, packaged foods and frequent visits to fast food restaurants will lead to obesity and chronic disease. Select whole foods, fresh fruits, and vegetables. Experiment in the kitchen with a new recipe. Encourage each family member to select a new food item from each food group several times a month. Variety will make healthy eating fun.

To ensure you are consuming a diet rich in vitamins and minerals, meet with a dietitian to review a week of current food logs. A dietitian is able to assess

these food logs, as well as your calorie and protein needs, height, weight, body fat percentage, waist measurements, and hip measurements to determine a healthy body weight goal and discuss meal plan options, grocery items to purchase, healthy cooking tips and healthy meal and snack ideas for the entire family. From this assessment, feedback can be provided on nutrients you may be missing and nutrients you may be getting too much of.

Schedule your appointment with dietitian Carolyn Skelton today to assess your current nutrient intake. Learn simple ways that you can optimize your intake and maximize your years!



Feature Recipe: Broccoli and Pork Stir Fry

Food Everyday, A Martha Stewart Magazine, Sept. 2008

Serves 4

Prep Time: 25 min

Total Time: 25 min

INGREDIENTS:

1 teaspoon grated orange zest, plus ¼ cup fresh orange juice (for extra calcium, use calcium fortified orange juice)

¼ cup low sodium soy sauce

¼ cup rice vinegar

1 tablespoon cornstarch

2 teaspoons vegetable oil, such as safflower

1 pork tenderloin (about 1 pound), quartered lengthwise and thinly

sliced

2 garlic cloves, minced

3 scallions, white and green parts separate and thinly sliced

1 head of broccoli (about 1 pound), cut into bite-size florets, stalks peeled and thinly sliced

DIRECTIONS:

1. In a medium bowl, combine orange zest and juice, soy sauce, vinegar, and cornstarch; set stir-fry sauce aside.

2. In a large nonstick skillet, heat 1 teaspoon oil over medium.

Working in two batches, cook pork until browned on one side,

1 to 2 minutes (pork will cook more in step 4). Transfer to a plate, and set aside; reserve skillet.

3. Add remaining teaspoon oil, garlic, and scallion whites to skillet. Cook, stirring occasionally, until scallions wilt, 1 to 2 minutes. Add broccoli and ½ cup water; cover, and cook until broccoli is crisp-tender and water has evaporated, 2 to 4 minutes.

4. Add pork (with any juices) and stir-fry sauce to skillet. Cook, stirring, until pork is cooked through and sauce has thickened, 1 to 2 minutes. Top with scallion greens.

“The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit.”

-St. Frances de Sales



Nutrients Facts (per serving):

Calories	218
Total Fat	6.5g
Saturated Fat	1.5g
Carbohydrate	13g
Protein	27.6g
Dietary Fiber	2.2g

NEW!

Pilates at Optimus
Monday and Wednesday
5:30 pm

SIGN UP TODAY!

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Member Birthdays

Happy birthday to everyone celebrating a birthday in October or November!

OCTOBER

- Christine Stamper 10/2
- Marscha Fisher 10/6
- Bob Roper 10/10
- Suzan Anderson 10/15
- Vicki Dunscombe 10/17
- Patrick Gruber 10/10
- Marlene Edgar 10/19
- Megan Kelly 10/25
- Karen Slates 10/27

NOVEMBER

- Craig Van Martre 11/2
- Dan Hill 11/5
- Nora Hunter 11/6
- Dennis Smith 11/9
- Linda Hays 11/14
- Sarah Swindle 11/17
- Richard Montgomery 11/17
- Randy Bryson 11/17
- Tom LaFontaine 11/20
- Stephanie McClanahan 11/20
- Susan Tumulty 11/21
- Anne Weller 11/29
- Katherine Caldwell 11/30



Happy belated birthday to Ellen Roper whose birthday was September 15th!

Final Note: Upcoming Events

October 5 - Wilson's Half Marathon Challenge	8:00am Peace Park (8th & Elm)
October 18 - The Mayor's Cup Urban Adventure	9:00am Boone Tavern
October 19 - Rock Bridge Revenge 10K/20K	9:00am Rock Bridge State Park
November 1 - Cross Country Challenge	10:00am Stephen's Lake Park
Men's 8K/Women's 6K/Kids 4K	
November 8 - Cranberry Crawl 5K/10K/Kid's Mile	8:00am Central MO Food Bank
November 15 - Cross Country Extreme 4 Mile	9:00 am Midway Expo Sandbar
December 6 - Jingle Bell for Arthritis 5K	8:00 am Roger B Wilson Govt Bldg

Mark your calendars...

OCTOBER

- * National Family Health Month
- * World Mental Health Day—Oct. 1
- * Child Health Day—Oct. 6
- * National Health Education Week - Oct. 15-19
- * Lung Health Day –Oct. 24

NOVEMBER

- * American Diabetes Month
- * National Healthy Skin Month
- * Public Health Thank-You Day—Nov. 20
- * Great American Smoke-out—Nov. 20

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am Pilates	6:00am/9:00am Boot Camp	7am Pilates	6:00 am Boot Camp	9:00am Boot Camp	8:45am Total Body Conditioning
	5:30 Hatha Yoga		5:30Hatha 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 Shaun Kelly and Optimus staff members.

