

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.

HOURS

Monday-Friday:
6am-1pm and 4-7pm
Saturday: 7am-noon

Inside this issue:

Member Spotlight	2
Nutrition Corner	3
Feature Recipe	3
Announcements	4
Member Birthdays	5
Health Calendar	5

Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 3, Issue 5

Youth Overweight and Obesity and the Future of the Nation's Health

by Tom LaFontaine, PhD

Several experts predict that the present generation of youth will not live as long as their parents. In my view, this prediction is as ominous as the future risk of nuclear weapons landing in the possession of terrorists! This would be the first time since 1900 that a decrease in longevity of life expectancy occurred in a generation.

What are the factors leading to this sad prediction? Possibly the number one cause is the decade by decade increase in the prevalence of overweight and obesity among youth in the United States. The table below summarizes the increase in overweight and obesity among youth since 1976.

What are some of the factors associated with this disturbing trend?

- 1. Statistics among youth are similar among adults:** In 2008, 35% of adults in the US were obese and nearly another 35% were overweight. Thus, adults are role modeling behaviors that lead to excessive weight gain.
- 2. Lack of physical activity:** Only 1 in 5 adults achieve

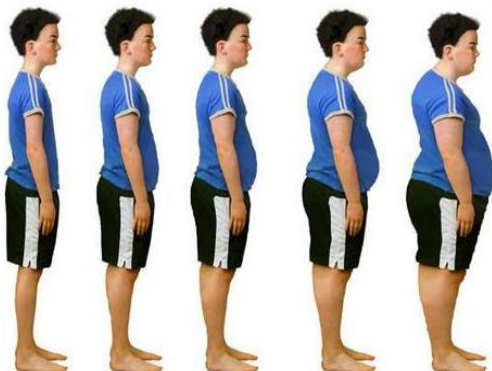


the minimum recommendation of 30 minutes of physical activity, 5 days per week or 150 minutes per week. Recent guidelines from several professional organizations call for an hour per day among youth and adults trying to lose weight. Thus, another example of poor role modeling among US adults.

- 3. Overeating:** As an exercise physiologist, I'd like to think that increasing physical activity would reverse these 40 year trends of increasing overweight and obesity among US adults and youth. However, several studies show that 80% of the average 24-25 lb weight gain among the US citizens since 1970 is due to a 300+ increase in daily caloric intake. Simply put, adults and youth in this country eat TOO MUCH! Again this is an example of poor role modeling among adults.

- 4. Failure to recognize the youth overweight and obesity epidemic:** Recent studies show that 75-80% of parents of overweight or obese youth do not recognize the problem. In order to address and reverse these trends, US adults and parents MUST recognize and accept that there is a problem.

These are four real problems that need to be addressed if we hope to reverse the increasing prevalence of overweight and obesity among youth. Now readers of this newsletter are most likely good role models, but we all can improve and we all can be advocates for increased physical activity among all youth and better nutrition and lower calorie meals in schools, restaurants and at home. And of course we all can be exceptional personal role models by eating well, exercising regularly, and achieving and maintaining a healthy weight. After 35 years of tackling this problem on the front lines and observing first hand the diseases caused by poor health habits, I have become more and more convinced that one answer to this problem is responsible adults role modeling the behaviors we want our youth to adopt.



AGE (YRS)	1976-1980	1988-1994	1999-2002	2003-2006
2-5				
Overweight (%)	10.0	12.5	26.0	31.0
Obesity (%)	5.0	7.2	10.3	12.4
6-11				
Overweight (%)	11.0	15.0	27.1	32.0
Obesity (%)	6.5	11.3	15.8	17.0
12-19				
Overweight (%)	12.5	16.3	26.9	33.0
Obesity (%)	5.0	10.5	16.1	17.6

Member Spotlight: Louise Miller

Louise Miller started at Optimus with a metabolic exercise test on July 28, 2008. She has progressed very well with a cardioresistance training program and periodic Personal Health Fitness Mentoring (PHFM) sessions with Tom LaFontaine. She began to walk/jog and progressed to completing two half marathons in Phoenix, AZ and Indianapolis, IN. In December of 2008, she completed a follow-up metabolic exercise test which showed excellent improvement. She increased her maximal capacity to use oxygen, one of the best measures of health as well as fitness, by 10%. She improved her endurance capacity very significantly as shown by her training heart rate

zones increasing from 114-142 beats per min (bpm) to 120-151 bpm. This means she can tolerate higher levels of effort for prolonged periods (translation - a faster 1/2 marathon time!!). Between July and December, Louise lost three lbs and decreased her body fat percentage from 33.4% to 28.6%. This indicated she actually had lost 8.2 lbs of body fat and gained 5.3 lbs of muscle and bone!! A recent follow-up with her physician in June of '09, showed a significant improvement in her DEXA scan scores for bone mineral density in the low back and also some improvement in her femur (thigh bone).

Her labs in June showed excellent blood lipids with a total cholesterol of 173 (<200 is goal), triglycerides of 100 (<150 goal), LDL or "bad" cholesterol of 97 (goal of <130) and HDL or "good" cholesterol of 65 (>60 goal). Her physician indicated she was "kicking ***" on these. Louise is a pleasure to work with and it's great to have her using Optimus. She also is a great spokesman for Optimus having recommended us to others on several occasions.

"Who would have thought a year ago (since joining Optimus) I would spend vacations with my 20-something boys running half marathons. The focus on performance and correcting some early health issues got me out and running, and Tom has even coached me into doing bench presses and squats. My physical health is better, my mental health is much better; and occasionally I even pass another jogger on the trail—unheard of 12 months ago."

- Louise Miller

Member Spotlight: Steve Millikan

Congratulations Steve Millikan. Steve, along with his wife Sharon, (see last month's newsletter for a very nice story Sharon wrote for the Optimus Connections) have been members of Optimus for several months. They both have made great progress. This month we're celebrating Steve's remarkable improvements in his fitness and overall health. Below is a table showing the changes in

health risk factors he has made since January of 2009.

These are outstanding results and Steve needs to be congratulated and commended for the fantastic effort and progress he has made. Below are some comments Steve made in regards to his (and Sharon's) reasons for making the commitment to improve and optimize their health (paraphrased a little).

"As my wife, Sharon, and I get older and began to look forward to retirement, we thought we needed to take better care of ourselves and made the commitment to take action and pursue the general goal of optimizing our health and fitness. Optimus presented us with the answer—the right place, the right time, and the right people. You know, you hear all your life how exercise and eating right works. Well now I can personally

say it's THE truth!! The great facility, the positive support and accountability provided by the Optimus staff have made the journey easier and a lot of FUN!"

- Steve Millikan

Parameter	January 2009	June/July 2009	Improvement	Goal
Bodyweight (lbs)	254.8	206.8	-48	186
Waist (inches)	46.5	37.75	-8.75	<35
Hip (inches)	48.0	41.75	-5.25	~40.0
Waist to Hip Ratio	0.969	0.904	-0.065	<.90
Hemoglobin A1c (%)	6.3	5.5	-0.08	4.8-6.2
Total Cholesterol	222	186	-36	<200
Triglycerides	188	72	-126	<100
LDL "bad" cholesterol	147	133	-14	<130
HDL "good" cholesterol	37	39	+2	>40

Nutrition Corner: Nutrition-friendly Tailgating

By Hannah Holzum

The fall is here. Leaves are changing color and the air is cooling off. Football season is about to start. It's tailgating time! Though the football game and the fellowship of friends are important to a tailgating party, the first priority is often the food.

People often worry about what to eat when tailgating. Yes, there are some high-calorie and high-fat options, but there are also ways to eat a bit healthier. Lean meats, such as chicken and lean beef, are nutritious especially when eaten on a whole-wheat bun. Fruits and veggies make great side dishes and will save calories versus potato chips and other higher calorie sides.

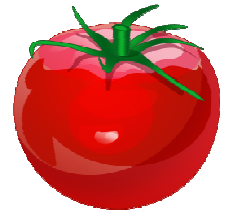
Also keep in mind that alcoholic beverages and soda can add many calories to your day. If you choose to drink these beverages, choose lighter or diet options. It's also important to drink plenty of water throughout the day to prevent dehydration.

Food safety is extremely important while grilling. Always make sure hands are washed and foods are stored at correct temperatures. Avoid cross-contamination by keeping foods separate. Be cautious with grilling. Always cook foods thoroughly until they reach proper temperatures, but avoid charring food items. Recent studies have linked charred foods to cancer.

Keep in mind that even if you don't tailgate, these tips can still apply to dinner, a barbeque or a party as well!

Here are a few nutritious tips for your tailgate!

- Put your food on a plate and only eat what is on your plate. It's easy to graze at these events!
- Bring food with you to share! This will help you to know exactly what you are eating.
- Eating a nutritious snack before going to the tailgate will prevent you from overeating on foods that maybe aren't so nutritious.



“Don't dig your grave with your own knife and fork.”

- English Proverb



Recipe: Grilled Pepper Salad

Ingredients:

4 bell peppers (all colors seeded and halved)

1/4 cup halved and pitted black olives

1/4 cup rinsed chopped sun-dried tomatoes

1 Tbsp extra-virgin olive oil

1 Tbsp balsamic vinegar

1/8 tsp salt

Grill peppers on medium-high, turning once, until soft, about 5 minutes per side.

When cool enough to handle, chop peppers, toss with olives, sun-dried tomatoes, oil, vinegar, and salt in a large bowl.

Optional:

To make this a main dish, you could add a lean meat, such as grilled sirloin or grilled chicken breast, to the pepper salad. This will provide extra protein as well!

Source: www.eatingwell.com



Nutrients Facts (per serving):

Calories	107
Total Fat	7 gm
Carbohydrate	10 gm
Protein	1 gm
Dietary Fiber	2 gm
Sodium	330 mg

If you have not yet scheduled a free 30 minute nutrition session with Hannah and are interested in doing so, please contact her to set up an appointment!



Introducing licensed psychologist, Dr. Michael Mayer!

Let me introduce myself. I am Michael Mayer, a private practice licensed psychologist, consultant, presenter, and author who helps people effectively deal with the various emotional challenges in their lives. These challenges can range from depression, anxiety, marriage issues, family issues, and business related issues to other personal concerns. My role at Optimus will be to offer to the members a series of interactive presentations on handling the emotional concerns in your lives. The topics will include stress, whether at home or work, conflict management, successful relationships, communication with teens and marriage partners, communication at work, and topics of your choice. My hope is to help Optimus members find new ways to deal with troublesome

personal issues. We initially have learned methods to deal with these life issues from our parents and those close to us as we grew up. We tend to use these approaches in problem solving until we determine that they are not very effective solutions. When necessary, we then tell ourselves we need to find new ways to meet these challenges. This is where I hope my talks can help. Life, at times, can present difficult situations. My goal will be to offer those interested a variety of potential solutions related to the topic being presented. These presentations will occur twice a month on Tuesdays from 5:45-6:45pm in the seminar room at Optimus. Feel free to suggest topics of interest. These presentations should be fun yet informative. I hope to see you there!

Seminar Dates and Times

Tuesday, Aug 11th 5:45-6:45pm

Tuesday, Aug 25th 5:45-6:45pm

Tuesday, Sept 8th 5:45-6:45pm

Tuesday, Sept 22nd 5:45-6:45pm



Staff and Member Announcements

Tom LaFontaine, PhD, ACSM RCEP, NSCA-CPT, FACSM, Director of Optimus, recently published a chapter with a colleague, Jeff Roitman, EdD, FACSM, on resistance training for persons with Type I Diabetes Mellitus (T1D). The chapter discusses the prevalence and economic impact of Type I Diabetes, the basic etiology of this auto-immune disease, strategies for implementing resistance training in persons with T1D, special considerations in working with persons with T1D, and a sample resistance training program with a case study. *JR Roitman and TP LaFon-*

taine. 2009. Resistance Training Strategies for Individuals with Type I Diabetes Mellitus, Chapter 10, in Resistance Training for Special Populations. AM Swank and P Hagerman, Editors. Delmar, Cengage Learning. Clifton Park, New York, pp. 227-237.

Hannah Holzum has passed her registration exam and is now a Registered Dietitian! She also passed the American College of Sports Medicine Health Fitness Specialist exam in June of this year.

Eli Burks, Kate Walker, Shelly Frazier, and Tom LaFontaine, all qualified for the Ameri-

can Drug Free Powerlifting Federation World Championships to be held in England on November 14-15. They qualified at the ADFPF National Championships held at MU on July 11. Congratulations from everyone at Optimus!

Congratulations to pilates instructor Kate Lunn who is expecting a baby in February 2010!

Andy Dawson, graduate student in exercise physiology, will be joining us in August!

Optimus Health Promotion Program

The Optimus Health Promotion Program is designed to provide you with an interactive learning experience and the skills vital to making healthy choices every day. Whether you are looking to eat healthier, lose weight, reduce stress, or even quit smoking, the Optimus Health Promotion Program (powered by Nationwide Better Health™ and formerly known as INTERxVENT) is tailored to fit your needs.

The program includes a personalized Health Risk Assessment (HRA) that you take online in total privacy. Based on the results of the assessment, you will receive personalized goals and action plans, plus access to one of five lifestyle change modules: physical activity, weight management, nutrition, stress management, and tobacco cessation.

These are great programs to use to

supplement your Optimus exercise program. The charge for non-members of Optimus is \$50.00 (so if you have friends or family members who might benefit you can refer them to us). Members of Optimus can access this excellent program with their usual 10% discount of \$5.00 or \$45.00.

To take advantage of this outstanding Optimus service, visit with one of our staff.

www.optimushealth.com

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Mark your calendars...

AUGUST

- * Cataract Awareness Month
- * National Watermelon Day—3rd

SEPTEMBER

- * Healthy Aging Month
- * Whole Grains Month
- * America on the Move Week

Please note the new times and days for boot camp! No yoga on Sept. 15 and 17.

Member Birthdays

Happy Birthday to all those celebrating a birthday in August and September!

August

- Donna Glenn 8/6
- Ann Sulzberger 8/6
- Pam Walker 8/6
- Spencer McGowan 8/18
- Susan Gray 8/21
- Meir Lazar 8/22
- Brianna Heese 8/23
- Bob Reid 8/24
- Linda Arnold 8/26
- Louise Miller 8/29

September

- Dottie Sherman 9/4
- Barb Mayer 9/4
- Jackie Miller 9/6
- Holly Delgman 9/8
- Paula Burger 9/10
- Janet Hill 9/13
- Noah Borden 9/15
- Ellen Roper 9/15
- Judy Robinson 9/15
- Dayle Garrett 9/16
- Jeff Witten 9/18
- Elinor Arendt 9/19
- Wes Sherman 9/20
- Skip Grossnickle 9/23
- Byron Hill 9/23
- Jackie Lenox 9/25
- Howard Hinkel 9/25
- Norm Gysbers 9/29



Upcoming Local Walk/Run Events - Register Today!!

Great Sandbagger 10K

August 1st, 7:00am at Mill Creek Elementary Parking Lot

Special Olympics Twilight 5K

August 15th, 7:00pm at Stephens Lake Park

50th Annual Heart of America Marathon

September 7th, 6:00am at Stadium Boulevard by Hearnes Center

Keep PACE 5K for Autism

September 12th, 9:00am at Bethel Park

Heart for Africa 5K

September 19th, 8:00am at Flat Branch Park

PAWS in the Park 5K Dog Run/Walk

September 19th, 8:00am at Stephens Lake Park

Roots 'n Blues Half Marathon/10K

September 26th, 8:00am at Flat Branch Park

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Boot Camp	6am Boot Camp 9am Boot Camp		6am Boot Camp	9:30am Boot Camp	
	5:30 Hatha Yoga		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 Hannah Holzum and Optimus staff members.