

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

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Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 5, Issue 2

March is National Nutrition Month

By Hannah Holzum, RD,
LD, ACSM CHFS

With March being National Nutrition Month, I thought it would be a good idea to examine dieting and how it works. If "eating a well-balanced diet and exercising" are really the keys to weight loss, then why are so many people anxious to try the latest diet on the market? Is it because we are desperate for a quick fix even though we know it's not the right way to lose weight?

Studies have shown that "yo-yo" dieting; losing weight, gaining weight, losing weight, then gaining weight can be worse for your health than not dieting at all. So what's the solution to this problem? The answer is permanent lifestyle changes. Change your dietary habits by eating fewer calories from processed foods and start eating more natural organic foods and using portion control. Let's look at a popular diet on the market. I'm sure most of you have heard about the hCG diet. Human Chorionic Gonadotropin (hCG) is a hormone produced in preg-



nancy by the embryo after conception. In theory, it is believed that hCG suppresses hunger and triggers the body's use of fat for fuel. (Now I'm not sure about some of you women reading this article, but it sure did not suppress my appetite while pregnant!) In reality, the hCG diet restricts it's dieters to 500 calories per day of mostly organic, unprocessed foods. It is the extreme calorie restriction, not the hCG, that causes the weight loss. This does not mean you should only eat 500 calories per day as that can be very dangerous. It is also impossible to obtain all necessary nutrients with that degree of caloric restriction. Be very cautious with diets that restrict calories to less than 1200 per day. Remember that any diet that excludes a certain food group is probably not a healthy diet. There are diet plans that can be healthy though. Weight Watchers and the

DASH diet are a few of these. Are you wondering how to go about losing weight if you aren't following a specific diet? Here's an amazing fact. Cutting back by 100 calories each day for 1 year will allow for about a 10 ½ pound weight loss! It's amazing how fast 100 calories each day can add up, isn't it?

In conclusion, anyone can follow a diet if they put their minds to it. So why not put your mind to a lifestyle change and stick with it? Plan a personal diet that includes the 5 food groups and limits bad fats and empty calories. Also try to prepare your meals by grilling and baking versus frying. And remember, losing weight is a gradual process, just as gaining weight is.

Ways to Acknowledge National Nutrition Month:

- ** Try a new fruit, vegetable, or healthy recipe each week.
- ** Reevaluate the foods you are eating and make sure you are getting all of your daily servings of fruits, vegetables, grains, meat, and dairy.
- ** Donate food to your local food pantry.
- ** Check the nutrition label on the foods that you purchase.



Buy 2 Nutrition Sessions, Get 1 FREE!

For the month of March, if you purchase 2 nutrition sessions with Hannah, you can get the 3rd one free! You may use these sessions as you wish. These sessions can include meal planning, grocery shopping, etc. If you are interested, please contact Hannah Holzum. The cost is \$108.00.

Eight Servings a Day of Fruits and Vegetables Greatly Reduces the Risk of Heart Disease



A recent study from data collected in the long-running European Prospective Investigation into Cancer and Nutrition ("EPIC") reported a 22% lower risk of dying from Ischemic Heart Disease (IHD) among persons consuming eight (8) servings of fruits and vegetables per day compared to those persons consuming less than three

(3) per day. A serving was defined as approximately 80 grams or the equivalent of a small banana or medium apple. The EPIC study began in 1992 with more than 300,000 men and women from eight European countries. Ischemic heart disease is characterized by a reduced blood supply to the heart due to narrowed vessels from coronary plaque or chronic levels of inflammation that restricts blood flow. The end result is a greatly increased risk of heart attack. Summarizing this data a little differently the results suggest about a

4% reduced risk of dying from IHD for each additional portion of fruit and vegetables consumed above two (2) per day."

Professor Michael Marmot, director of the University College London in an accompanying editorial explains, "*Cardiovascular disease is the most common cause of death. A reduction of 22% is huge. Moving to a diet that emphasizes fruit and vegetables is of great importance to public health.*" The ongoing results from the EPIC study continue to reinforce the

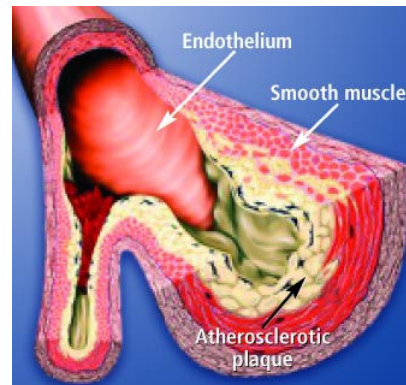
importance of a diet high in natural foods to maintain health and lower the risk from ischemic heart disease. So we at Optimus encourage you to make every effort each day to consume at least 6-9 servings of fresh or frozen fruits and vegetables.



Fast Food Causes Atherosclerosis

Consuming fast food which is high in fat, sugar, and salt, particularly in overweight persons with large waists, causes an acute increase in blood triglycerides (blood fats), blood vessel inflammation, and impaired function of the arteries. This leads to an

increased risk of the development of atherosclerosis, which is the build up of fat cells, LDL (bad cholesterol) and other debris within the inner lining of the arteries. These findings reinforce the wise recommendation from the staff of Optimus that fast food be completely elimi-



nated from your diet. This study was published online in the American Journal of Physiology - Heart and Circulatory Physiology by Dr. Anthony Passerini and colleagues of the University of California at Davis.

Lifestyle Habits Determine Life Expectancy Much More Than Genetics

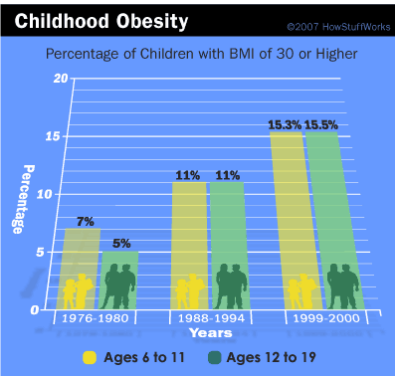


How long your parents live/lived has little effect on how long you will live. Instead, it is how you "live your life" that determines how old you will live to be. Research from the University of Gothenburg, Sweden that followed a group of men who entered the study in 1963 at age 50 was recently published in the January 2011 issue of the *Journal of Internal Medicine*. The results

showed that persons who did not smoke, consumed only moderate amounts of coffee, had a good socioeconomic status, were physically active and fit, and had low cholesterol had the greatest chance of all subjects to live to 90 years of age or longer. So eat well, be active, don't smoke, drink conservative amounts of coffee and alcohol, keep your weight in a normal range, and

keep cholesterol, blood sugar, and blood pressure within normal ranges and you will give yourself the best chance of living to a ripe old healthy age irrespective of how long your parents live/lived. A great goal would be to end up like Jack LaLanne who lived to be 96 and essentially was healthy 95.9 of those years.

Childhood Obesity is Caused by Learned Poor Health Habits Not Heredity



In a study of 1,003 Michigan sixth graders, researchers found that children who were obese were more likely to consume higher fat and calorie lunches and spend greater than two hours per day watching TV or playing video games. Also, significantly fewer obese youth

participated in physical education, played sports or were physically active in after school hours. Between 1980 & 2008, childhood obesity increased from 6.5% to 19.6%, which together with the findings from this and similar studies strongly, suggests that environment plays a much

greater role in the present epidemic of childhood obesity and overweight than heredity. This study was published in the American Heart Journal, December of 2010.

Kate Walker Wins Gladys Stankowski Sportswoman of the Year Award

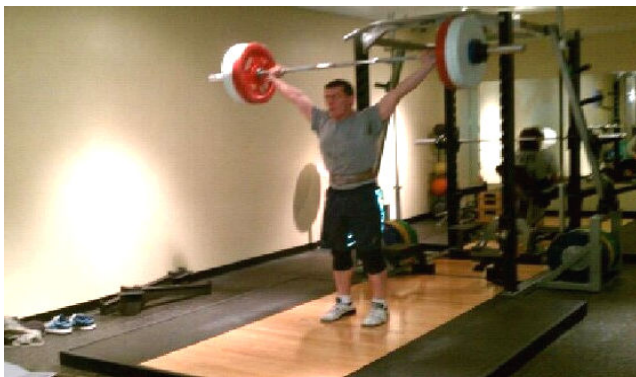
On Tuesday, February 15th, 2011, Kate Walker, Optimus member and Yoga Instructor, was awarded the Gladys Stankowski Sportswoman of the Year Award by the Columbia Women's Intersports Network. Kate is a competitive powerlifter who competed in and won the 70 Kilogram, 60-64 yr old women's class in the

World Drug Free Powerlifting Championships held in Castleblaney, Ireland on November 13, 2010. Congratulations Kate! We wish her well as she prepares for the US National Championships to be held in June, 2011. To the right is a picture of Kate receiving the award at the WIN luncheon held at Columbia College from Ann Meyers-

Drysdale, featured speaker, and about to be interviewed by David Lile of KFRU.



Optimus Participant, Anthony Jones, Places 7th in the 2011 National Junior Olympic Style Weightlifting Championships



On Saturday, February 19th, Anthony Jones, 20 years old and member of the Optimus Olympic Weightlifting team, placed 7th in the 2011 Junior National Olympic Weightlifting Championships in Houston, Texas. Anthony lifted 100 kgs (220 lbs) in the snatch and 126 kgs (277.2 lbs) in the clean and jerk for

a total of 226 kgs (497.2 lbs). The snatch was a personal best and he just missed a 2nd personal best in the snatch at 103 kgs and made two good efforts at 130 kgs in the clean and jerk. If he had made these lifts he would have placed 6th. So congratulations to Anthony.

Congrats to Staff Member and Budding Artist Brianna Heese!

Bri's pastel "Veiled Identity" is one of the featured pieces at the Columbia Art League during Columbia's True/False Film Festival. Bri has also presented her work at Columbia College Art Shows.



Dr. Mayer's Seminars for March and April:

Tuesday, March 22nd, 12:15-12:45 pm

"Why Don't People Admit They Are Wrong?"

Tuesday, April 19th, 12:15-12:45 pm

"How Do You Handle the Stress Involved in Balancing Work and Family Issues?"

What is Olympic Style Weightlifting? Jordan Kroell, BS, NSCA CSCS

When people hear the term "weightlifting" a wide array of images and thoughts enter their minds. Some think of a three hundred pound body-builder with bulging muscles (the "Governator", Arnold Schwarzeneger) while others think of an obese man straining under a 500lb bench press.

Actually, weightlifting refers to the sport in which athletes compete to determine who can lift the most in two lifts; the Snatch lift and the Clean & Jerk. In competition, the lifter in a given weight class with the highest total of the two lifts is the winner. All the training with barbells, dumbbells, resistance bands, and machines that the average member of a health club engages in is "resistance or strength training."

Olympic style weightlifting was part of the original modern Olympiad that started in 1896. A variety of lifts were contested including various one arm lifts, dumbbell lifts, and the two arm lifts used in modern competition. In 1928 the lifts were narrowed to three; the Two hand Clean and Press, the Two hand Snatch, and the Two hand Clean & Jerk. After 1972, the Clean and Press was eliminated leaving the Snatch and Clean & Jerk as the two competitive lifts (see picture of Optimus Lifter, Cody Mims completing a jerk). Lifters competes in weight classes and currently there are 8 weight classes for men and 7 for women. Weightlifting is an international sport and the weight lifted and bodyweights of athletes are measured in

kilograms. The first women's world championship was held in 1987 and women's Olympic style weightlifting was included in the 2000 Olympics in Sydney, Australia.

Another false presumption regarding weightlifting is that it is a dangerous sport. Several studies relating to the safety of weightlifting versus conventional sports like basketball, soccer, and football found that Olympic weightlifting training and competitions are much safer. In fact when comparing the injury rate of weightlifters to the average person, only 23% of the weightlifters experienced back pain compared to 31% of the normally active men.

Olympic style weightlifting is among the most powerful/explosive movements in sport. During the 1968 Olympics, the Snatch was measured as the second most powerful movement coming in second to a gymnastic floor exercise. Another study compared a group of athletes who did various Olympic style lifts with a group using exclusively vertical jump exercises. After 8 weeks the Olympic weightlifting group had significantly increased their 10 meter sprint speed and their standing jump greater than the vertical jump exercise group.

Olympic style weightlifting is also a healthy workout. The movements utilize the biggest, strongest muscle groups of the body and result in a high caloric consumption per hour. Due to the technical nature of the lifts, various athletic qualities are improved such as strength, power balance, coordination, timing, and reaction time. For example, in an 8 week Olym-

pic weightlifting study, participants lowered their resting heart rate by 8%, lean body weight increased by 4%, fat dropped 6%, and systolic blood pressure was 4% lower.

A study involving elite teenage Olympic weightlifters compared bone mineral density (BMD), at the lower back and the neck of the femur, to a matched age group and an age group ranging from 20-39 year. The elite weightlifters had significantly greater BMD than the age matched group and the 20-39 year old men.

Olympic weightlifters utilize special equipment including rubber coated plates and a rubber and wood platform. The plates are designed to be dropped on the rubber platform in order to keep the lifter safe if he/she has to drop a weight quickly, so the "crashing sound" of weights is a common occurrence. The use of "chalk" for an improved grip is a significant tool in the weightlifter's arsenal, therefore the bars, racks, and weightlifting platform may appear or "chalky" at times, but this is normal.



In the Event of Inclement Weather:

Check our Website Homepage under "Announcements" for Inclement Weather closings:

www.optimushealth.com

We will notify KOMU TV - 8 and KMIZ TV -17, however Optimus closing will be streamed only if there's room.



Currently, there are four competitive weightlifters training at Optimus. Staff members Aaron Horschig and Jordan Kroell, and members Cody Mims and Anthony Jones train and compete on a regular basis for "Team Optimus." Optimus Director and former internationally competitive Olympic style weightlifter Tom LaFontaine is the coach of Team Optimus while Jordan serves as the assistant coach. Optimus members are encouraged to direct any questions they have about weightlifting to Aaron, Jordan, or Tom. Any Optimus member is welcome to attend a "team training session/workout" and see what Olympic weightlifting entails.

Check Out the Go! St. Louis Marathon and Family Fitness Weekend



Interested in participating in one of Missouri's largest fitness events of the year? Check out the **Go! St.**

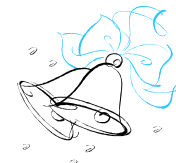
Louis Marathon Weekend April 9-10! The fitness weekend in-

cludes a marathon, half marathon, 10K, 5K, a Children's Fun Run, and much more. Visit their website, www.gostlouis.org, for more information about events and registration.

Love at Optimus

Charter members, Norm Gysbers and Elinor Arendt have been coming to Optimus since Tom LaFontaine opened the "center for health" in 2007. After many years of being a part of the Optimus Family,

Norm and Elinor found each other and now plan to marry in April. Congratulations Norm and Elinor!



Nutrition Corner: The United States Departments of Agriculture and Health and Human Services Releases 2010 Update of the Dietary Guidelines for Americans.

Tom LaFontaine, PhD, ACSM RCEP

Beginning in 1980, every 5 years, the US Departments of Agriculture (USDA) and Health and Human Services (DHHS) updates the Dietary Guidelines for Americans (DGA). On January 31, 2011, the 2010 DGA were released. These guidelines are developed by a committee of Health and Nutrition experts and are based on a comprehensive review of the most current and best available scientific evidence. There are several noteworthy changes from the 2005 DGA that include the following:

1. more focused recommendations across the lifespan;
2. expanded guidance for youth nutrition;
3. greater recognition of the health benefits of vegetarian dietary patterns;
4. greater emphasis on including more plant-based foods in the diet;
5. a call for improving the overall healthiness of the US food supply;
6. and more emphasis on increasing physical activity and improving the physical activity environment in the US.

Dr. David Katz, MD, a Yale University internal medicine and preventive medicine specialist and an international renowned authority on nutrition, weight management, and the prevention of chronic disease, had the following comments about the 2010 USDA/DHHS

DGA:

1. The new DGA place more emphasis on the disease prevention benefits of a healthy diet. For example one specific recommendation is to eat less overall and consume fewer calories in order to reverse the epidemic of obesity in the US.
2. The new DGA place more emphasis on the recommendation that all Americans consume a plant-based diet.
3. The new DGA emphasize that not all saturated fats are created equal and thus not all raise cholesterol or increase the risk for cardiovascular disease. Dr. Katz points out that two saturated fats, palmitic and myristic acids raise cholesterol and lead to atherosclerosis while stearic and lauric acid do not. For example the guidelines specifically note that small amounts of chocolate, which has a lot of stearic acid, are not harmful.
4. Dr. Katz points out that the new DGA recommend increasing seafood intake but don't clarify that high cholesterol seafood such as shrimp can be incorporated into a healthy diet.
5. The new DGA place much more emphasis on a plant-based diet which Dr. Katz commends. However Dr. Katz feels they should have more strongly emphasized the well-documented health benefits, and the fact that eating more plant-based foods is healthier for the environment and the planet.

6. Dr. Katz believes that the new DGA should have placed more emphasis on recommending a willful reduction in red meat intake among the US population. This is because clear evidence has associated excessive red meat intake with increased risk of cardiovascular disease, diabetes, and cancers.

A few take home points from the 2010 USDA and DHHS DGA:

1. Reduce sodium intake to 2300 mgs/day and to 1500 mgs/day if you are over 50 years of age and/or have cardiovascular disease.
2. Eliminate as much as possible the intake of processed foods, particularly processed meats.
3. For persons with or at risk for cardiovascular disease, reduce daily cholesterol intake to 200 mgs or less.
4. Stay clear of trans fats and limit foods high in saturated fats, particularly those with high concentrations of palmitic and myristic acids (see guidelines for more details of food sources; oils such as coconut, palm and palm kernel oil should be avoided).
5. Limit alcohol to 1 drink per day for women and 1-2 for men (1 serving is a 12 ounce beer, 5 ounces of wine, or 1 & 1/2 ounces of 80 proof distilled spirits). But remember alcohol has 7 "empty" calories per gram.

6. Eat 6-10 servings of vegetables and fruit per day.

7. At least 50% of grains should be whole (in my view 100% should be whole grain as there is absolutely no reason to consume white, processed grains).

8. Eliminate sugary drinks; studies show that 36% of added sugars in the American diet comes from sodas, energy drinks and sports drinks. Make water, low fat dairy, and 100% juice your fluids of choice.

For more information on the 2010 USDA and DHHS Dietary Guidelines for Americans visit the website, www.dietaryguidelines.gov

"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

Feature Recipe: Vegetarian Spaghetti Sauce

Use over whole wheat pasta or quinoa pasta!



Ingredients:

- 2 Tbsp olive oil
- 2 small onions, chopped
- 3 cloves garlic, chopped
- 1 1/4 cups zucchini, sliced
- 1 Tbsp oregano, dried
- 1 Tbsp basil, dried
- 1 8 oz can tomato sauce
- 1 6 oz can tomato paste*
- 2 medium tomatoes, chopped
- 1 cup water

Directions:

1. In a medium skillet, heat oil. Sauté onions, garlic and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes.
3. Serve over spaghetti.

Makes 6 servings
Serving Size: 3/4 cup

Nutrient Facts (per serving)

Calories	105
Total Fat	5g
Carbohydrate	15g
Protein	3g
Sodium	479mg

* To reduce sodium, use a 6-oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.

www.optimushealth.com

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- Jordan Kroell
jordan.kroell@yahoo.com

Member Birthdays

March		April	
Amy Yeckel 3/1	David Lile 3/18	Elizabeth Hotchkiss 4/1	Lynn Miller 4/24
Shelley Ravidudi 3/2	James Ford 3/19	Jon Woodward 4/3	Jerry Grise 4/25
Rachel Verslues 3/5	Jay Scribner 3/19	Jenilee Russell 4/9	Linda Struckhoff 4/27
Stacy Reed 3/6	Kathy Diggs 3/21	Marty McCormick 4/8	Rick Bartelt 4/27
Dale Nichols 3/7	Kate Walker 3/22	Betty Grise 4/11	Shannon Kelly 4/29
Laurie Kelly 3/9	Alex Gray 3/23	Linda LaFontaine 4/14	Shaun Kelly 4/29
Laura Van Matre 3/10	Will McWilliams 3/25	Lucas Blount 4/14	Karen Atwill 4/30
Patricia Lewis 3/11	Jill Murphy 3/26	Betty Montgomery 4/18	
Ginny Edgar 3/14	Terry Douglass 3/26	Ben Darbyshire 4/20	
Charlie Diggs 3/15	Carl Kardinal 3/31	Alexis Bartelt 4/21	
Laurie Diggs 3/16		Jo Anne Wilkerson 4/21	
Jane Russell 3/17		Herbert Tillema 4/23	



Upcoming Local Running/Walking Events

For more information about these and other upcoming events see ColumbiaTrackClub.com "calendar" link.

True Life Run 5K, Saturday, Mar. 5th:
8am – 10am, Flat Branch Park, Columbia, MO

Run With the Eagles 5K, Saturday, Mar. 12th:
9am– 10:30am, starting at Lovejoy Ln at Blue Ridge Rd, Columbia, MO

St. Patrick's Day 5K, Saturday, Mar. 19th:
8am – 10am, starting at 6th St. and Ash St, Columbia, MO

Head for the Cure 5K, Saturday, April 9th:
8am – 9am, starting at 101 S. 4th St, Columbia, MO

For more information about these and other upcoming events see ColumbiaTrackClub.com "calendar" link.

The Insurance Group

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

March:

- National Nutrition Month
- National Colorectal Cancer Awareness Month
- American Diabetes Alert Day 3/25

April:

- Alcohol Awareness Month
- National Autism Awareness Month
- National Donate Life Month

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6am Boot Camp 8am Tai Chi	9am Boot Camp	6am Boot Camp 8am Tai Chi		
4pm Tai Chi	5pm Hatha Yoga	4pm Tai Chi	4:30pm 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 formatted by Brianna Heese and edited by Optimus staff members.

