

## **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.*

### **HOURS**

#### **Monday-Friday:**

**6am-1pm and 4-7pm**

**Saturday: 7am-noon**

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### **LEARN MORE!**

*Read the complete report of the updated Physical Activity Guidelines by visiting the American College of Sports Medicine online at [www.acsm.org](http://www.acsm.org). Copies of the guidelines are also available in the Lounge Area at Optimus.*

Bi-Monthly Newsletter for Optimus: The Center For Health

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## **New Guidelines: Here We Go Again?**

By Bob Rogers

Today, the number of overweight and obese adults in the United States has soared to approximately 66.3% as assessed by body mass index (BMI). According to the Centers for Disease Control and Prevention (CDC), over 28% of this statistic is dedicated to obese individuals alone ([www.cdc.gov](http://www.cdc.gov)). The state of Missouri is not immune to these trends as 27.5% of adult residents of Missouri are obese. Most alarmingly, obesity is rapidly increasing in children of all ages in the United States and the state of Missouri. Childhood obesity increases an individual's risk of becoming an obese adult and exposes them to the future risks of multiple chronic diseases.

To combat this epidemic, public health organizations such as the Institute of Medicine, the American Heart Association, and the World Health Organization, have recommended physical activity as a means to lose weight and maintain weight loss. These recommendations have been confusing to the public because the different public health organizations base their recommendations on different outcomes. Thus the various organizations appear to be advocating different levels of physical activity. Some organizations base their recommendations on reducing chronic disease risk. Others base their recommendations on weight loss and prevention of weight gain or regain. While these recommendations are not in total contrast, the amount of physical activity to achieve these goals is somewhat different. It is up to Americans to sift through

the information and pick out what applies to their individual goals.

For an overweight or obese individual, weight loss should be a primary goal. After achieving this goal, the prevention of weight regain must also be of high priority. The consequences of long term cyclic weight loss followed by regain are largely unknown, speculative, and negative. Weight loss of as little as 3% can reduce the risk of chronic disease. These benefits include: reduced cardiovascular disease risk, improved



*EXERCISE: The "Gold Standard" for Improving Health and Longevity*

blood lipid/cholesterol profile, improved blood sugar handling, improved self-esteem and well-being, reduced stress, and reduced risk of numerous other chronic diseases, including breast and colon cancers. Greater weight loss will further enhance these outcomes.

The American College of Sports Medicine (ACSM) has recently released an update to their 2001 position stand regarding the amount of physical activity needed to promote weight loss and prevent weight regain. The ACSM recommends that for overweight and obese individuals to reduce body weight and prevent weight regain individuals must participate in a minimum of 250 to 300 minutes per week of

moderate-intensity physical activity. In the state of Missouri approximately half of all adults participate in 30 minutes of moderate-intensity exercise on 5 days per week. This is actually an improvement since 2001. These moderate-intensity exercise bouts can be broken up into multiple ten minute sessions throughout the day. More vigorous exercise can also be undertaken; however, a caloric expenditure for the week should be approximately 2000 calories or greater.

What does moderate-intensity exercise mean? What is "moderate-intensity" to one individual may be more or less to another individual. For exercise professionals, moderate-intensity exercise is defined as exercise performed at 3 to 6 times greater than an individual's resting metabolic rate. For most individuals, this can be gauged as exercise intensity between 5 and 6 on a scale of 0 to 10. Moderate-intensity exercise can be: walking at 3 mph or faster, water aerobics, bicycling (but not racing), tennis, dancing, or general gardening. A simple way of testing intensity of exercise is that one should be able to talk during the exercise session, but not sing. This is simply known as the "talk test" and is often subtly used by fitness professionals to gauge a client's intensity level. There are only subtle changes between the recommendations of the 2001 and 2009. In conclusion, adding moderate- or vigorous-intensity physical activity to a healthy dietary regimen is still the "gold standard" for weight loss and improved health.

## Walking for Life

You have likely heard that walking is an excellent mode of exercise that results in countless health benefits. According to the Surgeon General, accumulating at least 30 minutes of walking (or 10,000 steps) per day, five days per week can dramatically improve health and reduce the risk for obesity, diabetes, heart disease, and the metabolic syndrome. Surprisingly, however, less than 1/3 of Americans currently accumulate this amount of activity into their lifestyles. Are you one of them?

With springtime upon us, now is the perfect time to start incorporating walking into your daily routine, if you do not do so already. If you are too busy before or after work, try walking during your lunch hour. Thirty minutes is all it takes and you will still have thirty minutes left to enjoy a healthy lunch. Not only will lunchtime walking help reduce your health risks, improve muscle tone, and control your weight, but it's also a great way to re-energize yourself for the remainder of the workday. Lisa

Franke & Joan Dutille have been consistent lunch-time walkers since December 2008 and can testify to the countless benefits of the mid-day activity. "For me, walking at lunch time helps to break up the day. It is also a stress reliever and time to 'decompress' so I can go back at it in the afternoon. I find myself more attentive in the afternoon on the days that I walk," says Franke. For the past four months, Lisa and Joan have consistently attended Optimus 2-3 days per week during their lunch hour to walk on the treadmills. Kudos to Lisa and Joan for setting a great example of staying active!

Log onto [www.bcbs.com/innovations/walkingworks](http://www.bcbs.com/innovations/walkingworks) to find resources to help you begin your walking program. Here you will find recommendations, tips, and a walking log to help you stay on track with your walking routine.

Looking for an excuse to start a lunchtime walking routine?



Wednesday, April 29 is National Walk @ Lunch Day!



## Member Spotlight: Barbara Townsend

Barbara Townsend is an extremely dedicated woman. Over the last 45 years, she has shown this dedication to her family, her profession, and her chosen lifestyle habits. For her efforts in support of women professionals, Barbara received

the Distinguished Service Award from the MU Chancellor's Committee on the Status of Women, Thursday March 12, 2009 in Stotler Lounge at Memorial Union. Barbara is a member of Optimus and is a client of Tom LaFontaine and

Carolyn Skelton. She takes excellent care of her health and she is an exceptional role model for young women and men embarking on a professional journey. Tom LaFontaine stated "It is my pleasure to work with Dr. Townsend

and her husband, Dr. Norm Gysbers, both of whom are exceptional professionals and persons." The staff at Optimus wish Barbara continued success and are thrilled she is a part of our Optimus family.

## A Personal Story: Strong Body, Strong Mind

I have never been overweight, but I have also never been athletic. When I decided to make a serious commitment to exercise this August, I could hardly jog without breathing hard. I also lacked self-confidence. I worked with trainer Holly Delgman for several months, and now I work out on my own three or four times a week for 30 minutes to an hour each time.

I have been inspired in my pursuit of a healthy body and a healthy mind by my work at Optimus. When I come to Optimus, I am inspired by the energy of the people who work

there and the persistence of their clients. I feel very lucky to work and exercise at a gym like this one, where the focus is much more on health and nutrition than it is on being "ripped" or being thin. My motivation to work out is not dissatisfaction with my body. Who cares what my body looks like? It can lift weights. It can jog. It can bend.

When I work out, I feel powerful. Exercise energizes me and gives me peace of mind. When I am stressed, angry, or anxious, it calms me. After a hard workout, knowing what my body can do boosts my self-confidence. After a long day at school, a jog

on the treadmill or the elliptical machine wakes me up and prepares me to focus on my homework. Instead of worrying about what I eat, I find that I enjoy my food more and naturally make healthier choices. Overall, I am a much calmer person on days that I am able to exercise. I work out for the way it makes me feel physically and mentally, not for the way I fear I will feel if I do not work out. When I make sure to exercise, I am happier and my moods are more stable than they would be otherwise. Even though the shape of my body has hardly changed, by building up my muscles and

endurance inside, I have also grown in self-esteem. These experiences have proven to me that my mental health and physical health are intertwined.

*Shaun Kelly has been a member of the Optimus team since October 2007. Shaun has contributed greatly to the Optimus mission and vision. We will miss her dearly when she leaves to pursue furthering her education in August 2009. Thanks for all you do, Shaun, and best of luck in your future endeavors!*

By Shaun Kelly

## Nutrition Corner: Portion Distortion

By Hannah Holzum

Over two-thirds of Americans are considered overweight or obese. The culprit? Oversized portions.

According to a survey by the American Institute for Cancer Research, 78% of Americans believe the kind of food they eat is more important in managing their weight than the amount of food they eat. The bottom line is that bigger portion sizes equal more calories regardless of whether the calories come from carbohydrate, protein, or fat.

Understanding proper portion sizes is the key to good nutrition. The website [www.mypyramid.gov](http://www.mypyramid.gov) is a great resource that provides all of the proper serving sizes for each food group. Here are some common items to com-

pare your portions to:

Deck of cards = a 3oz serving of meat, fish, or poultry

Six dice = one serving of cheese

A CD = a serving of one small pancake or one small waffle

Baseball or woman's fist – one serving of fruit or vegetables

### Tips for controlling your portions:

Dig for those old measuring cups and spoons. One of the best ways to control your portions is to re-learn portion sizes by using these utensils to re-train your eye.

When eating away from home, you can always request smaller portions or cut the meal in half before eating and take the rest home for another meal.

Read the nutrition facts label and pay attention to the serving size. If the label says 19 pieces equal 1 serving, physically count out 19 pieces onto your plate. Avoid eating straight from the box or bag.

Use smaller plates and bowls. This will make it seem as if you are eating more than you actually are.

Use these tips to help with weight loss and weight control. At your next meal, check your portions to ensure that you are on the right track to proper portion sizes and a healthy weight!

**Keep an Eye on Your Portion Sizes**

Here are some ways to "eyeball" food portion amounts:

- 1 cup = [baseball]
- 1/2 cup = [baseball]
- 1 teaspoon = [tip of a thumb to the first joint]
- 1 tablespoon = [3 thumb tips]
- 1 1/2 ounces\* of natural cheese = 6 dice  
\* Equivalent to 1 cup milk  
(2 oz. processed cheese – 8 dice – also are equivalent to 1 cup milk)
- 3 oz. cooked meat, fish, or poultry = a deck of cards



## Feature Recipe: Baked Honey Mustard Chicken

allrecipes.com

**Servings:** 6

### Ingredients:

- 6 skinless, boneless chicken breast halves
- salt and pepper to taste
- 1/2 cup honey
- 1/2 cup prepared mustard

- 1 teaspoon dried basil
- 1 teaspoon paprika
- 1/2 teaspoon dried parsley

### Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard,

basil, paprika, and parsley. Mix well.

Pour 1/2 of this mixture over the chicken, and brush to cover.

3. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

*"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."*

-Spanish Proverb

### Nutrients Facts (per serving):

Calories	232
Total Fat	3.7g
Carbohydrate	24.8g
Protein	25.6g
Dietary Fiber	1g
Sodium	296mg

## INTERxVENT Health Tip: Lifestyle Physical Activity

Lifestyle physical activity-raking leaves, walking the dog, vacuuming the carpet counts too!

Adding lifestyle physical activity to your daily routine has these advantages:

- You can do lifestyle activities at any time. Every minute counts, even a two-minute

walk to the mail box or climbing a flight of stairs instead of taking the elevator.

- You don't have to find a place to exercise. Opportunities are all around you.
- You don't need special equipment (except for comfortable shoes).

- You don't have to put on special exercise clothes or take a shower when you're finished.
- You don't need special skills to be able to perform the activity.
- There is less of a chance for you to get injured because

*lifestyle activities are not too vigorous.*

It's easy to fit in lifestyle physical activity. Take extra steps in your day. Try to do as much activity every day in addition to your traditional exercise program.

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## Member Birthdays

Happy Birthday to everyone celebrating a birthday in April

**APRIL**

- Alan Luger 4/5
- Nicholas Peckham 4/11
- Bob Rogers 4/13
- Linda LaFontaine 4/14
- Lynn Miller 4/16
- Wendy Evans 4/17
- Linda Struckhoff 4/27
- Shaun Kelly 4/29
- Shannon Kelly 4/29

**MAY**

- Kim Nielson 5/4
- David Dunafon 5/10
- Pieter VanWaarde 5/10
- Suzy Moore 5/13
- Sandy Ollar 5/14
- Jan Rudeen 5/22
- Scott Boyd 5/27
- Lynda Hodges 5/27



### Final Note: Upcoming Events

- April 18 - CIGS 4 Mile Run/1.3 Mile Walk & Health Fair 9:00 am Lemone Industrial Blvd
- April 25 - Joe Marks Memorial Human Race 5 Mile 8:00 am Bethel Park
- May 2 - Mizzou Midshipman Charity 5K 8:30 am Mizzou Arena Parking Lot
- May 9 - Jay Dix Challenge to Cure 5K/10K 9:00 am 4th & Cherry St

*Optimus* will be hosting a **Breakfast Station** for **Bike, Walk, and Wheel Week 2009**  
Friday, May 8 from 7:00-9:00am. Stay tuned for details!

**Mark your calendars...**

**APRIL**

- \*Alcohol Awareness Month
- \*Cancer Control Month
- \*April 5: World Physical Activity Day
- \*April 7: World Health Day
- \*April 18: National Healthy Kids Day

**MAY**

- \*Exercise is Medicine Month (ACSM)
- \*Better Sleep Month
- \*National Bike Month
- \*May 10-16: National Women's Health Week
- \*May 20: National Employee Health and Fitness Day

### WEEKLY CLASS SCHEDULE:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9am Boot Camp	6am Boot Camp	9am Boot Camp	6am Boot Camp		10am Boot Camp
5:30pm Pilates	5:30 Hatha Yoga	5:30pm Pilates	5:30 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.

