



Let's Get ^a Physical

Editor examined from head to toe, and news isn't all good

BY DAN KOLLER
Staff Writer

It's official: I'm fat. If you've ever met me, you know I could stand to lose a few pounds around the middle. But I now have the results of three tests confirming my pudginess.

The tests were conducted Monday at the Cooper Clinic, where I spent seven hours undergoing a complete physical. In an effort to publicize the facility's new Cooper Clinic Platinum service, I was invited to undergo the same examination that anyone enrolling in the program would endure.

Dr. Michael Chapman and his team tested my body fat in three ways. The traditional calipers method, in which they use a plastic tool to pinch an inch (or more) on various body parts, said 24.4 percent of my body was fat. Then they submerged me in a hot tub, which raised the percentage to 29.3. By the time I laid down on a table and had my body scanned inside and out, my fat content was up to 35.4 percent.

Thank God there wasn't a fourth test. Each one left me feeling more porcine than the last.

ONLINE EXTRA

To learn more about the Cooper Clinic Platinum program, visit cooperaerobics.com.

Chapman said an acceptable level of body fat for a man my age (35) is 16.5 percent. An ideal, or athletic, level is 12.5 percent. I weigh 218 pounds. To get to my ideal body-fat percentage, I need to lose 35 of those. Egads.

"Don't leave here thinking about the long-term goal," Chapman said. "It's depressing. Focus on one pound a week."

Chapman delivered those words of encouragement during the one-on-one session that capped the day. That session is part of what sets the Cooper Clinic apart.

I've had the same primary-care physician for nearly a decade, and don't get me wrong: I love the guy. But I spent more time with Chapman on Monday than I have with my doctor in my last 10 check-ups combined.

Chapman went over the results of each test, explaining the numbers, good and bad, and offering advice on how to correct the bad ones. He then e-mailed a 28-point list of recommendations for a healthy lifestyle that ranged from exercising at least five days a week to purchasing a fire extinguisher for my home.

The level of service goes even further for Platinum patients. For an annual fee, they all receive Chapman's home- and cell-phone numbers and have access to



Cooper Clinic exercise physiologist Joel Justice tests my blood pressure as I try to endure a stress test. Based on the length of time I spent on the treadmill, my results were "very poor."



Dr. Joel Woodburn sticks a camera down my throat to take a picture of my tonsils. The good news is, my tonsils looked great. The bad news is, I nearly gagged on the camera.

him 24 hours a day, seven days a week.

"I'll meet them at their office or their house," he said. "I'll meet them here on the weekend."

I met Chapman at the Cooper Clinic at 7:30 in the morning. By the time I left at 2:30 in the afternoon, my hearing, vision,

lung capacity, vocal cords, reflexes, blood, urine, and skin had all been tested or examined. But the highlight of the day — or the lowlight, as it turned out — was the stress test.

Exercise physiologist Joel Justice affixed several wires to my torso, after



Dr. Michael Chapman, head of the Cooper Clinic Platinum program, discusses the results of my echocardiogram with Joel Justice.



Justice had to do some selective shaving before attaching the electrodes to my torso.

shaving the hair from a few key spots. I then got on the treadmill and maintained a 3.3-mile-per-hour pace as the incline on the machine steadily increased by the minute.

For the first few minutes, it was easy enough. But I have not exercised regularly since my second son was born 18 months ago. In that time, I'd forgotten that stretching before working out is always a good idea.

Before long, my calves started to tighten up. Thankfully, Justice let me know as soon as I'd been on the treadmill long enough for him to gather all the necessary data. After that, he said, whether I kept going or not depended entirely on my competitive nature. (Record times for various age groups are posted on the wall.)

Since I don't have a competitive bone in my body, I told Justice I was finished. During our one-on-one session, Chapman informed me that my time of 13 minutes, 26 seconds was better than only 12 percent of male Cooper patients my age. My cardiovascular fitness was classified as "very poor."

One pound a week, eh? Sounds like it's time to get started.

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STAFF PHOTOS: CHRIS MCGATHEY



Neighbors

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A WALK IN THE PARKS

Michael Chapman

Age: 37

Occupation: Personal physician for Cooper Clinic Platinum, the new program that offers 24/7 access to acute and preventive care at the Cooper Clinic
Neighborhood: University Park

What is your favorite word?

Chimichanga

What is your least favorite word? Stupid

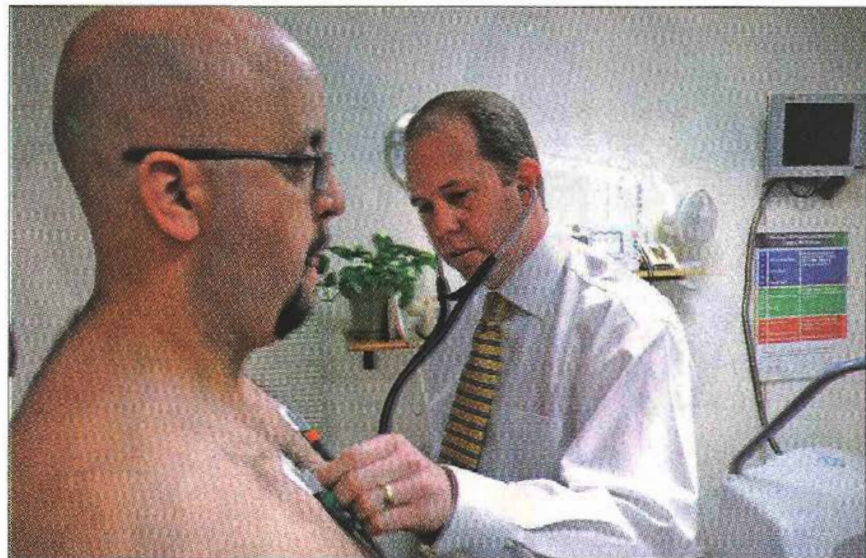
Other than your own occupation, what job would you like to attempt? A hunting guide in Colorado. Many people don't realize that I am an avid outdoorsman. I even bring my kids — Cooper, age 6, and Cecily, age 3 — along sometimes. (You can find Cecily, dressed in pink camouflage, alongside Cooper in our deer blind more often than not!)

What job would you find torturous? An accountant, especially at this time of year

What is your single favorite thing about the Park Cities? The Park Cities are home to a lot of great families. I also enjoy that there is a real, genuine sense of community.

What is your least favorite thing about the Park Cities? The high cost of living

What is your guilty pleasure? Ben and Jerry's ice cream (Americone Dream)



STAFF PHOTO: CHRIS MCGATHEY

Michael Chapman listens to Dan Koller's heart during a physical. Read more about the procedure on Page 7A.

What is your greatest pet peeve? I can't stand when people litter. We have got to care for our bodies and our environment.

After your death, how would you like to be remembered? It'd be an honor to be remembered as a loving and compassionate man who served his family, friends, and the Lord well.

What is your favorite quote? "Nothing great was ever achieved without enthusiasm." — Ralph Waldo Emerson

What is your favorite drink? Big Red over crushed ice

If you could travel through time, when and where would you go? To Biblical times to watch Jesus feed the five thousand

If you wrote a book, what would it be about and why? New trends in health care to convey a doctor's perspective of our current health-care system. The Cooper Clinic, and all of Cooper Aerobics Center, has been built upon preventive medicine. It's our 40th anniversary this year, and we have proved through practice and research that it is cheaper and more cost-effective to maintain good health than it is to regain it once it is lost. What preventive medicine could do to change the world and lower health-care costs would be a really interesting read.

What is your favorite shop in the Park Cities? It's a tie between JD's Chippery and Mustang Donuts. The dietitians I work with say that I can eat anything as long as it is in moderation. I clearly

take that philosophy to heart with my food options.

Name a local hero. My nephew Gage Holmes. Since the summer of 2007, he has been battling leukemia. He has been on and off steroids and chemotherapy, in and out of the hospital, and has kept his head held high. Gage reminds us grown-ups to take each day with thanks.

What hidden talents do you have? Uncanny flexibility. I can touch my toes to my nose while standing.

What would you include in a desert island survival kit? Satellite phone, water, sunscreen, and a umbrella — oh, and a good book

What is your greatest achievement? Becoming a husband and a dad