

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

Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 5, Issue 3

May is “Exercise is Medicine” Month: There is No “Pill” as Effective as Exercise!

Tom LaFontaine, PhD, ACSM RCEP, FACSM

Exercise is Medicine (EIM) is an initiative of the American College of Sports Medicine. EIM is focused on encouraging physicians and other health care professionals to evaluate the exercise habits of their patients and include recommendations for exercise and daily physical activity in their patient care plans. Physicians and health care providers also are encouraged to refer patients to professional programs for exercise therapy in the prevention and management of medical problems. For more information on the EIM program visit the website, www.exerciseismedicine.org

exercise and daily physical activity make to an optimal quality of life and longevity.

Recently researchers at McMaster University in Hamilton, Ontario, reported that cardiovascular exercise may stop you from looking and feeling old and may extend lifespan. The researchers randomly assigned mice who were genetically engineered to age faster due to a defect in a gene known as polymerase gamma 1 (POLG1) to either an endurance exercise or a sedentary control group. After five months, the genetically disadvantaged mice that exercised regularly looked as young and as healthy as normal mice while their sedentary siblings were balding, graying, socially isolated, and less fertile! Dr. Mark Tarnopolsky, the lead author of the study, stated, “I believe we have very compelling evidence showing that endurance exercise as a lifestyle protects health and extends lifespan”. For those interested, a synopsis of this study can be found at the following internet link, http://fhs.mcmaster.ca/main/news/news_2011exercise_and_aging_study.html

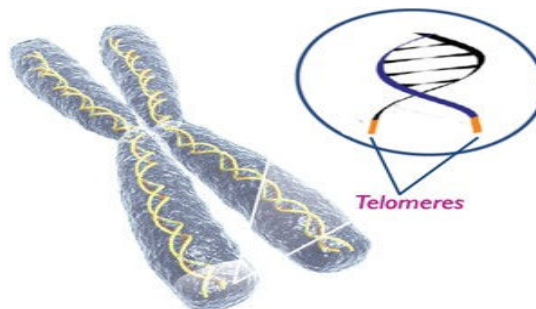
“protective caps” on the ends of chromosomes that are known to be a measure of cell age, health, and lifespan. Recently researchers at the University of California at San Francisco reported several studies showing that psychological stress leads to shorter telomeres. They also found that regular exercise prevented the telomere damage inflicted by psychological stress. Scientists have known for a decade that the length of the telomeres in immune system cells is a marker of cell aging and that shorter telomeres are associated with a broad range of age-related diseases such as cardiovascular disease and cancers. For example, in one study of 251 healthy, non-smoking women with a history of childhood abuse, the researchers found that those women who exercised regularly had normal telomere length. More discussion of this work can be found at the internet link below.

http://www.ucsfhealth.org/news/2011/04/exercise_may_protect_cells_from_damage_caused_by_stress.html

Finally, another benefit of

Continued on page 2

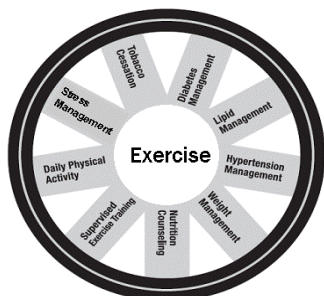
Telomeres (see picture at the bottom center) are the



Inside this issue:

- 1 May: “Exercise is Medicine” Month
- 2 Healthy Life Style Articles
- 3 Optimus Weightlifters and Member Spotlight
- 4 Announcements
- 5 Nutrition Corner Feature Recipe
- 6 Member Birthdays and Upcoming Running Events

1 Exercise and physical activity are key components of an optimal approach to preventing and managing most if not all chronic diseases including heart disease, high blood pressure, arthritis, multiple sclerosis, osteopenia/osteoporosis, obesity, type 2 diabetes, and abnormal blood lipids that are so prevalent among US citizens. To illustrate the role of exercise in preventing chronic diseases, I created the Exercise Wheel diagram shown in the lower left corner of this first page. As illustrated, exercise is the hub of the wheel with other components such as daily physical activity, not smoking, healthy nutrition, etc. forming the spokes. In this article, my goal is to summarize a few of the most recent studies that emphasize the significant contributions ex-



regular exercise is that it may help prevent the age-related loss of heart muscle mass. Dr. Paul Bhella and colleagues presented a study at the American College of Cardiology 2011 scientific sessions in New Orleans that showed that being physically active over the course of a lifetime preserved heart size and normal heart function. The researchers studied 81 healthy but sedentary persons ages 21 to 82 years of age and 67 lifetime regular exercisers who were 65 years of age or older. They assessed heart size with a procedure called Cardiac Magnetic Resonance Imaging. The findings showed that the sedentary

persons lost over 50% of their heart size over the age range while those over 65 years of age who had exercised regularly actually had greater heart muscle mass than the younger sedentary persons. In addition those who exercised more days per week preserved more heart size. Dr. Ben Levine, an internationally recognized expert cardiologist, who was not involved in the study stated that "the data suggest that if we can identify persons in their middle age and get them to exercise 4-5 times per week or more we can prevent many of the major heart conditions of aging such as heart failure". Again for

those of you interested in learning more, a summary of this work can be found at the internet link below.

<http://www.theheart.org/article/1204575.do>

There are numerous other recent articles that I could discuss. A few of them you'll find summarized in other parts of this issue of Optimus Connections. I congratulate our members for their regular exercise habit and, thus, taking one of the most important steps to; 1. reduce their risk for preventable chronic diseases; 2. help manage a chronic disease if

they already have one or more; and 3. "prevent" premature aging and a shortened lifespan. Keep moving for as Aristotle once said, "Life is Movement".

And take to "heart" the belief of Dr. Walter Bortz, MD, expert on aging, "There is no pill available today that has as much potential for extending the quality and quantity of life as EXERCISE". Enjoy Movement with your children and grandchildren!

Can Exercise "Occasionally" Be Negative? Tom LaFontaine, PhD, ACSM RCEP

Over 95% of the scientific literature on exercise and physical activity finds that many positive health and fitness benefits accrue from regular aerobic and resistance exercise. However, in the VERY rare <0.1% of the population who participate in ultra-endurance events such as marathons (26.2 miles of running), half and

full ironman events (1.2 to 2.4 miles of swimming, 56 to 112 miles of biking, and 13.1 to 26.2 miles of running), or ultra-distance biking and running events (often 100 miles or more), exercise may damage heart tissue. A recent study of twelve 50+ year old elite endurance athletes, seventeen 26 to 40 year old endurance athletes, and 17

healthy men who were not endurance athletes found that 50% (1 in 2) of the older elite endurance athletes had evidence of fibrosis or scarring of their heart muscle. None of the younger endurance athletes or the older healthy non-endurance athletes had evidence of heart muscle fibrosis. All of the older athletes were asymptomatic but those who

had trained the hardest and for the longest time had the most evidence of scarring. This study is not of much practical value since very, very few persons in the world are elite endurance athletes but it is academically interesting. I doubt if any of our clients need to be concerned!

Keep a Strong Grip for a Healthy, Long Life! Tom LaFontaine, PhD, ACSM RCEP

Grip strength is a relatively good indicator of overall muscular health and strength. Recently a recent study suggested that grip strength may be a good predictor of how long you might live!! A study reported in the Canadian Medical Association Journal found, among 555 85-year old men and women, that those



who lost the most hand grip strength over a period of 4 years were more likely to die over a 9.5 year follow-up period.

Another study found that persons with better hand-grip strength had better cognitive function. So work on your grip strength as well as your overall total body strength. Ask one of

our professional exercise physiology staff for exercises to increase your grip strength!! For more information, go to the following internet link:

<http://mail.aol.com/33540-111/aol-6/en-us/mail>. The picture shows a handgrip dynamometer which is commonly used to assess grip strength.

Columbia Speed Academy – Opening June 1st Across the Hall from Optimus!

Columbia Speed Academy (CSA) strives to set the standard for athletic performance in young athletes. Through the use of dynamic plyometric, high-speed treadmill training, and other movements focused on function and skill development we guide stu-

dents to achieve physical fitness and athletic excellence.

Students will have a pre-evaluation. They are examined using Woodway Force 1.0 running analysis software and a series of other speed. Upon completion of the Pre-

Evaluation, our certified coaches assist the young athletes in selecting the most appropriate ProForm class to help achieve their goals.

For more information visit:

www.columbiaspeedacademy.com or call us at 573-825-4441.



Aaron Horschig Competes in the first annual Lab Gym Open in St. Louis



On Saturday, April 23, Optimus staff member Aaron Horschig lifted in the first annual Lab Gym Open in St. Louis. After snatching 111 kg (244.2 lbs) and clean and jerking 136 kg (299.2 lbs), he narrowly missed 142 Kgs (313.4 lbs) which would have given him a

total of 253 kgs (557.6 lbs) and what he needs to qualify for the US Olympic weightlifting national championships to be held in Council Bluffs, Iowa, July 15-17. The next meet for the Optimus Olympic Weightlifting Team (Aaron, Jordan Kroell,

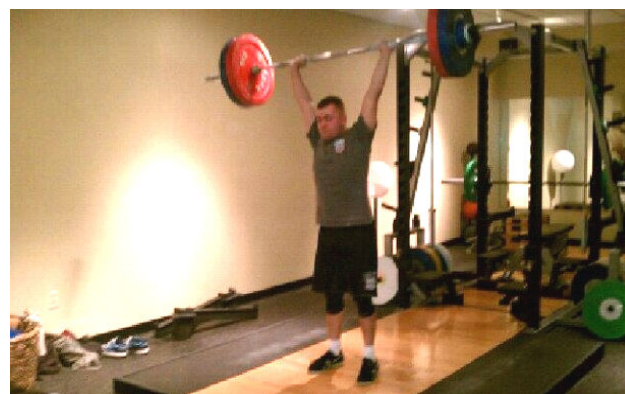
Cody Mims, Anthony Jones, and Geoff Grambo) is May 21st in Kirkwood, Missouri. Aaron should easily qualify for the Nationals at this meet.

Cody Mims, Member of the Optimus Olympic Lifting Team, Sets Three Personal Records at the National Collegiate Championships!

Tom LaFontaine, PhD, ACSM RCEP

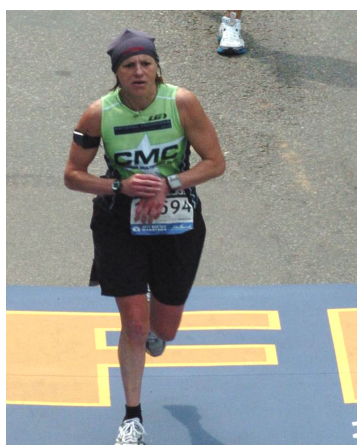
On Saturday, April 9, Cody Mims, 20 year old Optimus Olympic Weightlifter and student at the University of Missouri, set three (3) personal records in the 77 Kilogram weight class. The competition was held in Shreveport, Louisiana, This was Cody's first national level meet. Cody lifted 92 Kgs (202.4 lbs) in

the Snatch, 122 Kgs (268.4 lbs) in the Clean and Jerk for a total of 214 Kgs (470.8 lbs). All three were personal records for him. He also had near misses at 95 Kgs (209 lbs) in the snatch and 125 Kgs (275 lbs) in the Clean and Jerk. Congratulate Cody when you see him. The picture shows Cody completing a jerk in training.



Member Spotlight: Shelly Frazier and Jordan Derosé, Optimus Clients, Complete the 115th Running of the Boston Marathon!

Tom LaFontaine, PhD, ACSM RCEP



Shelly Frazier (pictured to the left) and Jordan Derosé (pictured to the right), two clients of Tom LaFontaine and Optimus, successfully completed the Boston Marathon on Monday, April 18. The weather was excellent and they both ran well. Shelly finished in a time of 3:39:39 and Jordan crossed the line in

3:42:51. Both expressed that it was an exhilarating experience and were satisfied with their accomplishments.

Coach LaFontaine was also most pleased with their efforts.

Congratulate them when you see them at Optimus.



Dr. Mayer's Seminars for May and June:

-There will be no seminar in May due to Dr. Mayer being out of town-

Tuesday, June 21st, 12:15-12:45pm

"What are we teaching our children?"

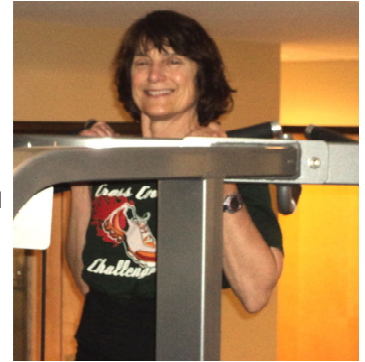
Teammates Linda LaFontaine & Val Windsor Complete Four (4) Unassisted Chin-ups!

Tom LaFontaine, PhD, ACSM RCEP



Val Windsor (pictured left) and Linda LaFontaine (pictured right) are workout partners that train under the watchful eye of Tom LaFontaine!! One of the most effective weight training machines ever designed is the Assisted Chin and Dip Machine. This machine allows everyone to be capable of doing a chin-up as it provides weighted assistance. Chinning arguably is .

THE best exercise to develop the upper back and upper arms. With training and progression it's possible for many persons, men and women, to achieve a full bodyweight chin-up. A few weeks ago on Linda's 60th birthday, Val and Linda challenged themselves to see how many they could do. The result was the both successfully completed FOUR chin-ups. Proof of their achievement is provided in the accompanying pictures.



Optimus Sponsoring Breakfast Station for Bike, Walk, and Wheel Week

Bike, Walk & Wheel Week is a week long celebration of active transportation in Columbia. People are encouraged to get out and bike, walk or wheel to their destinations around town. On Friday, May 20th, Op-

timus will be sponsoring one of the 11 free breakfast stations around Columbia at the Rock Bridge High School Pavilion (next to the football field) from 7:00-9:00am. For more information about Bike, Walk, and



Wheel Week activities, T-shirts, and registration, visit www.pednet.org. Registration is not required for free breakfast, so bike out and join in on the fun!

Welcome, Wyatt Delgman, to our Optimus Family!



Wyatt Scott Delgman was born 3-15-2011. Wyatt arrived weighing 7 lbs, 14 ounces and 21.75 inches long. Proud parents are Holly, Optimus Staff, and Curtis Delgman.

Welcome New Massage Therapist Martha Hord

Martha Hord is joining Janene Sun as an Optimus Licensed Massage Therapist . Martha has ten years of experience and specializes in Swedish and Deep Tissue Massage techniques. She incorporates "hot stones" in her practice which is thought to bring soothing warmth and relaxation to the massage and may help loosen tight muscle tissues. Martha also has many established clients. To make an appointment call Martha directly at 573-268-3970.

Tai Chi Class Starts Again May 10th!



On May 10th we will begin a new Tai Chi class, open to all levels of experience. Instructed by Optimus Personal Health and Fitness Mentor Mason Stevens,

Tai Chi will be offered Tuesday and Thursday mornings 8:00—8:45 am. Ten session Tai Chi punchcards can be purchased at the front desk and be used at your convenience.

A 10 session punch card is \$100 for a non-member and \$80 for Optimus members.

Don't be Shy! Go Nutty! Recipe for Toasted Walnut Hummus Tom LaFontaine, PhD, RCEP

Although omega-3 fatty acids from fish oils are most beneficial, plant omega-3 is healthy as well. Walnuts have the highest concentration of plant omega-3s. and contain L-arginine and anti-

oxidants which improve blood vessel health. Enjoy toasted walnut hummus. Ingredients: 1/2 cup walnuts, 3 Tbsp walnut oil, 1 crushed garlic clove, 14 oz can of chickpeas, strained,

1/4th cup orange juice, 1/2 tsp orange zest, 1 tsp salt, 1/4 tsp black pepper. Toast walnuts until golden brown and cool to room temp. Combine with garlic, oil and puree in a blender. Add rest

of ingredients and blend to a smooth consistency. Serve with whole grain pita and fresh raw vegetables.

8 servings, 143 calories, each, 7 grams of good fats, 3 grams protein, 2 grams of fiber

Nutrition Corner: NuVal™: Nutrition Made Easy?

Hannah Holzum

If any of you shop at Hy-Vee, you may have noticed a small tag on the shelf by food products that says “NuVal 56”. So what is this NuVal and what does that number mean?

The NuVal™ Nutritional Scoring System was developed as a direct response to America’s troubling health trends: for example, rapidly rising rates of obesity and diabetes in both the adult and child populations. A team of recognized medical and nutrition experts — led by Dr. David Katz of the Yale Prevention Research Center — advocated the development of an independent and simplified nutritional scoring system as a vehicle to improve public health. This system works by scoring foods on a scale

of 1-100. The higher the score, the more nutrition the food is thought to have. It considers more than 30 nutrients on the good side (fiber, protein, etc) and several on the bad side (fat, sugar, etc) in arriving at a score.

This sounds good, right? While it may be helpful for those who don’t know much about nutrition, it can be misleading to many consumers. For example, Baked Lays potato chips have a NuVal score of 24. So we realize that 24 is closer to 1 than 100, so it’s probably not the best choice. Then we walk past the frozen food section. The Birds Eye frozen carrots and cranberries have a score of 22. So do we get better nutrition from the potato chips rather than the carrots and cranberries? This is one

problem for example with the system. If a consumer doesn’t fully understand all that is included with eating healthy, they are going to buy the potato chips because they are “healthier” than the carrots and cranberries. Or how about skinless chicken breasts? Their NuVal score is 39 and Kashi’s oatmeal cookies score is 40. How can you even compare lean chicken to cookies? While this system has its issues, it does score

very high, which I think we would all agree with.

Be cautious of systems like this and the latest food trends in the market. Just because it says “developed by a medical professional” does not make it healthy! As I advise, the best thing you can do is read the ingredient label. Buy the freshest, natural and preferably organic, foods that you can. Most of us realize that fruits and vegetables are healthier than potato chips, and that lean chicken and cookies are not comparable, so don’t let the number fool you!



fresh fruits and vegetables

“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: Garden Pasta Salad

Ingredients:

- 2 cups whole-wheat rotini, (6 ounces)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar, or lemon juice
- 1 clove garlic, minced
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1 cup cherry or grape tomatoes, halved
- 1 cup diced yellow or red bell pepper, (1 small)
- 1 cup grated carrots, (2-4 carrots)
- 1/2 cup chopped scallions, (4 scallions)
- 1/2 cup chopped pitted kalamata olives
- 1/3 cup slivered fresh basil



More Information:

Serving Size: 6, 1 cup each
Active Time: 35 minutes
Total Time: 35 minutes

Directions:

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.
2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Nutrient Facts (per serving)

Calories	205
Total Fat	9g
Carbohydrate	29g
Protein	6g
Sodium	291mg

www.optimushealth.com

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Member Birthdays

May		June	
Eric Cooper 5/1	Shruti Rajan 5/20	Justin Miller 6/2	Chris Yeckel 6/22
Larry Glabe 5/2	Richard Mellitt 5/21	Kimberly Sims 6/2	Halcyone Perlman 6/22
James Elliot 5/3	Jeff Boyd 5/22	Debra Glodoski 6/3	Jared Reynolds 6/25
Marissa Spencer 5/4	Colin Williams 5/24	Ravi Puri 6/4	Herman Traudes 6/27
Scott Sasek 5/5	David Boyd 5/25	Anne Clark 6/6	Cliff Custin 6/30
Connor McGowan 5/8	Cole Kreisel 5/26	Molly Read 6/7	
Janet Bezler 5/8	Lynda Hodges 5/27	Shelly Williams 6/8	
Laura Seivert 5/8	Scott Boyd 5/27	Steven Fair 6/9	
Pieter VanWaarde 5/10	Cheryl Stansberry 5/28	Lisa Franke 6/10	
Mark Blount 5/11	Larry Slates 5/28	Deb Daniels 6/14	
Suzy Moore 5/13	Patricia Schnitzer 5/28	Terri Nowlin 6/16	
Sandy Ollar 5/14	Mike Mayer 5/30	Blake Franke 6/17	
Kathy Healy 5/16	Gayla Miller 5/31	Roger Walker 6/17	
LaVonne Custin 5/18	Kathy Ward 5/31	Richard Edging 6/18	
Hannah Holzum 5/20		Audrey Harned 6/20	

Low Fat, High Fiber Cake!



Upcoming Local Running/Walking Events

- Bike-Walk-Wheel Week May 14—21, Columbia, MO
See <http://www.pednet.org/programs/bike-walk-wheel.asp> for activities
- Lee Pfefer Memorial WellAware 5K, Saturday 5/14
8-10am, starting at 2001 E Broadway (Stephens Lake Park), Columbia, MO
- Show Me State Senior Games 5K, Saturday, 6/11
7:30-8:30am, starting at 4500 Bethel St. (Bethel Park), Columbia, MO
- Trekking for Kids 5K or 10K, Saturday, 6/18
8-10am, starting at the Village of Cherry Hill, 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

May:

- National Physical Fitness Month
- National Osteoporosis Awareness and Prevention Month
- National High Blood Pressure Education Month
- Exercise is Medicine Month

June:

- National Aphasia Awareness Month
- Men's Health 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.

