

Optimus

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 3, Issue 1

U.S. Department of Health and Human Services Publishes Guidelines for Physical Activity for US Citizens

By Tom LaFontaine, PhD

In 1975, the American College of Sports Medicine (ACSM) published the first set of professional, science-based guidelines for exercise and physical activity (PA) for US adults. These guidelines focused on exercise and heart and lung fitness as achieved through structured, vigorous aerobic exercise.

Since this original statement, numerous professional organizations including the US Centers for Disease Control and Prevention, the American Heart Association, the Institute of Medicine, the National Association for Sports and Physical Education, and others have produced statements recommending regular PA and outlining guidelines for all US citizens. These guidelines have evolved based on accumulating scientific evidence to place more emphasis on the health benefits rather than the physical fitness benefits of regular PA. In addition, they have expanded over the past 30 years to include recommendations for resistance or weight training and flexibility,

balance, and agility exercises. This article summarizes some of the most important aspects of the DHHS statement.

Optimus staff encourages all members, their families, and friends to review these guidelines and implement them as needed (considering many of you likely already meet or exceed some of the recommendations) in your daily lives. Perhaps in 2009, all members can make it a goal of theirs to encourage two or more sedentary persons to adopt a physi-

cally active lifestyle. In addition, since optimal health is more than physical activity, it would be great if all members encouraged their friends and families to consume a healthy diet, manage stress, not use tobacco products, lose weight if necessary, and optimally manage any health risks such as high blood pressure, abnormal blood lipids, and diabetes. The wheel diagram below illustrates how optimal health is achieved with exercise simply being the hub of the wheel. *(story continued on page 2)*



Children & Adolescents (6-17 yrs)	Adults (18 to 64 years)	Older Adults (65+ yrs)
<ul style="list-style-type: none"> • AVOID INACTIVITY • Engage in 1 hour (60 minutes) of physical activity per day • Most of the hour should be moderate to vigorous intensity exercise • Engage in vigorous aerobic physical activity, 3 days per week, at least 30 min per session • Engage in muscle, flexibility, and bone enhancing exercise, 3 days per week as part of the 60 minutes per day 	<ul style="list-style-type: none"> • AVOID INACTIVITY: Some PA is better than none. • For meaningful health benefits, achieve a minimum of 150 min (2.5 hours) of moderate intensity PA per week, or 75 minutes of vigorous intensity activity per week, or an equivalent combination. Aerobic PA should be performed in episodes of 10+ min per session, with 30 min episodes on at least 5 days per week. • For additional benefit and for weight loss/weight loss maintenance, 300 minutes (5 hours) per week of moderate intensity or 150 min (2.5 hrs) of vigorous intensity PA is more effective (It is possible to benefit even more by doing more than this amount per week but the risk of injury increases). • Two or more days per week, do muscle strengthening and flexibility exercises that involve all major muscle groups. 	<ul style="list-style-type: none"> • AVOID INACTIVITY • Engage in a minimum of 150 min of moderate intensity PA per week or as much as possible in the presence of chronic diseases (and perhaps under professional supervision such as provided at Optimus) • Older adults should essentially follow the adult guidelines (ages 18-64 years of age) • Engage in exercise to maintain balance and agility - may reduce risk of falls and injuries. • Engage in muscle strengthening and flexibility exercises a minimum of 2-3 days per week. • Older adults with chronic conditions such as lung or heart disease, osteoporosis, or diabetes should obtain medical clearance before engaging in vigorous exercise.

MEMBER SPOTLIGHT: Suzy Moore

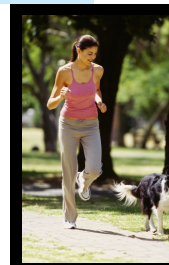
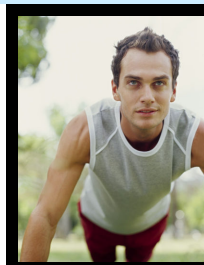
Suzy Moore started at Optimus in September 2007 and never ceases to amaze anyone who knows her story. Suzy's initial goals were to improve her bone density and increase muscle strength. Having been diagnosed with multiple sclerosis in 1980, Suzy knew that getting on a regular exercise routine would be important to maintaining her strength and good health.

Suzy began resistance training 2-3 days each week with trainer, Joanne Loethen, and has yet to

meet a challenge that she cannot overcome. Day-in and day-out Suzy continues to push herself in her training and her results prove the value of her hard work.

Suzy has reduced her total cholesterol by 41 points, reduced her LDL ("lousy" cholesterol) by 48 points, and improved her HDL ("happy" cholesterol) by 10 points.

Without a doubt, Suzy is an inspiration to all who meet her. Congratulations, Suzy, and here's to your health!



GUIDELINES FOR PHYSICAL ACTIVITY (continued from page 1)

With your assistance we can achieve the promises of prevention such as 90% lower risk for diabetes, 82% lower risk for heart disease, 76% lower risk for strokes, and 72% lower risk for some cancers (Harvard and other studies). The more preventable diseases we can PREVENT, the more human suffering and costs we can also avoid. Page 1 lists a

summary of the key aspects of the DHHS guidelines for ages 6 to 100+ years (items in italics are my additions to the guidelines).

To find out more about the new Physical Activity Guidelines, visit the Department of Health & Human Services website at:

www.dhhs.gov

SUZY'S HIGHLIGHTS	September 1, 2007	November 1, 2008
Total Cholesterol	225 mg/dl	184 mg/dl
LDL Cholesterol	117 mg/dl	69 mg/dl
HDL Cholesterol	69 mg/dl	79 mg/dl



INTERxVENT Health Tip: Safe Celebrating This Holiday Season

More automobile crashes occur between Christmas and the New Year than any other time of the year and alcohol is involved in the majority of the crashes.

Follow these tips to help your guests stay sober and safe:

- Don't encourage anyone to overindulge.
- Mix drinks on the light side.
- Provide a wide selection of beverages including juices, sparkling and flavored waters, herbal teas, hot cocoa, and non-alcoholic beers and wines.
- Serve a hot beverage at the end of the evening before your guests depart.
- Never allow anyone to drive if you think they are feeling the effects of alcohol. Arrange for a driver or call a cab.
- Tie a red ribbon on the door handles of your automobile to support the Mothers Against Drunk Driving (MADD) campaign to reduce alcohol-related accidents.

If you plan to have more than one alcoholic beverage:

- Have a glass of water between drinks to pace your drinking and to counter the dehydrating effects of alcohol.
- Be active. Activities such as dancing and brisk walking burn calories and reduce the effects of alcohol.
- Never drink on an empty stomach.



Nationwide Better Health

*On Your Side**

INTERxVENT is now Nationwide Better Health and is offered exclusively by The Insurance Group to individuals and organizations in the mid-Missouri area

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.

Congratulations, Optimus Lifters!

Kizzi Roberts, Whitnee Maycock, Jordan Kroell, and Anthony Jones, Optimus weightlifters, all competed in the 2008 MO State Championships and Double Deuce Open in Kirksville, MO in November. They all did well.

Whitnee made a 71 kg snatch and 85 kg clean and jerk and made good attempts at 76 and 91 kg. She was the MO State Champion

in the 75 kg class.

Kizzi did a 52 kg snatch and just missed 55 kg and 66 kg (a recent best for her) for a total of 118 kg. In early January, she will be qualifying for June's nationals. She was the state champion in the 58 kg class, and she will compete in the 53 kg class in the nationals.

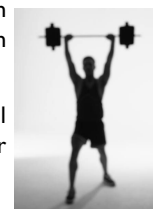
Anthony achieved his personal

best in his 90 kg snatch, just missing 92 kg. He followed up with a 111 kg opener in the clean and jerk, just missing 116 and 117 kg. His total of 201 kg is his best. He will need 225 kg in the first quarter of '2009 to qualify for the Junior Nationals. Anthony was 3rd in a close competition with Kirksville college lifters.

Jordan competed in his first meet

and set personal records of 73 kg and 96 kg in the clean and jerk. He managed 99 kg but was turned down by the judges for a technique infraction. Jordan was state champ in the 77 kg class.

Congratulations, all of you, on your great performance!



Nutrition Corner Q & A: Pre- and Post-Exercise Meals and Snacks

By Carolyn Skelton

Q: Recently, I've been feeling sluggish during my workouts. What should I be eating before I exercise so that I can keep my energy level up throughout my session?

A: A low fat snack of about 100-150 calories prior to a workout is recommended, especially for folks with diabetes. The best sources of fuel prior to a workout are foods rich in carbohydrates with a little protein. Thirty to sixty minutes before a workout, consider consuming a piece of fruit and a few almonds or a slice of whole grain bread with peanut butter. A granola bar is another good snack option. Each of these choices offer an excellent balance of carbohydrate and protein to fuel your workout. Since your body needs about two to four hours to digest a meal, avoid eating a large

meal high in protein and fat before a strenuous workout.

Q: What about after I finish my workout? What's a good post-exercise snack or meal and how soon after my workout should I eat something?

A: After a strenuous workout of 60 or more minutes, muscle glycogen stores should be replenished within the first 45-60 minutes. A cup of skim milk with some dark chocolate cocoa powder is an excellent source of protein, calcium and carbohydrate. For a healthy meal after a workout, try 3-4 oz of grilled chicken with two pineapple rings on top, 1 cup of sautéed broccoli and ½ to 1 cup of brown rice.

Q: I've been exercising like crazy for a while now, but I'm still not seeing the weight loss that I desire. Besides reducing my portion sizes and choosing low-fat options, what else can I do with my diet to help with weight loss?

A: Examine the amount of fiber you eat per day. About 35 to 40 grams of fiber per day is the recommended amount of fiber a person should eat per day. Along with a diet high in fiber, fluid intake is critical to support bowel function, digestion and absorption of nutrients from the foods eaten. Shoot for ½ of your body weight in ounces to estimate the amount of fluid you need per day. Smart fluid choices are water, skim milk and or 1-3 cups of tea or coffee per day.



Use these tips to help you gain tremendous health benefits with proper nutritional intake prior to and after your workouts.

Eat healthy and keep moving!

"The greatest wealth is health." -Virgil



Nutrients Facts (per serving):

Calories	198
Total Fat	6g
Carbohydrate	31g
Protein	6g
Dietary Fiber	8g
Sodium	605mg

Feature Recipe: Indian-Spiced Eggplant & Cauliflower Stew

www.eatingwell.com

Makes 6 servings, about 1 1/3 cups each

1/2 cup water
1/2 cup nonfat plain yogurt (optional)

TOTAL TIME: 40 minutes

INGREDIENTS:

- 2 tablespoons curry powder, preferably Hot Madras*
- 1 teaspoon garam masala**
- 1 teaspoon mustard seeds
- 2 tablespoons canola oil
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 teaspoon finely grated fresh ginger
- 3/4 teaspoon salt
- 1 1-pound eggplant, cut into 1-inch chunks
- 3 cups cauliflower florets
- 1 15-ounce can diced tomatoes
- 1 15-ounce can chickpeas, rinsed

DIRECTIONS:

1. Heat a Dutch oven over medium heat. Add curry powder, garam masala and mustard seeds and toast, stirring, until the spices begin to darken, about 1 minute. Transfer to a small bowl.
2. Add oil, onion, garlic, ginger and salt to the pot and cook, stirring, until softened, 3 to 4 minutes. Stir in eggplant, cauliflower, tomatoes, chickpeas, water and the reserved spices. Bring to a simmer. Cover, reduce heat and cook, stirring

occasionally, until the vegetables are tender, 15 to 20 minutes. Top each serving with a dollop of yogurt, if desired.

Make it a Meal: Serve with brown basmati rice or whole-wheat couscous.

*Hot Madras curry powder, located in the spice aisle of most supermarkets, adds a pleasant level of heat. Substitute regular curry powder for a milder flavor.
**Garam masala is a flavorful, fragrant blend of dry-roasted ground spices. It's in the spice section of most supermarkets and specialty stores.



Holiday Hours at Optimus



CHRISTMAS

Wednesday, December 24th: 6am-1pm (closed in the evening)
Thursday, December 25th: CLOSED
Friday, December 26th 8am-1pm, 4-7pm

NEW YEAR'S

Wednesday, December 31st: 6am-1pm (closed in the evening)
Thursday, January 1st: 8am-1pm

Are you playing host to friends and family this holiday season? Still struggling to find the perfect holiday gift for friends & family? Give the gift of good health this holiday season—it's the gift that keeps on giving! For the second year, Optimus members can take advantage of our Friends & Family Holiday Special—give a 10-visit guest pass for just \$35! That's more than 50% off our normal pricing! Hurry! The guest pass does not expire, but the special offer does! Take advantage of the discount now through January 31st!

200 East Southampton Drive
Columbia, Missouri, 65203
573-777-7474

Optimus Staff Email:

Tom LaFontaine:

fithealth@aol.com

Carolyn Skelton:

cskelton@theinsurancegrp.com

Joanne Loethen:

joanne@optimushealth.com

Holly Delgman:

hollyscherder@hotmail.com

Janene Sun:

janene@sunsportsmassage.com

Linda LaFontaine:

linlafontaine@aol.com

Whitnee Maycock:

wam985@mizzou.edu

Kate Walker:

walkerja@missouri.edu

Bob Rogers:

rsr9b0@mizzou.edu

The Insurance Group

200 East Southampton Drive
Columbia, Missouri, 65203
573-875-4800

Member Birthdays

Happy Birthday to everyone celebrating a birthday in December and January!

DECEMBER

- Carol House 12/4
- Joan Dutil 12/9
- Courtney Gaunt 12/11
- Stephanie Riepe 12/12
- Roxanne Herron 12/20
- Dan Atwill 12/23
- Tanner Cooper 12/27
- Mike Kelly 12/30
- Lori Scanlon 12/30

JANUARY

- Cindy Corwin 1/5
- Diane Peckham 1/9
- Josh Herron 1/10
- Tate Cooper 1/11
- Sharlet Finely 1/13
- Beth Traudes 1/14
- LuAnn Stuart 1/14
- Linda Peterson 1/30
- Sandy Hodge 1/31
- Lindy Ford 1/16
- Suzanne Dudley 1/17
- Jim Scanlon 1/22
- Eric Bowman 1/23
- Bridgette Bigelow 1/28
- Barbara Townsend 1/28



Final Note: Upcoming Events in Columbia

Looking for a fun way to get in the holiday spirit and stay in shape? Check out these running events in Columbia and the surrounding areas. Get your friends and family together and make it a tradition! Cheers to your health this holiday season!

December 6 - Jingle Bell for Arthritis 5K, 8am Roger B Wilson Govt. Bldg

December 13 - Cheese & Sauerkraut 10 Mile, 8:30am Katy Trailhead at McBaine

December 31 - First Night 5K, 4pm Flat Branch Park

January 10 - Runner's Choice 10K/20K, 8am Bethel Park

Purchase 10 visits to Optimus for just \$35 with our Family & Friends Holiday Special! See page 3 for details.

Mark your calendars...

DECEMBER

- *World AIDS Day — Dec. 1
- *International Day of Disabled Persons — Dec. 3

JANUARY

- *National Blood Donor Month
- *Cervical Cancer Screening Month
- *National Eye Care Month
- *Healthy Weight Week — Jan. 20-26
- *Rid the World of Fad Diets and Gimmicks Day — Jan. 22
- *Women's Healthy Weight Day — Jan. 24

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am/9am Boot Camp		6am Boot Camp	9am Boot Camp	8:45am Total Body Conditioning
5:30pm Pilates	5:30pm Hatha Yoga	5:30pm Pilates	5:30pm Hatha 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.

