

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

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Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 4, Issue 5

September Is National Childhood Obesity Awareness Month

Tom LaFontaine, PhD, ACSM RCEP

The US Congress in support of building awareness of the increasing problem of childhood obesity designated September 2010 as National Childhood Obesity Awareness Month. Major goals of this initiative include increasing the recognition of this problem and motivating families and communities to become healthier through programming and events aimed at preventing childhood overweight (defined as between the 85th and 95th percentile on the Centers for Disease Control and Prevention growth charts) and obesity (greater than the 95th percentile). The staff of Optimus supports this initiative and encourages members to individually take action to improve the health of our youth through supporting programs aimed at increasing physical activity and improving nutrition.

In the past four decades, obesity rates in the US have soared among all age groups. Childhood obesity has increased fourfold among those ages 6 to 11 and threefold among those 12-19 years of age. Over 23 million children and teenagers ages 2 to 19 in the United States are obese or overweight, a statistic that health and medical experts consider an epidemic. This epidemic puts nearly one third of America's children at risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with adulthood. Even greater disparities exist among young Hispanics and African-Americans.

Recently a panel of experts con-



vened as an advisory committee for the upcoming updated 2010 Dietary Guidelines for Americans concluded that "obesity is the greatest threat to public health in the US during the 21st century", www.dietaryguidelines.gov. Some experts believe that a youth born in 2000 will not live as long as their parents. This would mark the first time since 1900 that the lifespan of a generation has not expanded. It also is recognized that 1/3 of youths born in 2000 will develop Type 2 diabetes in their lifetime. Summarized below are some recent studies that emphasize the risks associated with child obesity, physical inactivity, and low fitness levels.

- 20% of teenagers had unhealthy cholesterol levels. www.americanheart.org
- Childhood obesity increases the risk for future heart attacks and stroke by increasing risk factors such as increased blood vessel inflammation and clotting.
- Study published online in the *Journal of Endocrinology and Metabolism*. 2010;0:jc.2009-1887v1
- 80% of obese teenagers become obese young adults. A recent study showed that persons who are obese in their 20s are at markedly increased risk for a heart attack or stroke in their 40s, <http://www.medicalnewstoday.com/>

articles/177645.php

- Childhood obesity and pre-diabetes (blood sugar levels are higher than normal but not quite at the level of diabetes) was associated with an increased risk of premature death. *New England Journal of Medicine*. February 11, 2010.

Some things that you can do to help prevent childhood overweight and obesity include:

- Model healthy eating. Avoid fast food. Do not take your children and grandchildren to fast food restaurants.
- Take your children and grandchildren (and their friends) to farmer's markets.
- Exercise regularly and engage in active recreation with your children, grandchildren and their friends.
- Take hikes with your children and grandchildren (and their friends) in places like the MKT trail, Rock Bridge State Park, Grindstone Park, or other nature areas in and around Columbia and Boone County. Ride bikes with them in safe places like the MKT, Katy, or Bear Creek trails.
- Encourage your children and grandchildren to engage in lifetime fitness-promoting sports such as cross country, track and field, gymnastics, soccer, basketball, and others.
- Encourage schools to provide more healthy nutrition choices.
- Support government and public health efforts to increase physical activity and improve nutrition served in schools.

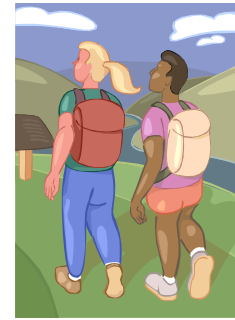
Childhood Obesity Awareness Month (Continued)

- Support after-school programs for increasing physical activity and fitness among our youth (one study showed that 61% of teenagers did not engage in regular after-school physical activity).
- In Columbia, become a leader for the Walking School Bus program

sponsored by the PedNet Coalition, www.pednet.org.

These are just a few things that all of us can do to improve the health and fitness of our youth and reduce the disease and health risks

associated with physical inactivity and overweight/obesity. Let's work together to give our youth a healthier adulthood and help them to live longer than ourselves.



Member Spotlight: Karen Atwill

By Holly Delgman, MA, NSCA CSCS



Karen Atwill, a one year veteran of Optimus, has recently been deemed the "perfect patient" by her doctor

at her last wellness check-up. Her doctor went as far as to say that she "would like to clone Karen so

that all of her patients could be in as good of shape as she." Her assessment came not only from Karen's physical appearance — thin, trim, and muscular—but also from her physical well-being. All of the blood work that was run on Karen came back with excellent results, including a significant drop in blood pressure. Karen has also managed to lose over 20 pounds in the last 3 years and has kept off every pound.

Karen stays in great shape by working out twice a week with Personal Health and Fitness Mentor Holly Delgman and attends Boot Camp once a week. In addition to her workouts at the gym, she also walks regularly and is an avid equestrian. "She makes my job as a trainer easy because she is very compliant and always willing to do whatever I ask of her," comments Holly. Karen not only stays active but also maintains healthy eating habits and is a

promoter of good health, always willing to share her healthy tips with others. "She is a great role model for all women who wish to make a positive lifestyle change. I myself am often inspired by her determination and dedication to healthy living," adds Holly.

Way to go, Karen! Congratulations Karen from all of the Optimus Staff on your health and fitness improvements!!

October is Breast Cancer Awareness Month

By Tom LaFontaine, PhD, ACSM RCEP



Breast Cancer is the most common cancer among women in the United States. According to the American Cancer Society (ACS), an estimated 192,370

new cases of breast cancer were expected to be diagnosed among women in the United States in 2009. Approximately 1,910 new cases were expected in men. The ACS also reports that an estimated 40,610 breast cancer deaths were expected in 2009. Recently the United States Preventive Task Force recommended against routine screening for breast cancer in women 40-49 years of age. The task force recommended that routine biennial screening with mammography begin at age 50 in women and that the decision to screen earlier was one that should be made between the patient and her physician. This recommendation generated a lot of controversy, and each woman should make the decision

to begin and continue mammography screening in careful consultation with her personal physician. More information on the US Preventive Task Force Recommendations can be found online at the following URL, <http://www.annals.org/content/151/10/716.full>.

In 1992, the U.S. Congress passed the Mammography Quality Standards Act to ensure that mammography facilities throughout the country are of high quality and reliable. To lawfully perform mammography, each facility **must** display a certificate issued by the U.S. Food and Drug Administration (FDA). This certificate serves as evidence that the facility meets quality standards. October is Breast Cancer Awareness Month and information can be found at the following website http://www.nbcam.org/patient_questions_answers.cfm.

Risk factors for breast cancer include:

1. Age: The average age at which women are diagnosed with breast cancer is 62 but the highest rates are in women 70+ years of age.
2. Family history: Risk is twice as high in women who have one first-degree relative (mother, sister, or daughter) with breast cancer than in women with no family history.
3. Genes: Genes are the major cause of only about 5-10% of breast cancer cases. Genes like BRCA-1 and BRCA-2 give a woman a 60% lifetime risk of getting breast cancer.
4. Breast density: Women whose mammograms show a larger area of light (dense) tissue have 3-5 times the risk of developing breast cancer.
5. Benign breast disease: hyperplasia (extra cells) raises the risk possibly because cells are more likely to become abnormal when they multiply.
6. Jewish Ethnicity: Ashkenazi (European) descent raises the

risk of breast cancer.

7. Menstrual periods: Women who experience early menarche (before age 12) or late menopause (after age 55) have increased risk.
8. Births: Women who gave birth to fewer than 2 children or had their 1st child after age 30 have increased risk.
9. Breastfeeding: Women who breastfeed for at least a year have a lower risk.
10. Height. Taller women have a higher risk.

To reduce your risk exercise regularly, eat a healthy diet, limit alcohol intake, stay lean, and don't smoke! Now, doesn't that sound familiar? For more information on exercise and lowering your risk of cancer and numerous other chronic diseases, visit the Exercise is Medicine website, a program of the American College of Sports Medicine at <http://www.exerciseismedicine.org/>

Red Meat: Can It Really Cause Cancer? By Hannah Holzum, RD, LD, ACSM

Red meat is an excellent source of protein plus several vitamins and minerals. But eating too



much red meat and particularly processed meats increases the risk of developing

heart disease, stroke, type 2 diabetes and several cancers such as colorectal, breast, esophageal, laryngeal, liver, lung, or prostate cancer.

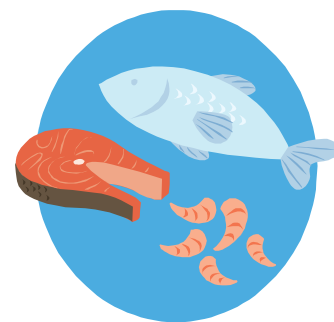
What can you do to reduce your risk for cardiovascular dis-

ease and cancers but still consume an adequate amount of protein as well as vitamins and minerals? Eat fish, poultry and beans more often. When you do eat meat, choose lean cuts and limit your intake to no more than 18-24 ounces (cooked weight) of red meat such as beef, pork, and lamb **per week**. Studies show that this amount does not raise cancer risk. Avoid processed meats like bacon, sausage, luncheon meats, hot dogs, etc. Downsize your meat portions and flavorfully fill your plate with beans, whole grains, fruits, and vegetables.

What are the leanest meat

choices? Cuts that include the words "round," such as top round or bottom round, or "loin," such as sirloin, tenderloin and top loin are lean choices. Also, look for any cut that is labeled 95% lean ground beef. Any cut of meat can be made leaner by trimming off visible, solid fat before cooking. No matter what your grandmother told you, leaving the fat on the meat is not the only way to bring good flavor! Try different herbs and spices to enhance the flavor.

Healthy cooking methods include roasting, grilling, stir-frying, braising, steaming and stewing at



medium temperatures. Avoid the high-heat cooking methods such as broiling, grilling at high temperatures and frying as these methods can provoke the formation of carcinogenic compounds in red meat.

Feature Recipe: Easy Tilapia with Wine and Tomatoes

Source: Allrecipes.com



- 4 (4 ounce) fillets tilapia
- salt and pepper to taste
- 4 tablespoons butter
- 3 cloves garlic, pressed

- 4 fresh basil leaves, chopped
- 1 large tomato, chopped
- 1 cup white wine

- 1) Preheat a grill for medium-high heat.
- 2) Place the tilapia fillets side by side on a large piece of aluminum foil. Season each one with salt and pepper. Place one tablespoon of butter on top of each piece of fish, and sprinkle garlic, basil and tomato. Pour the wine over everything. Fold

foil up around fish, and seal into a packet. Place packet on a cookie sheet for ease in transportation to and from the grill.

3) Place foil packet on the preheated grill, and cook for 15 minutes, or until fish flakes easily with a fork. Open the packet carefully so as not to get burned from the steam, and serve.

Servings: 4

“A wise man should consider health as the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.”

-Hippocrates

Nutrients Facts (per serving):

Calories	269
Total Fat	13.2g
Carbohydrate	3.4g
Protein	23.7g
Dietary Fiber	0.6g
Sodium	293mg

Dr. Mayer’s Seminars for September and October:

Tuesday, Sept. 28th, 5:45-6:30pm

“Why Are You Not Able to Confront People?”

Tuesday, October 12th, 5:45-6:30pm

Tuesday, October 26th, 12:15-12:45pm

“What Can You Do to Make Work More Enjoyable?”

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Member Birthdays

September		October	
Jo Crumpacker 9/1	Judy Robinson 9/15	Mary Becker 10/1	Catherine O'Brien 10/21
Daz Schoengarth 9/2	Dayle Garrett 9/16	Christine Stamper 10/2	Marvin Rogers 10/25
Dottie Sherman 9/4	Marshall Robb 9/16	Tom Rost 10/2	Megan Kelly 10/25
Valorie Windsor 9/4	Elinor Arendt 9/19	Joe Fagioli 10/2	Karen Slates 10/27
Sandy Kardinal 9/5	Blossom Duncan 9/20	Marsha Fischer 10/6	Cheryl McGowan 10/28
Jackie Miller 9/6	Wes Sherman 9/20	Andy Norris 10/9	Dahnja Rogers 10/28
Holly Delgman 9/8	Rich Miller 9/21	Bob Roper 10/10	Billy Dall 10/31
Joyce Pittman 9/8	Byron Hill 9/23	Pat Gruber 10/10	Barb McHugh 10/31
Jordan Kroell 9/10	Skip Grossnickle 9/23	Dan Smith 10/17	
Paula Burger 9/10	Ted Stephenson 9/24	Vicki Dunscombe 10/17	
Sue Allmart 9/12	Jackie Lenox 9/25	Monte Roulier 10/17	
Janet Hill 9/13	Howard Hinkel 9/25	Aaron Horschig 10/18	
Ellen Roper 9/15	Norm Gysbers 9/29	Nancy Larkin 10/20	



Upcoming Local Running Events - Register Today!!

Heart of America Marathon

September 6th, 6:00 am, 600 Stadium Blvd, Columbia

P.A.C.E Run/Walk 5K

September 11th, 8:00 am, 4500 Bethel St. Columbia

Roots N Blues Half Marathon & 10K

October 2nd, 7:00 am, 101 S. 4th St., Columbia

Rock Bridge Revenge 7mi/25K/50K

October 10th, 8:00 am, Rock Bridge State Park, Columbia

Personal Best 5K

October 16th, 9:00 am, Twin Lakes Rec. Center, Columbia

12th Annual Run for Life 5K/10K sponsored by MU Physical Therapy

October 16th, 9:00 am, Lewis Hall, MU Campus, Columbia

Bike MS (Optimus is sponsoring a team of 10 riders)

September 11 & 12, 8 AM, Boone County Fairgrounds, Columbia

For more information about upcoming events
See ColumbiaTrackClub.com
"Calendar" link

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am Boot Camp	9am Boot Camp	6am Boot Camp 6am Tai Chi		
4pm Tai Chi	5pm Hatha Yoga	4pm Tai Chi	4:30pm Hatha Yoga		

Mark your calendars...

SEPTEMBER

- *Fruits & Veggies: More Matters Month
- *National Yoga Awareness Month
- *Whole Grains Month
- *9/25: Family Health & Fitness Day
- *9/29: National Women's Health & Fitness Day
- * Natl Cholesterol Awareness Month

OCTOBER

- *10/10: World Mental Health Day
- *10/16: World Food Day
- * Breast Cancer Awareness Month

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 formatted by Shaun Kelly and edited by Optimus staff members.

