

## HAVE YOU SEEN MY SPARE TIRE?

### Shape Up Missouri team mission statements



I want to set an example for my oldest son Payton that waking up early in the morning is not a bad thing, but rather an opportunity to get fit and have fun while other people are sleeping.

— Mike Messer

My goal/mission is to lose a few pounds and establish a habit of regular exercise.

— Mike Hatchett



Mission: 189 NOW - Reduce 5 to 10 pounds and improve my balance and survival.

— Arthur "Buck" Rikli

I want to consistently maintain a regular exercise routine and encourage the ones in my network to join me. I have a 3-year-old little girl (Macey) and I plan on being her Superman, so I must be in the best shape possible.

— Nick Baker



My mission is to lose 5 pounds by eating more "veggies" and walking.

— Tom Marrero

To adopt a consistent and sustainable program of activity and weight control.

...Or to regain my Vin Diesel-like figure, whichever comes first.

— Rick McKernan



I was a professional bodybuilder for 10 years and my body fat percent is at 17 percent. My goal is to help people (mostly over 40) realize this is the time when our bodies (muscles) need exercise more than any other time in our lives.

— Steve Henderson

My mission is to get as close to 200 pounds as soon as I can. I'm planning on doing it by walking, but I don't know if I can walk enough to get it down that far, so I also have to watch my diet. Probably got ten pounds to go.

— Joe Sestak



My goal is to lead by example in the health and fitness movement. Through proper nutrition, hydration and exercise we can be the role models who make a difference in the development of good habits for the kids we reach.

— Wes Brown

# Losing by example

The Downtown Columbia Optimist Club hopes that **shedding a few pounds** will inspire healthier lives

By AMBER HANNEKEN

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Joe Sestak, 73, has been a member of the Downtown Optimist Club of Columbia since 1990, and every year, he gets quite a workout lifting and moving Christmas trees during the club's fundraiser. Now, Sestak is doing a different fitness activity with the club as part of Has Anyone Seen My Spare Tire?, a Shape Up Missouri team.

"Working with the Christmas trees put me in shape," Sestak said. "I need to eat less and do a little more exercise, too."

Has Anyone Seen My Spare Tire? is a nine-member Shape Up Missouri team made up of members from the Downtown Optimist Club of Columbia. This is the second season that the Optimist Club has participated in the Shape Up Missouri competition, and the team's new goal is to beat its last activity and weight loss average, which was 5,500 minutes and 54 pounds, respectively.

"We did it because we have a relationship with the Show-Me State Games," said Mike Messer, 32, Has Anyone Seen My Spare Tire? team leader. "We wanted to try and find additional ways to support them."

The Downtown Optimist Club of Columbia is a service organization that provides opportunities for Columbia's youth. It has sponsored youth events and provided funding for sports activities, scholarships and the fight against childhood cancer. Members of the Optimist Club Shape Up team say that by actively staying in shape they hope to be an example to youth. In the past, the Optimist Club helped hand out medals for the Show-Me State Games, Messer said.

"A major teenage health problem today is obesity," said team member Arthur E. Rikli, 90. "Hopefully, the Optimist Club can help by example."

The number of overweight children age 6 to 11 has more than doubled in the past 20 years, according to the National Center for Chronic Disease Prevention and Health Promotion Web site. The rate among adolescents 12 to 19 has more than tripled.

Shape Up Missouri is a competition offered in the spring and fall for Missourians to lose weight and live healthier lifestyles. It is sponsored by the Governor's Council on Physical Fitness and Health and the Show-Me State Games. Teams of two to 10 people can work together to lose weight and increase physical activity. Rank is determined by percentage of total weight lost or minutes of physical activity. There are monthly prizes and community awards given at the end. Teams can continue to sign up for the competition until Oct. 8.

"(As for diet and exercise) it's pretty much up to the individual team," said Seth Myers, senior information specialist for the Show-Me State Games. "We ask for each person to get ideally 60 minutes of exercise a day, which they can do in a variety of ways. It's really up to them. Some people like to work out; some prefer to take long walks. There's no set exercises."

Messer plans on working out at 5:30 a.m. four days a week at Wilson's Total Fitness, doing weight lifting and some cardio. Last season,