



# Healthy Minds, Healthy Bods

## Health Pack: Number 23

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Prepared by: Lazza, Luke and Dean: Monday 21st September 2020*

[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)



**“Surround yourself with the dreamers and the doers,  
the believers and the thinkers.  
But most of all, surround yourself with those  
who see greatness within you, even when you don’t see it yourself.”**

*Welcome to the 23rd of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).*

If you missed any of our first twenty-two (where were you?) pls. go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)** - all packs are there.

HMHB is a mental health project that is looking to shake up intervention through our own unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

Life should be fun, with us focusing on responsibility, change, choice and being proactive.



**Mary Poppins offering Lazza some  
advice on his recent trip to London.  
He is not sure just how a spoonful of sugar  
is going to help, but he thanked her  
anyway.**

**He described meeting her as  
"Supercalifragilisticexpialidocious"**

**We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms**

## **PRINTED COPIES CAN BE POSTED TO YOU**

**We are delighted to say we can print and post copies to people who would like a paper copy.  
Due to Islington Giving Funding, and the National Lottery, we can do this, for a limited  
number. So you need to speak with us as soon as possible.**

**Please connect through our website contact page.**

**Thanks to everyone who reads these packs.**

**Currently, we do our various work as volunteers.  
HMHB really needs seed funding to cover salaries  
and overheads.**

**If you are or know a business to help sponsor, or  
know grants to cover this, please get in touch.**

**If you can, share on social media our fundraiser  
[www.gofundme/hmhb2016](http://www.gofundme/hmhb2016)**



## NEWS PAGE:

### Depressed or anxious teens risk heart attacks in middle age

Depression or anxiety in adolescence is linked with a 20% greater likelihood of having a heart attack mid-life, according to research released on the 26th August at ESC Congress 2020.<sup>1</sup>

In a warning to parents, study author Dr. Cecilia Bergh of Örebro University in Sweden, said: "Be vigilant and look for signs of stress, depression or anxiety that is beyond the normal teenage angst: seek help if there seems to be a persistent problem (telephone helplines may be particularly helpful during the COVID-19 pandemic). If a healthy lifestyle is encouraged as early as possible in childhood and adolescence, it is more likely to persist into adulthood and improve long-term health."



There are indications that mental well-being is declining in young people. This study investigated whether conditions like depression in adolescence (age 18 or 19) are associated with a higher risk of cardiovascular disease in adulthood. The researchers also examined the possible role of stress resilience (ability to cope with stress in everyday life) in helping to explain any associations.

The study included 238,013 men born between 1952 and 1956 who underwent extensive examinations in late adolescence (as part of their assessment for compulsory military service) and were then followed into middle age (up to the age of 58 years). The assessments at the age of 18 or 19 years included medical, psychiatric, and physical examinations by physicians and psychologists.

Stress resilience was measured by an interview with a psychologist and a questionnaire, and based on familial, medical, social, behavioural and personality characteristics.

A total of 34,503 men were diagnosed with a non-psychotic mental disorder (such as depression or anxiety) at conscription. Follow-up for cardiovascular disease was through hospital medical records

The study found that a mental disorder in adolescence was associated with the risk of having a myocardial infarction (heart attack) by middle age. Compared to men without a mental illness in adolescence, the risk of myocardial infarction was 20% higher among men with a diagnosis, even after taking into account other characteristics in adolescence such as blood pressure, body mass index, general health, and parental socioeconomic status.

The association between mental illness and heart attack was partly, but not completely, explained by poorer stress resilience and lower physical fitness in teenagers with a mental illness.

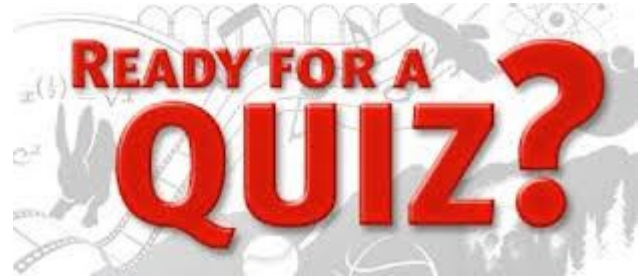
"We already knew that men who were physically fit in adolescence seem less likely to maintain fitness in later years if they have low stress resilience," said Dr. Bergh. "Our previous research has also shown that low stress resilience is also coupled with a greater tendency towards addictive behaviour, signalled by higher risks of smoking, alcohol consumption and other drug use."

Dr. Bergh said: "Better fitness in adolescence is likely to help protect against later heart disease, particularly if people stay fit as they age. Physical activity may also alleviate some of the negative consequences of stress. This is relevant to all adolescents, but those with poorer wellbeing could benefit from additional support to encourage exercise and to develop strategies to deal with stress."

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 21 (no peeking)**

**Countries.**

According to "worldatlas.com", there are currently 195 countries in the world. Only 11 of them have four-letter names. Can you name all 11?



**Music**

These songs were all number one singles in 1999. Can you name their acts?

- a. Praise You
- b. Mi Chico Latino
- c. Keep On Movin'
- d. Boom Boom Boom Boom
- e. Livin La Vida Loca
- f. Baby One More Time
- g. Perfect Moment
- h. Everybody's Free (to wear sunscreen)
- i. 9pm Till I Come
- j. Genie In The Bottle
- k. I Have a Dream
- l. The Millennium Prayer

**Film:**

In which films would you find these animated characters?

1. Nala; Timon; Shenzi
2. Duchess; Thomas O'Malley; Napoleon
3. Timothy Q Mouse; Mr Stork
4. Marlin; Bruce; Mr Ray
5. Roddy; Rita; Le Frog
6. Kaa; Bagheera; King Louie
7. Flounder; Scuttle; Ursula
8. Miss Bianca; Bernard; Orville
9. Zak; Crysta; Hexxus
10. Bellwether; Chief Bogo; Nick Wilde
11. Henry J Waternoose III; Boo; Randall Boggs
12. Violet Parr; Dash; Edna Mode
13. Bing Bong; Riley; Sadness
14. Russell; Dug; Charles Muntz
15. Maui; Hei Hei The Rooster; Chief Tui

**Geography.**

In which city would you find the following?

1. The Statue of David
2. The Rijksmuseum
3. Lincoln Memorial
4. Sugarloaf Mountain
5. Bondi Beach
6. Saint Mark's Basilica
7. Alcatraz Island
8. Cape of Good Hope
9. Palace of Holyrood House
10. Brandenburg Gate
11. Giza Necropolis
12. The Forbidden City
13. Space Needle



**The World:**

The "G8 Nations" hold an annual summit to:  
 "foster consensus on global issues like economic growth and crisis management, global security, energy, and terrorism "

Can you name all 8 countries involved?

**Try and answer all before you look at the answers. Test yourself. Take your time.**

## MIND-SET:

**It's ok to feel good about life**

*Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems.*



**“You deserve to be happy.  
You deserve to live a life  
you are excited about.  
Don't let others make you forget that.”**

**“Be happy. It drives people crazy.”**

This is pack number 23. Wow!!! Incredible. And still going strong - I hope. And over the weeks we have covered many subjects around the concept of Mind-set. Virtually all the time we are asking people how they deal with challenges and issues, and to think about their thought process. But what happens when things are actually going well??

I decided to cover “being happy” following a meeting with an old friend last week. As always, the first question to me was “How are you?” The normal standard reply we all give is “fine”, even if your world has fallen apart. And very often the person actually does not want to know. If you were to answer, “it's really not good at the moment”, your friend would probably instantly regret their question, and desperately try and find a way to leave the immediate area as quickly as possible.

But I realised that my answer of “fine” was accurate. I was actually feeling quite good. I am not saying that I do not currently have a mountain of issues, both personal and project wise, to overcome, but I was not allowing them to weigh me down and life was ticking along nicely.

I also had an epiphany moment; I essentially felt a bit guilty about feeling good and happy. Should I be feeling like this? Covid is causing problems around the whole world, restrictions have come into place this morning (I am typing on Monday 14th), and there is a huge amount of uncertainty. Project wise, we are waiting to see if our MP Jeremy Corbyn can get us in to see the DWP, which he says he will try and do. And we have to complete 22 pages a week on these packs (18 of which are completely original). So, why is it I am feeling good? Why do I feel guilty? And let's look at how we can all feel good at being happy when it happens.



**Our Izzwalkz group  
12th September 2019**

**A fantastic mix of people on our 147th  
walk with Highbury Grange Medical  
Practice in Clissold Park.**



**MIND-SET:**  
**What is Happiness?**

It is great to gather tools together for when the bad things happen. To be able to challenge life and fight it head on, using a Growth Mind-set and positive attitude, is paramount, even though it can appear to be difficult.

Happiness is a subjective emotion, and also a very personal emotion. Some people can be happy ‘just’ by being able to eat once every day. Some people need to be really successful to be happy. Some people need to be great in what they are doing to be happy. A few people need to be the best in their classes to be happy. A few people need to have it all to be happy, they see money and fame as the only direction to go.



How you see happiness has to do with the way you are raised; your lifestyle, your habits, your family, your personality, your everything. What you have experienced and saw in your life will subconsciously form your opinion about your idea of happiness. In short, your idea of happiness is all in your mind-set. After all, what happens to you is mostly in your mind.

You only have the control over yourself and your mind. But, there are simply some situations or problems that you can not change. You also do not have the control over someone else's minds and actions. If you can not affect it, do not spend time thinking and trying to change it. It is no longer smart nor healthy to obsess over it. Just focus on the problems that you can handle right now, and enjoy what is going well.

If you are not happy right now, you have two choices to be happier. You can change your mind-set and expectations or you can learn to enjoy the struggle and ‘pain’ to achieve your happiness standard. Life needs balance. You should be happy enough to appreciate life with its ups and downs. But it is also not the best thing to be so happy until the point where you are too easy to be satisfied with your life. If you are too happy, you will not make any progress in your life. I think it is ‘healthy’ to always have new goals and ambitions, but maintaining a happy face when you try to pursue them.



## MIND-SET:

### How can I find happiness?



**“Good times are a reminder and a reward for dealing with the difficult and challenging times we all go through. The trick is to celebrate the good times in advance of the difficult times.**

**Always remember,  
good times await you  
after the difficult times pass”**

How often might we say: “I’m feeling okay, but I’m worried about .....” and then list something that is coming up? Why can’t we just enjoy being happy and feeling good?

It can be called "honouring the depression," which means people will hold on to the darkness even when they are in the sunshine. For example, even when the sky is blue, they will not trust a bright blue sky because, in their minds, it can turn too quickly to rain, for reasons that are irrational.

But happiness is out there, and there are some steps you can take to find it. But when you do, embrace it, enjoy it, and jump in head first to all its glory.

1. **Be with others who make you smile.** Studies show that we are happiest when we are around those who are also happy. Stick with those who are joyful and let their enthusiasm rub off on you.
2. **Hold on to your values.** What you find true, what you know is fair, and what you believe in, are all values. Over time, the more you honour them, the better you will feel about yourself and those you love.
3. **Accept the good.** Look at your life and take stock of what’s working, and don’t push away something just because it isn’t perfect. When good things happen, even the very little ones, let them in.
4. **Imagine the best.** Don’t be afraid to look at what you really want and see yourself getting it. Many people avoid this process because they don’t want to be disappointed if things don’t work out. The truth is that imagining getting what you want is a big part of achieving it.
5. **Do things you love.** Maybe you can’t skydive every day or take holidays every summer, but as long as you get to do the things you love every once in a while, you will find greater happiness.
6. **Find purpose.** Those who believe they are contributing to the well-being of humanity tend to feel better about their lives. Most people want to be part of something greater than they are, simply because it’s fulfilling.
7. **Listen to your heart.** You are the only one who knows what fills you up. Your family and friends may think you’d be great at something that really doesn’t float your boat. It can be complicated following your own desires. Just be smart, but also a little selfish - it’s you who are important!!!!
8. **Push yourself, not others.** It’s easy to feel that someone else is responsible for your happiness, but the reality is that it is really your job. Once you realize that, you have the power to get where you want to go. Stop blaming others or the world, and you can find your answers much sooner.
9. **Be open to change.** Even if it doesn’t feel good, change is the one thing you can count on. Change will happen, so make contingency plans and emotionally shore yourself up for the experience.

**Listen, we all crave happiness in one form or another.  
Don’t feel guilty when you feel good.  
But also don’t press the self-destruct button.  
Embrace happiness and enjoy it. :-)**

## NUTRITION: Takeaways: Pizza

**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

Yes, I enjoy Pizza. I'll say it. In fact, I do not think I know anyone that does not enjoy a slice (or several). Pizza is a favourite food for many around the world. The addicting combination of delicious crust, sweet tomato sauce and salty mozzarella cheese is sure to please even the pickiest of eaters. However, it's commonly labelled unhealthy. Let's have a look at some facts.



It is definitely better to have a freshly made pizza, by yourself. Often a diet staple of college students and busy families, frozen pizzas are popular meal choices for many people.

While there are exceptions, most are high in calories, sugar and sodium. They're typically highly processed and contain artificial preservatives, added sugar and unhealthy fats.

Pizzas sold in fast food restaurants and convenience stores are among the unhealthiest of choices. They tend to be the highest in calories, unhealthy fats, carbs and sodium.

Plus, fast-food pizzas usually contain more ingredients than freshly made ones, including monosodium glutamate (MSG), artificial colourings and high-fructose corn syrup; all of which may negatively impact your health. They're also often packed with sodium, making them a poor choice for those who are salt-sensitive.

I know it all sounds bad, and at HMHB we are determined, when it comes to nutrition, that we would not tell people what they should be eating. Everything in moderation. Enjoying your favourite pizza now and then is a key component of any sound eating plan. But, while it's okay to eat a piece of frozen, fast-food or pizzeria-style pizza occasionally, it's best to limit consumption to no more than a few times per month, solely down to it's nutritional content.

Make your own instead. You control the amount and types of toppings. And it can be fun (in fact, it has made me realise that I will do that for one the upcoming pack recipe pages, just to give it a try myself!!).

**More circuits in  
Highbury Fields**

**6th September 2020**

**Yep, this month.**





## NUTRITION: Burgers & Fried Chicken

You cannot head down any high street, or into any shopping complex, without passing some kind of takeaway joint serving chips with something, be it burgers, fried chicken, or the good old British fish. And, I enjoy them just as much as anyone else. They do get a bad press though, especially when it comes to the latest obesity figures, which are very worrying. In fact, obesity is second only to smoking as the root cause of premature death in Europe.

*(before we start, HMHB does not promote any kind of diet; be that keto, vegan, Atkins, meat-based, paleo etc. We will cover vegetarian in an upcoming pack, so please so not get upset if we talk about meats - thanks)*



### Beef

Please excuse me as I salivate gratuitously over that burger photo!!! Red meat, including hamburger, tends to be overlooked as part of a nutritious diet; but moderate amounts fit perfectly into a balanced diet.

Hamburger meat packs your meal with nutrients, like iron, vitamin B-12 and protein. So if you're a generally healthy person, a hamburger once in awhile may have some benefits. Iron carries oxygen to cells, tissues and organs. Red meats, such as hamburger, are some of the best sources of Heme Iron. Heme Iron is found only in animal-based foods, is highly bioavailable and easy for your body to utilize. Your body absorbs as much as 35 percent of the Heme Iron you get from meat, versus only two to 20 percent of non-Heme Iron from plant-based foods, according to the Office of Dietary Supplements.

Hamburger is rich in protein, but you should select the leanest varieties, such as 90 percent lean or more, to avoid consuming too much fat and calories. Protein gives structure to cells, builds lean muscle mass and acts as a backup source of energy when carbohydrates and fat are not available. Your diet should consist of 10 to 35 percent protein

A concern of red meat is the high saturated fat content. Saturated fat hardens arteries, elevates blood pressure and ups your risk of cardiovascular disease when you have too much. Everything in moderation.

### Fried Chicken

Fried foods are high in fat, calories, and often salt. A few studies, including one published in 2014, have linked fried foods to serious health problems like type 2 diabetes and heart disease.

"Fried foods may influence risk of these diseases through several key risk factors; obesity, high blood pressure, and high cholesterol," says lead author Leah Cahill, PhD, an assistant professor at Dalhousie University in Canada. "The process of frying is known to alter the quality and increase the caloric content of food."

Fried foods served in fast-food restaurants are often cooked in hydrogenated oils, which are high in trans fats. Many restaurants use these oils because they give food a satisfying taste and crunch. But they're not good for you. Trans fats raise bad (LDL) cholesterol levels, lower good (HDL) cholesterol levels, and raise your chance of having heart disease.

Chicken is often fried with the skin on, which is actually more unhealthy.



**See Takeaways as treats - especially hot fried food.  
It may taste nice I know, but think about what is happening inside your body.  
Try and make healthier choices. Cut the number of takeaways.**

## NUTRITION:

### How can I make Takeaways healthier?

I know we repeat ourselves, but everything in moderation. If you fancy a burger or pizza etc. then enjoy yourself. Keep them as treats though. Your body, especially your veins and organs, will thank you. But is there a way we can have takeaways and be healthier?

#### Fish and Chips

I do love a trip to the chippy. I have to say for me I like a nice portion of fish, or a mince beef and onion pie, or a battered sausage. But if you want to be healthier there are some steps.

- Have a portion of baked beans or mushy peas with your fish and chips.
- Watch out for other foods that are high in fat, such as pies and sausages.
- The thicker the chips the better, because they absorb less fat.
- Try to have a smaller portion or share your chips.
- Ask for your fish and chips without salt; if you want some salt, then add a small amount yourself.
- Don't eat all the batter around your fish, because it soaks up a lot of fat. If available, have fish coated in breadcrumbs, as it soaks up less fat.
- Fish and chips that are cooked in oil at the right temperature taste better and absorb less fat. So watch out for soggy batter and chips, because this is often a sign that the oil wasn't hot enough.

#### Other Takeaways

- **Try to avoid:** large doner kebab with mayonnaise and no salad, burgers with cheese and mayonnaise, thin-cut chips, chicken or fish patties deep-fried in batter. Or have very seldom!!
- **Healthier options:** shish kebab with pitta bread and salad, grilled burgers made from lean fish or meat (beef or whole chicken breast) and without cheese and mayonnaise.

We have not covered Chinese, Italian, and Indian takeaways, as we are going to report on them when we discuss restaurant food in a future pack, but again always think of fried content, salt content etc.

Of course, why not try and cook your own “takeaway” favourites. You will probably find that the ingredients will cost less than you would pay for the overall meal, and you are in total control of the food and nutritional content?

There are many recipes online for all your favourite dishes - be that curry, pasta, pizza, Mexican, etc. And it will be more fun too.

I have thoroughly enjoyed learning to cook various dishes for our recipe pages. And so far I have created twenty different savoury and sweet meals. I have baked too, which has been a great learning curve.



**We all love the easy option of takeaways sometimes, and they can be very tasty.**

**But why not give some of those dishes a go yourself.**

**Your body deserves to be looked after. It needs fuel, but the right kind.**

**Make sure you continue to give it what it needs.**

## NUTRITION: Minerals

### Manganese

#### Minerals:

**In the context of nutrition, a mineral is a chemical element required as an “essential for life” nutrient by living organisms to perform functions necessary for life.**



- Manganese is a trace mineral, which your body needs in small amounts.
  - It's required for the normal functioning of your brain, nervous system and many of your body's enzyme systems.
  - While your body stores up to about 20 mg of manganese in your kidneys, liver, pancreas and bones, you also need to get it from your diet.
  - Manganese is considered an essential nutrient and can be found especially in seeds and whole grains, as well as in smaller amounts in legumes, beans, nuts, leafy green vegetables and tea.
1. Manganese is essential for bone health, including bone development and maintenance. When combined with the nutrients calcium, zinc and copper, manganese supports bone mineral density. This is particularly important in older adults. Studies have shown that about 50% of postmenopausal women and 25% of men aged 50 or older will suffer from an osteoporosis-related bone break.
  2. Manganese is a part of the antioxidant enzyme superoxide dismutase (SOD), which is arguably one of the most important antioxidants in your body. Antioxidants help protect against free radicals, which are molecules that can cause damage to cells in your body. Free radicals are believed to contribute to aging, heart disease and some cancers. SOD specifically helps combat the negative effects of free radicals by converting superoxide (one of the most dangerous free radicals) into smaller molecules that won't damage your cells.
  3. Manganese appears to play a role in regulating blood sugar. In some animal species, manganese deficiency can lead to glucose intolerance similar to diabetes. However, results from human studies are mixed. Multiple studies have shown that people with diabetes have lower manganese blood levels.
  4. Researchers are still trying to determine if low levels of manganese contribute to developing diabetes, or if a diabetic state causes manganese levels to drop. Additionally, manganese is heavily concentrated in the pancreas. It's involved in the production of insulin, which removes sugar from your blood. Thus, manganese may contribute to the proper secretion of insulin and help stabilize blood sugar

**Minerals are just another “essential for life” nutrient you need to get from nutrition.  
It's your responsibility to make sure you get enough!!!  
Why not research this Mineral even more this week?  
Maintaining an adequate Manganese intake is important for your overall health,**

## NUTRITION: Lazza's Kitchen

### Banoffee Pie

Lazza is still trying out new recipes  
Today - he cooks banoffee pie for the first ever time.

“Credit for the pie's invention is claimed by N Mackenzie and I Dowding, the owner and chef, respectively, of The Hungry Monk Restaurant in East Sussex, England, back in 1971. After trying various changes including the addition of apple or orange, Mackenzie suggested banana and Dowding later said that "straight away we knew we had got it right".



Base: 75g / 3oz butter  
200g / 7oz digestive biscuits

Filling: 150g / 5½oz soft brown sugar  
150g / 5½oz butter  
1 can condensed milk

Topping 2 bananas  
150ml / ¼pt double cream  
100g / 3½oz chocolate (grated)

- Make the biscuit base first: Add the biscuits into a food bag and crush them using a rolling pin.
- Melt the base butter in a pan.
- Then tip in the biscuits and stir together.
- Pour the mixture into a 23cm tin (I used my pie dish), pressing firmly down.
- Transfer to a fridge to chill for 20-30 minutes.
- Make the caramel: Heat the brown sugar and butter at the same time, stirring well.
- It will come together. Add the condensed milk and keep stirring till it boils.
- Take off the heat.
- Bring the base out the fridge and pour over the caramel.
- Put back in fridge to cool completely (overnight is best)
- When ready to serve - slice the bananas and layer them over the caramel.
- Pour the cream into a bowl and whip them up, using electric hand beaters till thickened and stiff.
- Spoon over the bananas.
- Grate the chocolate over the top.



This is a favourite dessert of mine, and I never thought I could ever make one. I warn you, it is very very sweet!!! But delicious. Small portions I think!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and tasty dessert to prepare.





## HMHB's Name Game Page - trickier than you think

Name these musical instruments from their pictures.

Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## EXERCISE/FITNESS

### Body Conditioning

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area.

I, personally, have used both Clissold Park and Highbury Fields so far.

As long as you Social Distance you will be fine. Find ways to be active.

Before lockdown, HMHB had gym sessions in three gyms, and I still have Better Gym Membership (others are cool too of course). I have to admit I was always nervous about using the classes - there is that feeling of “will I fit in?”, or “will everyone be better than me?”. But when it is possible, I will start using them, especially the Body Conditioning class - which you can do on your own or with friends too.

#### What is Body Conditioning?

According to various sites:

Body Conditioning is a whole body workout that can improve your overall fitness.

Body Conditioning classes can help you on your way to get in great shape and feel great about your body.

Focusing on strength, muscular endurance and fitness conditioning, these classes will help to develop a strong and toned physique.

Body conditioning classes involve a high energy, high impact workout, and typically involves a combination of aerobics and toning.



Body Conditioning classes promise an all-round workout for all parts of your body, they are high energy, high impact sessions combining aerobics and toning in one class.

In the next couple of pages we will look at how you can create your own body conditioning routine, as well as the overall benefits you can get from this type of exercise. Hopefully, you are now getting more movement and exercise into your daily routine. If not, why not start today? Your body will thank you.



**Our terrific  
all-inclusive  
gym sessions at-  
tracted a lot of  
attention in  
2019.  
Hoping to be  
back soon.**



## EXERCISE/FITNESS:

### Body Conditioning: An Anaerobic exercise

Body conditioning exercises target your whole body, using lots of different muscles to strengthen, shape, and tone your body. They may combine several types of exercise, such as flexibility, strength, and resistance training.

Body conditioning improves endurance, increases flexibility, and establishes a balanced, stable physique.

Doing these exercises offers a wealth of positive benefits to your overall health and fitness level. If you do them regularly you can build power, coordination, and speed. This allows you to improve your athletic performance and feel better while going about your daily routine.



**Body conditioning exercises are a form of anaerobic exercise.** Anaerobic exercises involve quick bursts of energy and are performed at maximum effort for a short time. Examples include jumping, sprinting, or heavy weight lifting. During anaerobic exercise, your body requires immediate energy. Your body relies on stored energy sources, rather than oxygen, to fuel itself. That includes breaking down glucose. This means they're immensely beneficial to your physical health and overall well-being, making them a vital part of any fitness routine.

Since they don't always require equipment, you can do them anywhere. This is ideal when you're traveling or have a time constraint.

#### **Builds Muscle**

One of the most popular anaerobic exercise benefits is that it helps build lean muscle mass and improve endurance and fitness levels. Increased lean muscle mass due to exercise boosts the metabolism and helps combat fatigue. It also helps reduce body fat, which is a key factor for people trying to achieve weight loss targets.

#### **Improves Mental Health**

All forms of exercise has been shown to reduce symptoms of anxiety and depression. It also relieves stress, helps you sleep better, improves your memory, and boosts your overall mood. Why? Engaging in exercise releases endorphins, chemicals released in the brain that trigger a positive feeling, similar to that of morphine, that energize your spirits and make you feel good. Finally, anaerobic exercise can also serve as a distraction, helping you to find a calm and relaxing time to break out of the cycle of negative feelings that feed depression.



#### **Lowers Blood Sugar**

The body turns the food you eat into sugar. Food that remains unused is either burned immediately, stored as fat in the body, or stored as glycogen in the muscles. Regular anaerobic exercise helps regulate insulin by burning the stored glycogen in order to help your body stay healthy. This helps you avoid spikes in blood sugar levels.

**On the next page, let's look at a few exercises you can do at home.**



## EXERCISE/FITNESS:

### Let's try some Body Conditioning exercises

#### Basketballs

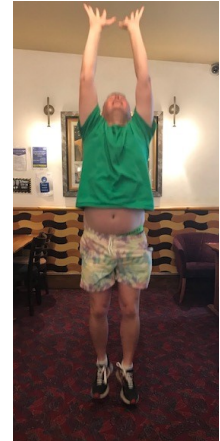
We do this one at our Highbury Field morning sessions, and is a terrific one to do.

You pretend the basketball is at your feet.

Using a squat, you crouch down and pick up the basketball (don't look at the ground, keep facing forward the whole time).

Then stand up, and with a jump you pretend the throw the basketball into a hoop (the jump is very important).

Then keep repeating for a set number, or until the time is up if using a stopwatch.



#### Jog / Sprints

We do this one at our Highbury Field morning sessions too, and is so simple, but also effective at increasing oxygen intake.

Using a timer you can see, or just counting, you start with a jog, count down for five, and then sprint for five, jog for five, sprint for five, and so on.

We like to include this in our HIIT training, and can do it for 30 seconds or even a minute. That way you get 3 or 6 of each into your session. I really like to use it.



#### Mountain Climbers

We do this one at our Highbury Field morning sessions too, and can be done on the ground or, as some of our users are more older, leaning against a tree, bench or chair.

Get into the plank position, keeping your spine straight. Then, engaging your core, alternatively bring your knees up as far as they can towards your elbows. Make sure you stretch your legs back to the starting position each time.

Keep repeating. It's another terrific all over body exercise working the whole body.



**These are just three examples of Anaerobic exercises you can do at home.**

**Or even get some friends together and you will do more.**

**These exercises boost cardiovascular health, burn calories and improve flexibility.**

**Why not investigate more moves you can try?**



## HEALTH / ROUTINE

### Breathing

**HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.**  
**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)**

We breathe a lot; roughly 10 times a minute!  
Have you ever wondered how the process of breathing works so smoothly?

Our lungs allow us to inhale the oxygen our body needs, but they do much, much more. They also allow us to get rid of carbon dioxide, the waste product created in the body, and they play a vital role in singing, shouting and even giggling. It is vital we look after our lungs, and damaging them with cigarette, cigar, or pipe smoke can have a devastating affect on your overall health.



All cells in our body need oxygen to create energy efficiently. When the cells create energy, however, they make carbon dioxide. We get oxygen by breathing in fresh air, and we remove carbon dioxide from the body by breathing out stale air. But how does the breathing mechanism work?

Air flows in via our mouth or nose. The air then follows the windpipe, which splits first into two bronchi: one for each lung. The bronchi then split into smaller and smaller tubes that have tiny air sacs at their end called alveoli. We have millions of alveoli in our lungs! These sacs have thin walls; so thin that oxygen and carbon dioxide can pass through them and enter or leave our blood. The blood transports oxygen to almost every part of the body. The blood also gives the carbon dioxide a ride back to the lungs.

Lungs take up most of the space in the chest. The 12 pairs of ribs in our ribcage protect the lungs and other organs in our chest cavity, such as our heart.

Relaxed breathing is a reflex; we do not have to think to breathe. During this unforced inhalation our diaphragm, the dome-shaped muscle between the chest and the abdominal cavity, flattens. This expands the chest cavity and as a result air is drawn in. During exhalation the diaphragm relaxes and the lungs naturally recoil, and air is gently pushed out.

We can also breathe more forcefully. When we exercise, sing loudly, or otherwise need or want more air or oxygen, we can exert force to breathe more deeply. We use various muscles to increase chest volume more dramatically. In the same way, as in relaxed breathing, the expansion of the chest cavity draws air in so the lungs fill up. The relaxation of the chest cavity pushes air out. Muscles can also force the chest cavity to contract even further, pushing even more air out. Because the expansions and contractions are larger in this case, a bigger volume of air flows in and out of our lungs, and our body gets a larger supply of oxygen and we have more air to create sound.

**How you breathe can affect how you exercise and live. Let's look on the next page.**

## HEALTH / ROUTINE

### How you breathe is important.

**The air that you breathe in is approximately 21 per cent Oxygen and 78 per cent Nitrogen.**

The more activity you do, the more oxygen your body needs to sustain these activities, And the more efficiently that you can deliver said oxygen to your muscles, the harder and more efficiently you can work, which leads to better results.

For these reasons, proper breathing should be one of your main focuses during exercise, Proper breathing can help you lift heavier; it can give you more muscular endurance in weight lifting and cardio-centric activities like running, swimming, and biking; and it can help you recover more quickly during high-intensity activities and sports like football.



Your diaphragm is a muscle located between your thoracic cavity (chest) and abdominal cavity, and it should be the main workhorse that powers your breathing, whether you're exercising or not. Yet many of us don't fully engage this muscle when breathing, and instead take shorter, more shallow breaths that begin and end in the chest. Breathing in this shallow way, you won't be able to deliver as much oxygenated air to your lungs. This increases your heart rate and blood pressure, which can ultimately increase feelings of anxiety and stress, and even make you feel short of breath.

Diaphragmatic breathing, on the other hand, is your best bet for efficient, effective breathing. This specific type of breathing, which engages the diaphragm muscle with every breath, involves slowly breathing in through the nose or mouth (preferably the nose), filling up your abdominal area (versus your chest) with air, and then slowly exhaling as the stomach collapses. When exercising, diaphragmatic breathing can help ensure core activation and that you're breathing deeply enough to deliver enough oxygen to the muscles, which prevents them from fatiguing earlier.



In an ideal world, you want to breathe through your nose. That's because you have special cilia (hair-like structures) inside your nose that help filter out pollution, allergens, and bacteria before they travel into your lungs. The nasal passage also helps you humidify the air through mucous, which can prevent irritation. Breathing through the mouth, on the other hand, doesn't provide the same filtering and humidification processes.

While breathing is one of the most natural, automatic processes in the body, paying attention to your breath during a workout can help make sure you're breathing as efficiently and effectively as possible. At the end of our daily group sessions on Highbury Fields, we always cool down with a stretch. And the first thing we do is get ourselves in a relaxed position, and I tell people to think of their breathing, inhaling through the nose, as this helps them get their breath back, and calm the heart beat.

**Your body is remarkable.**  
**Being able to breathe is something we take for granted.**  
**Our bodies need Oxygen every minute of every day.**  
**Maybe try out some breathing techniques?**

## What is available to you

Here is an amazing opportunity to join in a **FREE Zumba class, or two, with a qualified teacher.**

Karina is part of our weekly Sobell Fitness sessions.

Karina is based in Islington, but her online classes are fabulous.

Please contact her. They are fun, but also great for your health.

[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



### ACTIVE WITHIN

If anyone would like to join in their free classes, you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links

[www.activewithin.com](http://www.activewithin.com)

TIME TABLE	
MON/18.30/YOGA	
TUES/11.00/YOGA	
TUES/18.30/BOOTCAMP	
WEDS/18.30/YOGA	
SAT/10.00/YOGA	
SUN/10.00/ABT	

**HMHB is delighted to be part of the “Walk With A Doc” network.**

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them. [Check out their website for more information.](http://www.walkwithadoc.org)



“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

We are proud to be part of their network. Let's walk!!!!

[www.walkwithadoc.org](http://www.walkwithadoc.org)



## Review of Challenges and Targets

### Mind-set:

There is nothing wrong with feeling happy, but we sometimes feel guilty, or even immediately start wondering when things are going to go wrong. Occasionally, we may even press a self-destruct button too!! Think about what makes you happy, and embrace that. This is a time of great uncertainty, but you cannot control a lot of things you will probably worry about. Try and find some happiness every day, Even something as simple as making a nice meal, or laughing at a joke. Happiness is the best medicine. What can you do?



### Nutrition.

I love takeaways as much as the next man. Sometimes, a well topped pizza during the football, or a McDonalds to quench your hunger, is fantastic.

But here at HMHB we are all about the nutrition and what your body needs to stay healthy. Everything in moderation. Takeaways have to be a treat, not a norm. Their salt, fat and calories content can be high, with very low nutritional value.

You know what you need to be healthy. We have covered it every week in these packs. Think about your weekly use.



### Exercise



Something is better than nothing, and anaerobic exercise is terrific, but maybe not for all.

It is quite energetic, but you can pick and choose exercises that suit you. Some people can jump easily, others, with knee problems maybe, might not jump but do more movement based exercises.

HMHB promotes everyone being more active, more often, and pushing themselves outside their comfort zone, which is easier in a group. Why not have a go? See how you do!! I think you will surprise yourself.

### Health.

Breathing is something we do not actually think about at all, as your body automatically helps you out. But it is something you do need to consider, especially during this Covid epidemic. Every time you breathe you inhale toxins and bacteria (and viruses if around). But also, as you exercise, it is important to get suitable oxygen to the body. Why not research this subject this week, and see if you can be doing anything different?



**Start thinking about setting weekly goals yourself on these topics.  
A small difference every week will grow into significant change over time.**



## Quiz Answers from Page 4 + Instruments from Page 13

See if you can beat your family and friends

### Music

These songs were all number one singles in 1999. Here are the names of the acts.

- |    |         |                    |
|----|---------|--------------------|
| a. | PY      | Fat Boy Slim       |
| b. | MCL     | Geri Halliwell     |
| c. | KOM     | Five               |
| d. | BBBB    | The Vengaboys      |
| e. | LLVL    | Ricky Martin       |
| f. | BOMT    | Britney Spears     |
| g. | PM      | Martine McCutcheon |
| h. | EF      | Baz Luhrmann       |
| i. | 9pm TIC | A.T.B.             |
| j. | GITB    | Christina Aguilera |
| k. | IHAD    | Westlife           |
| l. | TMP     | Cliff Richard      |

### Film:

The animated characters are in these films.

- |     |            |                                |
|-----|------------|--------------------------------|
| 1.  | N; T; S    | The Lion King                  |
| 2.  | D; TOM; N  | The Aristocats                 |
| 3.  | TQM; MS    | Dumbo                          |
| 4.  | M; B; MR   | Finding Nemo                   |
| 5.  | R; R; LF   | Flushed Away                   |
| 6.  | K; B; KL   | The Jungle Book                |
| 7.  | F; S; U    | The Little Mermaid             |
| 8.  | MB; B; O   | The Rescuers                   |
| 9.  | Z; C; H    | Ferngully; The Last Rainforest |
| 10. | B; CB; NW  | Zootropolis                    |
| 11. | HJW; B; RB | Monsters Inc.                  |
| 12. | VP; D; EM  | The Incredibles                |
| 13. | BB; R; S   | Inside Out                     |
| 14. | R; D; CM   | Up                             |
| 15. | M; HH; CT  | Moana                          |

### Geography.

Here the cities.

- |     |      |                |
|-----|------|----------------|
| 1.  | TSOD | Florence       |
| 2.  | TR   | Amsterdam      |
| 3.  | LM   | Washington DC  |
| 4.  | SM   | Rio De Janeiro |
| 5.  | BB   | Sydney         |
| 6.  | SMB  | Venice         |
| 7.  | AI   | San Francisco  |
| 8.  | COGH | Cape Town      |
| 9.  | POHH | Edinburgh      |
| 10. | BG   | Berlin         |
| 11. | GN   | Cairo          |
| 12. | TFC  | Beijing        |
| 13. | SN   | Seattle        |

### Countries.

According to "worldatlas.com", there are currently 195 countries in the world.

These have four letters:

Chad: Cuba: Fiji: Iran: Iraq: Laos

Mali: Niue: Oman: Peru: Togo:

*Niue is an Island Country in the South Pacific Ocean*

QUIZ  
ANSWERS

### List of Musical Instruments - from Page 13 (a couple of nasties - well, it's meant to be tricky)

- 1: Cornet: 2: Piccolo: 3: Maracas: 4: Lute: 5: Glockenspiel  
6: Viola: 7: Euphonium: 8: Harpsichord: 9: Sousaphone: 10: Banjo  
11: Harmonica: 12: Lyre: 13: Sitar: 14: Acoustic Guitar: 15: Double Bass

### The World:

The G8 nations at the last meeting were:

Canada, France, Germany,  
Italy, Japan, Russia,  
USA and UK.

# THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

We would love to incorporate some items from you in next week's pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can text HMHB: **07964 430456**

HMHB would prefer you email us: **hmhb2016@outlook.com**

Please follow and like us on Facebook if you are on it:

**[www.facebook.co.uk/healthymindshealthybods](http://www.facebook.co.uk/healthymindshealthybods)**

Please follow us on Twitter if you use it: **@hmhb2016**

Please follow PT Dean on Twitter if you use it: **@zombie\_pt**

Please follow and like our blogs:

**[www.hmhb2016.blogspot.com](http://www.hmhb2016.blogspot.com)** ; this about HMHB as a whole

**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)** our health blog

Our website is: **[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)** you can contact us through the site

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

**All copies of our Mental Health Packs can be downloaded from our website.  
And we can post copies to you. Please get in touch.**

**We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people. We also thank the National Lottery Communities Fund for extra funding, that enables us to reach further and do more.**



*Cripplegate Foundation  
Helping since 1500*

**Be Safe, Be Active, Be Well**