



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 48

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Plus: quiz, recipe, news, game, fitness classes and more.

Prepared by: Lazza, Oliver, and Dean: Monday 15th March 2021

www.hmhb2016.org.uk



**“We all make mistakes, have struggles, and even regret things in our past.
But you are not your mistakes, you are not your struggles,
and you are here NOW with the power to shape your day and your future.”**

Welcome to the 48th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

If you missed any of our first forty-seven (where were you?) please go to our website, or ask someone to do that, and download PDF copies from our MHP page - **www.hmhb2016.org.uk** - all the packs are there.

HMHB is a mental health project that is looking to shake up intervention through our own pioneering, 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.



Our wonderful friend Georg helped us get online with Microsoft Teams this week, as our Lawrence used this to present to 170 DWP representatives on Thursday 11th March. His help was valuable. We are also using Google Meet for a Thursday quiz night.

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.

WE WANT TO BE ABLE TO SEND PRINTED COPIES

We were previously delighted to say we could print and post copies to people who wanted a paper copy. Due to Islington Giving Funding, and the National Lottery, we were able to do this. But this funding has now run out. If you know a business that would be willing to sponsor this for the next two months that would be amazing.

Please connect through our website contact page.

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



NEWS PAGE:

Long Covid. What is it, and what should I do?

Long Covid refers to when people continue to experience symptoms of COVID-19 and do not fully recover for several weeks or months after the start of their symptoms.

Some research suggests that people with mild cases of COVID-19 usually recover within one to two weeks of contracting the initial SARS-CoV-2 infection. For severe cases of COVID-19, recovery can take 6 weeks or longer.

Currently, researchers may define post-acute COVID-19 as symptoms extending beyond 3 weeks since onset and chronic COVID-19 as symptoms extending beyond 12 weeks since onset. Other researchers refer to long COVID as COVID-19 symptoms that last for longer than 2 months.

A 2020 survey by the Centres for Disease Control and Prevention (CDC) suggests that it may take weeks for COVID-19 symptoms to resolve and for people to return to their usual state of health. This is also true for young adults with no chronic medical conditions. In contrast, over 90% of people discharged from the hospital with influenza usually recover within 2 weeks.

Mounting evidence suggests that many people may continue to experience symptoms related to COVID-19 long after their initial infection with the SARS-CoV-2 virus.

Although it is still unclear how many people have experienced long COVID, data from the COVID Symptom Study app suggests that one in ten people with the illness experience symptoms for 3 weeks or longer. Data from the UK Office for National Statistics found similar results, with roughly one in ten respondents who tested positive for COVID-19 exhibiting symptoms lasting for a period of 12 weeks or longer.

Don't forget, many symptoms may be a result of other conditions. Do not immediately presume Long Covid. Symptoms include:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ("brain fog")
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- Rashes



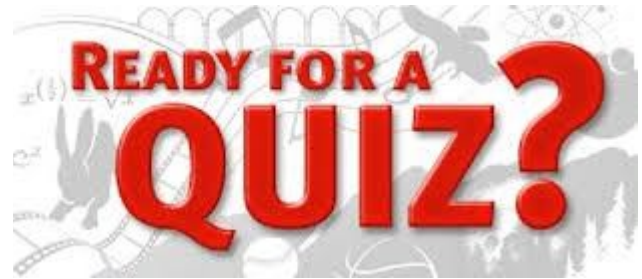
The NHS says: “if you are worried about symptoms after four weeks, do contact your local medical practice. They will do tests. If the symptoms are having a big impact on your life, you may be referred to a specialist rehabilitation service or a service that specialises in the specific symptoms you have.”

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

Geography

Not counting Australia (as it a continent), what are the top ten largest islands in the world by size in kilometres.

This should make you think!!



Television

Who played these UK Sitcom characters:

- a. Polly: Fawlty Towers
- b. Pvt Godfrey: Dad's Army
- c. Tim Canterbury: The Office
- d. Alice Tinker: The Vicar of Dibley
- e. Rene Artois: Allo Allo
- f. Mrs Slocombe: Are You Being Served
- g. Humphrey Appleby: Yes Prime Minister
- h. Godber: Porridge
- i. Rodney Trotter: Only Fools & Horses
- j. Albert Arkwright: Open All Hours
- k. Gavin Shipman: Gavin and Stacey
- l. Baldrick: Blackadder
- m. Patsy Stone: Absolutely Fabulous

Films: Name the actor who played these fictional doctor characters, and the film they were in:

1. 1997: Dr Evil
2. 1985: Dr Emmett Brown
3. 1968: Dr Kenneth Tinkle
4. 1962: Dr Julius No
5. 1980: Dr Hans Zarkov
6. 1993: Dr Richard Kimble
7. 1984: Dr Egon Spengler
8. 2009: Dr John Watson
9. 1996: Dr Brackish Okun
10. 1981: Dr Henry Jones
11. 1975: Dr Frank n Furter
12. 1991: Dr Hannibal Lector
13. 1999: Dr Malcolm Crowe
14. 2009: Dr Leonard McCoy
15. 1993: Dr Ian Malcolm
16. 1995: Dr Chase Meridian
17. 2007: Dr Julius Hibbert

Literature

Author and First Novel for these characters.

1. Dr. Alan Grant
2. Samwise Gamgee
3. Peter Pevensie
4. Bellatrix Lastrange
5. Charlie Bucket
6. Mr. Fitzwilliam Darcy
7. Juliet Capulet
8. Dorothy Gale
9. Bridget Jones
10. Robert Langdon
11. Tiger Lily
12. Bob Cratchit
13. Ralph and Piggy
14. Arthur Dent and Ford Prefect



Politics

The UK has many political parties but only 11 of them were successful in elections to get representatives to the House of Commons in the 2019 General Election.

How many of the 11 can you name?

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

MIND-SET: Think like an Entrepreneur

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. It something we can all do, but it takes effort.

As I am the one who created Healthy Minds, Healthy Bods, it has been said that I am an “entrepreneur”, although until I manage to get salary funding I will not look at it like that myself. However, building a business from scratch, from Business Plan and Funding Spreadsheets, to a Constitution and constructing a course program with a unique delivery, has meant developing many entrepreneurial skills. Don't forget, these are all transferable skills. This means you can use these not only in business but also within your on life situations.

I thought I would look at how successful people have designed their own successes, and use some of their ideas and quotes to show that if you can establish a growth mind-set mentality then you too can have your own successes.



Bill Gates, founder of Microsoft, is one of the most well-known world entrepreneurs that has ever lived. He has grown his wealth over the last few decades and continually tops the list of the world's wealthiest entrepreneurs.

His advice when it comes to new and old entrepreneurs alike is to analyse any situation from every possible angle, then to make a decision and stick with it. He emphasises the adverse effects of continually re-exploring decisions; he says it ends up “interfering not only with your execution but also with your motivation to make a decision.” Thus, making a single decision, sticking with and seeing it through until the situations drastically changes, is essential to avoid second-guessing yourself and interfering with your execution.

Jeff Bezos, founder of Amazon, is another example of how it is possible to use your mind-set to become a success. Just look at how his company dominates the world.

For a few weeks this year, he became the world's richest man. The Amazon founder is now holding steady at number two. He founded Amazon just over two decades ago, and it is now one of the most valuable and most successful companies in the world.

Bezos' critical piece of advice to anyone starting a business (or just any project in life) is to be a missionary (someone who loves and builds their customers and product or service) as opposed to a mercenary (someone who is obsessed with selling their company). In the long run, he believes that the missionary always beats out the mercenary in building a successful company. So, in short, make sure you love your customers and business and are prepared to build them up. That goes the same in personal targets and goals. They say you need to be kind to everyone, as it can come back to bite you.

Warren Buffet is one of the world's richest men.

His advice for entrepreneurs is to simply have fun. He is famous for saying: “at 85, I tap and dance to work every day”. His main message here is enjoy what you do and have a passion for it: in his words, “there's nothing like it”. For him, this is one of the key factors to being successful in any business. That goes for all aspects of life: Have Fun. Life is too short. Put a smile on your face.

MIND-SET: Why entrepreneurial thinking?

So, how can the way an entrepreneur thinks help us in our own lives. Well, we at HMHB believe there is a clear overlap of how we deal with issues that pop up every day to the way business people create their livelihoods. These transferable skills are available to us all, and can help us as we reach towards our own targets and goals.

An entrepreneurial mindset is a set of beliefs, thought processes, and ways of viewing the world that drives entrepreneurial behaviour. Typically, entrepreneurs firmly believe it's possible to improve their life situation and live life on their own terms. They also believe in their ability to learn, grow, adapt, and succeed. Surely, that is something that we all need to input into our lives.



The power of an entrepreneurial mindset is obvious when you think about it. Entrepreneurs succeed like they do because they think, act, and view the world differently from most people.

There are so many reasons why an entrepreneurial mindset matters. For example, developing an entrepreneurial mindset can help to reduce doubt, fear, and anxiety. It can also help to drive action, focus, and growth.

Create your own path

One of the ways entrepreneurs think is they don't just want to follow others, they want to create their own journey, their own successes, and their own path in life.

We all want to live a life that we love. A life that is uniquely our own and feels right to us. But making your own path in life isn't easy, especially if that path involves doing something different than the norm.

Many people falsely believe that they have to do things a certain way. They have to go to a good school, get a good job, settle down and have a family, and live their life the same way that everyone else does. But that simply is not the case. You can make your life whatever you want it to be. It can be different than what everyone else wants. When you start your journey of creating your own path in life, you may feel lost. You may not really even know what you want to create, just that you want something else. But being proactive is key!!!



You never know where life will take you. And that can be a wonderful thing. But if you keep going with the flow like everyone else, chances are you are all going to end up in the same place. And it probably isn't where you really want to be. Don't feel like you have to do things just because everyone else is doing them. It's that old cliché you've probably heard a thousand times before, but just because your friends jump off a cliff doesn't mean that you have to. Do your own thing. And don't care what other people think. Follow your own desires and create your own path. That's the only way you will find out what you truly want out of life.

MIND-SET:

More ways of entrepreneurial thinking.

Take responsibility for actions

It is very easy to blame the problems we go through on other people, and circumstances. I am not saying that everything is in our control. And we at HMHB have all experienced events that others have created that have then caused us enormous pain and stress.

However, ultimately, a lot of situations are a result of our own actions or reactions in the process.

When you're too busy pointing fingers at others, it becomes difficult to see your own faults. Even in situations where you're the victim, blaming others doesn't get you very far. Instead, it causes resentment, bitterness, and negative energy to linger.

When you stop blaming and accept responsibility, you're no longer the victim. You'll then have the upper hand and be able to change the situation to your liking.

An entrepreneur will get a lot of knock backs, but will learn from that and get back up and keep moving forward. They will be responsible for their handling of a situation, even if the negative aspect was down to someone else.

So next time something goes wrong, don't keep looking for someone to blame, instead think about how you can either turn the problem around, or use the failure to find a different way onwards. I hope that makes sense.

Have goals, not dreams

Entrepreneurial thinking is goal-orientated. In other words, successful entrepreneurs don't have wishes and dreams, they have goals and plans. So, when creating an entrepreneurial mindset, set "SMART" goals that are:

- Specific
- Measurable
- Attainable
- Relevant
- Time-sensitive

This is useful for business set up, but also fantastic for your own life.

SMART is a well-respected approach to goal setting and many people would recommend it for personal as well as professional goals. It is an approach that brings the focus, clarity and motivation that people can often neglect when goal setting.

The process of thinking about your goals to make sure they are SMART goals also helps people to genuinely consider the importance of each goal and makes it more significant to them.

Stop **BLAMING** and **COMPLAINING**
they are coping
strategies for failure
and a choice to play victim.
Instead empower
yourself and
TAKE RESPONSIBILITY



MIND-SET:

Realise your success is individual to you

Look for feedback, not just validation

The best entrepreneurs love to receive feedback. Even if it is something that people may not like. It is not seen as negative feedback, but more as constructive feedback. HMHB itself relies on the feedback from our users, and we are very open to listen and adapt if we feel we need to make changes.

You can't control the things that happen to you. A whole mix of weird and wonderful stuff is occurring all of the time and you can easily get mixed up in it. Shying away from feedback and creating a negative thought pattern around it can disorientate you in the long-term. It's a skill and probably one of the hardest to learn.

Let me use our own Healthy Minds Healthy Bods project as an example. It feels like I have aged at least fifty years during the process. Late nights, copious cups of coffee, thousands of meetings, and mounting stress levels. Knowing how hard I have worked, and how much I have worried over the whole time, can make it really tough when I have received any feedback that isn't all sunshine and smiles.

In my head I know that we need to adapt and change, and things are never perfect, but it still feels like a massive kick in the teeth to get 'constructive criticism' or negative feedback of any kind. I saw an email recently about these packs where someone was telling their users that the packs were "mostly accurate, informative, and mostly helpful". Which is probably true, we are not infallible, but felt a little hostile.

The thing to do is look at feedback as if you were outside the project. See things from their perspective. Are they on the ball? Listen, and then act. That goes for any situation in life too.

Be Self-Accepting

Many people struggle with self-acceptance. When you don't like something about yourself, it's easy to devalue or even hate yourself. But if you develop a growth mindset, you know you can always change and improve.

So, successful entrepreneurs accept themselves as they are, warts and all. They know who they are is transient, and they're working on becoming the person they want to be.

Self-acceptance goes beyond tolerating the way you view yourself.

It is accepting your behaviour, attitude and lifestyle, acknowledging them and working towards making a desired change. It includes accepting your body, protecting yourself against harsh criticism and believing in your capabilities. Practicing self-acceptance helps you to realise your qualities, both bad and good, and eases feelings of guilt and unhappiness. When we begin to accept who we are, we set ourselves up for improvement.



An entrepreneur is constantly trying to challenge themselves to grow.

That is an attitude we all need to find within ourselves.

There are transferable skills you can use to help you reach your own targets.

NUTRITION:

Interesting Nutrition Facts for all (1)

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.

Fat or Carbohydrates do not make you fat

The main factor blamed for obesity is often fat because it contains more calories per gram than protein and carbs. However, this couldn't be further from the truth. These factors are not the only things to consider when deciding on a diet. While we admit that both fat and carbohydrates can be fattening, being able to balance this with the rest of the diet can result in positive weight loss.

In a now infamous scene from her documentary “Homecoming,” a dejected Beyoncé reports, “In order for me to meet my goals, I’m limiting myself to no bread, no carbs, no sugar...”

Interestingly, and astonishingly, she says this line while eating an apple. Which contains carbs. All fruits are carbs. If you're going to remove something from your diet, you should probably know what it is first. It is a very damaging quote from a lady followed by a lot of young female fans.

Carbohydrates are one of the three main building blocks, also known as “macronutrients”, that make up all food. Protein and fat are the other two. These macronutrients are essential for the body to function.

Carbs can be further split into three groups:

- Sugars are simple short-chain compounds (monosaccharides and disaccharides) found in fruit like apples and the ubiquitously demonised white sugar. They taste sweet and tend to be highly palatable.
- Starch is a longer chain of sugar compounds (polysaccharides). This type includes things such as bread, pasta, grains, and potatoes.
- Dietary Fibre is the odd one out. It's also a polysaccharide, but the gut can't digest it.

Remember, almost all foods that people call “carbohydrates” actually contain a combination of all three types of carbs along with protein and fat. Apart from table sugar, it's rare to find something that's purely a carb. That's just not how food tends to work.

Ultimately, our bodies need fats and carbohydrates. Carbs are our main source of energy, it is just the amount and type of carbs that is important. The same goes for fats. We need more unsaturated fats, and definitely very little Trans fats.

Eat (real) fat to

- Promote fat burn
- Build muscle faster
- Curb cravings for junk food
- Supply your body with essential nutrients
- Better absorb certain vitamins and antioxidants
- Prevent nutrient loss during cooking

YOUR BODY NEEDS CARBS FOR

Energy

Brain power

Heart health

Fats and Carbohydrates are vital for your good overall health. Just make sure you choose the right kinds and amounts.

NUTRITION: Interesting Nutrition Facts for all (2)

Vegetables are your body's best friend

You don't have to go all veggie and become a strict vegetarian, but one of the healthiest eating habits you can foster in your family is to eat more vegetables.

Vegetables are low in fat and protein thus they are a perfect complement to animal protein foods. Make vegetables the centrepiece of your meals and let the other food groups accompany them. For many families, this may be a switch of mindset from meat and potatoes to potatoes and meat. The animal food is more of a garnish, adding flavour and nutrition to the medley of vegetables and grains, instead of the other way round. Stir-fry is a good example. Even better would be a combination of fish and vegetables. If you aren't ready to relegate steak and meatloaf to second place, at least make vegetables equal stars in the meal.



Sing their praises

Vegetables pack a lot of nutrition into a minimum of calories. For a measly 35 calories, you can get a half cup of vegetables that contains a wide variety of vitamins, minerals, and health-building substances, called phytonutrients, not to mention a lot of flavour. Load up on legumes (the family of beans, peas, and lentils). Second, only to soy, legumes are the best plant source of proteins, fibre, and iron, in addition to being high in folate.

Vegetables get top billing on any diet because most are "free foods," meaning you can eat an unlimited amount. Why this lean indulgence? Because of a neat little biochemical quirk that only veggies enjoy: the body uses almost as many calories to digest vegetables as there are in vegetables in the first place. You'll use up most of the 26 calories in a tomato just chewing, swallowing, and digesting it.

Because of the fibre in vegetables, you get fuller faster; which is another reason why it's nearly impossible to overeat veggies.

Diversity makes life interesting. Adults, at least, like different foods prepared different ways. Witness the diversity of ethnic restaurants in any large city. There are hundreds of different kinds of vegetables and even more ways to prepare them.

The energy in vegetables is in the form of complex carbohydrates. These take some time to digest and don't cause the blood sugar highs and lows that sugars do. An exception to this rule is the sugar in beets or corn. (These sugars have a high glycaemic index and trigger the insulin cycle).

On paper, a nutrient analysis of vegetables may not look all that special. Sure, there are lots of nutrients in vegetables, but most of these can also be found in other foods, such as fruits and grains. What you don't see in the nutrition charts or on the package labels are the hundreds of valuable nutrients, called phytochemicals, found in plants that have as-yet untold health-promoting properties. New research, especially in the field of cancer, is showing that vegetables are nature's best health foods.

**We all know we need to include more vegetables into our daily diets.
The health benefits are so numerous. It's your choice!!!**

NUTRITION: Interesting Nutrition Facts for all (3)

A healthy Breakfast is vital

Listen, I know people who do not eat breakfast, and swear that they are fine. Everyone is different, but proper published research shows breakfast is very important.

Research has discovered that skipping the first meal of the day will cause you to be hungrier later on which makes you overeat. By indulging yourself with a morning meal, you give your body the necessary energy it needs to make healthier decisions later on in the day.

Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. Those are just a few reasons why it's the most important meal of the day.



Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of “bad” LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight. It’s hard to know, though, if breakfast causes these healthy habits or if people who eat it have healthier lifestyles.

But this much is clear: Skipping the morning meal can throw off your body’s rhythm of fasting and eating. When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it. If your body doesn’t get that fuel from food, you may feel zapped of energy, and you’ll be more likely to overeat later in the day.

Breakfast also gives you a chance to get in some vitamins and nutrients from healthy foods like dairy, grains, and fruits. If you don’t eat it, you aren’t likely to get all of the nutrients your body needs. Many people skip the morning meal because they’re rushing to get out the door. That’s a mistake. You need food in your system long before lunchtime. If you don’t eat first thing, you may get so hungry later on that you snack on high-fat, high-sugar foods.

Researchers have found that on average, people who eat breakfast are thinner than those who don’t. That could be because eating foods with protein and fibre in the morning keeps your appetite in check the rest of the day. But it doesn’t guarantee you’ll fit into those skinny jeans. A recent study compared weight loss among people who ate breakfast with those who didn’t. The meal didn’t make any difference. If you’re dieting, don’t think cutting calories by skipping the meal will help. Studies show that most people who lose weight and keep the weight off eat breakfast every day.

Kids who don’t eat in the morning have a harder time focusing, and they become more tired in school. They may also be cranky or restless. And it isn’t just their moods that can suffer. Their schoolwork can, too. One study showed that kids who ate a healthy breakfast had higher test scores than those who didn’t. Most children don’t get all the vitamins and minerals they need from just lunch and dinner. Kids who skip breakfast are more likely to eat junk food during the day and be overweight. One study showed that teenagers who ate a healthy breakfast every day had a lower body mass index (BMI), a measure of body fat based on height and weight, than teens who never ate the meal or who sometimes did.

Most research says a “healthy” breakfast is important for overall health

NUTRITION:

Nutrition Facts that are Common Sense (4)

Eating nuts is very healthy, despite the high calorie content

Eat half a handful of mixed nuts every day and you're significantly less likely to die prematurely. That's according to a brand new study from the "Maastricht University", which looked at 120,000 men and women, aged between 55 and 69, over a 10-year period. Those who ate at least 10g nuts daily had an average 23 per cent lower change of dying during that time. Just one caveat, though: eating peanut butter doesn't offer the same benefits, perhaps due to its high fat content. And if you are going to have peanut butter do make it one with 97% or higher peanut content.

That daily serving of nuts can cut risk of heart disease by nearly a third, according to a major review, published in the "American Journal of Clinical Nutrition", which saw scientists pool data from 18 earlier studies. Nuts contain a heart-boosting mixture of essential fatty acids, vitamins and minerals: plus, of course, if you snack on nuts, you're less likely to fill up on unhealthy sugary or fatty snacks as well.

We know what you're thinking: of course eating something is likely to stop you feeling hungry. But opting for 1.5oz of almonds, which is around 30 nuts, satisfies hunger pangs without causing weight gain, say researchers at Purdue University in the US. The reason? Nutrient-rich almonds leave you feeling fuller for longer, so although those 30 nuts contain 250 calories, you won't be tempted to overeat later in the day.



Numerous studies have demonstrated the apparent cancer-fighting properties of nuts. Let's take walnuts, for example. Diets rich in walnuts or walnut oil may help slow the growth of prostate cancer, say US researchers from UC Davies. Another recent Harvard study found that walnuts may slow the spread of colon cancer. And researchers at Marshall University have found that risk of breast cancer drops significantly in mice when their diet contains a modest amount of walnuts. The effect may be due to the antioxidant properties of omega-3 fatty acids and Vitamin E found in walnuts.

While we're on the topic of walnuts. They can help improve memory, concentration and information-processing, says a study from the David Geffen School of Medicine in the United States. Walnuts are the only nuts that provide a rich source of alpha-linolenic acid (ALA), an omega-3 fatty acid that contributes to brain and heart health.

Fancy a bedtime snack? Try a couple of Brazil nuts. They're rich in the essential minerals selenium and potassium, both of which have been linked to a good night's slumber. The chances of experiencing sleep problems are reduced by 20 per cent when selenium intake is doubled, according to a recent study of more than 4,500 adults at Pennsylvania University. And upping your mineral intake will also make you less tired throughout the day.

**We have covered multiple topics in our packs over the last year.
All HMHB does is provide information on how nutrients are vital for your wellbeing.
A healthy diet consists of a varied diet of protein, carbs, fats, vitamins, minerals, etc.
How you ingest that is up to you. You decide.**

Essential Nutrition: HMHB look at Vitamin B3

**In earlier packs we looked at the various vitamins.
Here we add more information about these essential nutrients.**

Vitamin B3 is a water soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in our diet.

Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic level.

Vitamin B3 is also known as “Niacin” and is an important micronutrient. In fact, every part of your body needs it to function properly.

As a supplement, niacin may help lower cholesterol, ease arthritis, and boost brain function, among other benefits. However, it can also cause serious side effects if you take large doses.

There are two main chemical forms and each has different effects on your body. Both forms are found in foods as well as supplements.

- Nicotinic Acid: is a supplement. It is a form of niacin used to reduce cholesterol levels and lower your risk of heart disease.
- Niacinamide or Nicotinamide: Unlike nicotinic acid, niacinamide doesn't lower cholesterol. However, it may help treat psoriasis and reduce your risk of non-melanoma skin-cancer.

As with all B vitamins, niacin helps convert food into energy by aiding enzymes. Specifically, niacin is a major component of NAD and NADP, two coenzymes involved in cellular metabolism. Furthermore, it plays a role in cell signalling and making and repairing DNA, in addition to acting as an antioxidant.

Niacin has been used since the 1950s to treat high cholesterol. In fact, it can lower levels of “bad” LDL cholesterol by 5–20%. However, niacin is not the primary treatment for high cholesterol due to its possible side effects. Rather, it's primarily used as a cholesterol-lowering treatment for people who can't tolerate statins. In addition to lowering “bad” LDL cholesterol, niacin also raises “good” HDL cholesterol. Studies show that niacin raises HDL levels by 15–35%.

Niacin can also lower triglycerides by 20–50%. It does this by stopping the action of an enzyme that's involved in triglyceride synthesis. Consequently, this lowers the production of both LDL and very low-density lipoprotein (VLDL). Therapeutic doses are needed to achieve these effects on cholesterol and triglyceride levels

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet:

Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.



NUTRITION: Lazza's Kitchen

Chocolate Cake

Lazza is still trying out new recipes
Today - he makes his first ever chocolate cake

The history of chocolate cake goes back to 1764, when Dr. James Baker discovered how to make chocolate by grinding cocoa beans between two massive circular millstone.
In 1886, American cooks began adding chocolate to the cake batter, to make the first chocolate cakes in the US.



Cake:	Ganache
200g dark chocolate	200g dark chocolate
200g butter	2 tbsp golden sugar
85g self-raising flour	300ml double cream
85 g plain flour	
¼ teasp bicarb of soda	
200g dark sugar and 200g golden sugar	
25 g cocoa powder, and 3 eggs	
75ml Buttermilk	
Pieces of chocolate to decorate	

Heat the oven to 160C and line a large round cake tin (I made two)
First mix the dry ingredients together (2 flours, the two sugars, the cocoa powder, bicarbonate of soda), and remove any lumps
In a different bowl, mix the three eggs with the buttermilk
In a saucepan, melt the butter and chocolate, and also add 125ml of water (you can optionally add a heap teaspoon of coffee granules. Don't overheat.
Into the dry mix, pour both the egg/milk mix, and the melted choc/butter mix, until you get a runny consistency. Pour into tin and bake for 85 to 90 minutes. I did 60 mins as I did 2 cakes. Leave to cool, then turn out and cut cake in half.
Pour the cream into pan, with the sugar, and bring to near boil. Then pour over the choc and stir into a paste. Put some in middle of cake, and pour rest over top. Decorate with choc pieces.



The smell as this baked was a reminder of chocolate pudding from school days.

I had heard the word "ganache" many times on Bake Off, but this was the first I made.
It may have looked a little strange.
But was an utterly delicious cake.
Slices were handed out to friends. :-)

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 very tasty bake to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!



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

Name these James Bond film actors from their photos.

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



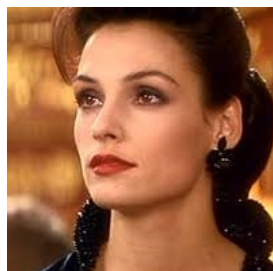
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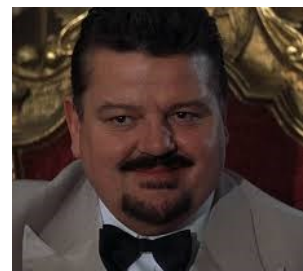
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15

EXERCISE/FITNESS

Extra ways of including Cardio into your routine

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 prior to the March lockdown.

We had restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting these as soon as we possible can.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

Cardiovascular exercise, also known as Cardio, which is sometimes referred to as aerobic exercise, is any rhythmic activity that raises your heart rate into your “target heart rate zone”. This is the zone where you burn the most fat and calories. We have covered walking and running which are both excellent ways of getting cardio into your daily routine, but even household chores like vacuuming and cleaning can come into this category, depending on how much effort you use.



Part of what sets cardio apart from other types of exercise, such as strength training, for instance, is that it relies on your body's ability to use oxygen during the workout session. A person's cardio ability or capacity can vary based on a number of factors. Research published by the American Heart Association reports that genetics have a 20 to 40 percent influence over what you can do cardio-wise. Also, females tend to have a 25 percent lower cardio capacity than males and, for both sexes, this capacity tends to decline with age.

This is not to say that your genes, sex, or age will prevent you from improving your cardiovascular health. Instead, this information is provided simply to help you understand that there are many factors that can influence how (and how well) your body responds to cardio exercise.

There are very few activities you can do for a short period of time that have all of the physical and mental health benefits that cardio exercise offers. Some of the known benefits of cardio include:

- Burns fat and calories, making it easier to lose weight.
- Enhances your sleep quality, especially if the exercise is moderate to vigorous in intensity.
- Expands your lung capacity, or the amount of air that your lungs can hold.
- Improves your sex life by increasing your body's ability to become aroused, improving your body image, and even potentially helping to treat medication-related sexual dysfunction.
- Increases bone density when you do weight-bearing cardio exercise like hiking and climbing stairs.
- Lowers stress in part, by improving your ability to cope with issues in a positive way.
- Promotes feeling good, and can even help relieve depression and anxiety.
- Provides more confidence in how you look and feel.
- Reduces risk of heart attack, high cholesterol, high blood pressure, diabetes, and forms of cancer.
- Sets a good example for those around you, encouraging them to exercise with you.
- Strengthens the heart so that it doesn't have to work as hard to pump blood.

EXERCISE/FITNESS: Why is Swimming so good for you?

In April, finally, the gyms and swimming pools should be reopening. What a great time to head back to your local pool and get back into the routine of a weekly swim or two.

Swimming is one of the most popular sports around the world. Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits .

Swimming is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it's also a good way to relax and feel good. Common swimming styles in recreational swimming are breaststroke, backstroke, side stroke and freestyle. Many pools have lanes which depend on how fast you swim, so even if you like to take your time, there is no excuse not to go.



Some people who enjoy swimming want to take it to a competitive level. This can provide the health benefits of a vigorous workout as well as the fun and thrill of competition. The main strokes used in competitive swimming are breaststroke, freestyle, backstroke and butterfly.

Swimming is a great workout because you need to move your whole body against the resistance of the water. Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

Swimming has many other benefits including:

- being a relaxing and peaceful form of exercise
- alleviating stress
- improving coordination, balance, and posture
- improving flexibility
- providing good low-impact therapy for some injuries and conditions
- providing a pleasant way to cool down on a hot day
- being available in many places: you can swim in swimming pools, beaches, lakes, dams and rivers.

However, if heading outdoors, make sure that the environment you choose to swim in is safe, and you are allowed to be in the water. Many people have lost their lives because they thought an outdoor pond or lake would be safe, only to end up drowned.

**As well as being fun, swimming is a great way to keep fit and well and make friends.
Swimming is a healthy activity that you can continue for a lifetime.
Swimming is a low-impact activity that has many physical and mental health benefits.
Make sure you know how to swim and do so in a safe environment**

EXERCISE/FITNESS:

Why is Cycling so good for you?

The Covid pandemic has changed all our lives, in many ways. One of which though has meant more people have been out cycling. I dusted down my bike last April. I had not used it for around three years. However, I have to admit that I have thoroughly enjoyed getting to know it again, and it has been especially useful when I have been delivering health packs around my local neighbourhood.

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment.



Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine. An estimated one billion people ride bicycles every day, for transport, recreation and sport.

It only takes two to four hours a week to achieve a general improvement to your health. Cycling is:

- Low impact: it causes less strain and injuries than most other forms of exercise.
- A good muscle workout: cycling uses all of the major muscle groups as you pedal.
- Easy: unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.
- Good for strength and stamina: cycling increases stamina, strength and aerobic fitness.
- As intense as you want: cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.
- A fun way to get fit: the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.
- Time-efficient: as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones
- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression.

**Cycling can improve both physical and mental health,
and can reduce the chances of experiencing many health problems**

EXERCISE/FITNESS: Why is Rowing so good for you?

Now, I realise that we do not all have access to rivers and boats, so why are we including this in our health packs talking about Cardio. Well, people do attend gyms. There are ways to get access to exercise classes in gyms and the rowing machine, commonly known as an “Ergometer” or “Erg”. is one of the pieces of equipment that is available to you. (I wonder if it is called that due to the sound people make when using it!!!). And if done properly, it is a great whole body workout.

It's a common misconception that rowing only works the arms. In reality, rowing is a full-body workout that uses 86 percent of the muscles. According to experts, the rowing stroke is comprised of 65 to 75 percent leg work and 25 to 35 percent upper body work.

The major muscle groups it targets are the:

- Upper back
- Pectorals (pecs):
- Arms
- Abdominal muscles (abs)
- Obliques: They are located on the sides of the abdominals (six-pack muscles) running from the hips to the rib cage.

Rowing is also known to strengthen the leg muscles, including the:

- Quadriceps
- Calves
- Glutes

The leg muscles are primarily engaged during the drive part of the stroke, or when pushing off the foot stretcher.

This exercise has also been deemed safe for people with low vision and those who are blind. A study in 2015 including 24 people with low vision found that rowing 5 days a week for 6 weeks led to a significant decrease in fat mass and total body fat percent. Additionally, the participants lowered their cholesterol levels, and their back strength and trunk flexion increased significantly.

Rowing burns serious calories without putting added stress on your joints. It allows you to control the movement and pace, and is a great exercise to turn to for active recovery. It's sometimes recommended as an exercise option for people with early stages of osteoarthritis.

A study in 2014, with 24 people over 8 weeks, found that joint torques, or rotations, in the elbow, shoulder, lumbar, and knee improved by 30 percent. The same can't be said for high-impact exercises, such as running.

As a cardio exercise, rowing strengthens the cardiovascular system, which includes the heart, blood vessels, and blood. It's responsible for transporting important materials, such as nutrients and oxygen, throughout the body. Since rowing is such an intense workout, the heart has to work hard to transport more blood to the body. This can improve heart strength.



**We can all improve our movement and flexibility, and cardio is good for our bodies.
These three suggestions are all low impact, but high in benefits.
Why not start swimming, cycling, or using a rowing machine?
Your body will thank you in the long run.**

HEALTH / ROUTINE

Why do I get Hiccups?

Once is funny, twice is hilarious, and anything more than that is usually just annoying. We've all had them, but do you actually know where they come from? They're hiccups, and they're the strange little sounds that can escape from your mouth without warning.

Hiccups start much lower in your body. They come from the "Diaphragm", the dome-shaped muscle between your lungs and stomach. Normally, the diaphragm pulls down when you inhale to let air into your lungs, and then relaxes when you exhale so air can flow back out of your lungs to exit your nose and mouth.

But if something irritates your diaphragm, it can spasm, forcing you to suddenly suck air into your throat, where it hits your voice box. That makes your vocal cords suddenly close, creating the distinct "hic!" sound.

Hiccups can happen for a lot of reasons: some of them are physical, and some emotional. That's because the actual irritation happens in the nerve connecting the brain to the diaphragm.

Some common causes include.

- Eating too much or too quickly
- Feeling nervous or excited
- Drinking carbonated beverages or too much alcohol
- Stress
- A sudden change in temperature
- Swallowing air while sucking on candy or chewing gum.



Hiccups are usually temporary, but in rare cases, they can stick around for a while. It's usually because of damage or aggravation to the nerves connected to the diaphragm. Everything from a hair touching your eardrum, even a sore throat, can affect these nerves, and in more serious cases, a tumour, goitre (a swelling of the thyroid gland that causes a lump in the front of the neck), or cyst in the neck can damage them.

Hiccups that last a while can also be because of central nervous system disorders like "Encephalitis" or "Meningitis", or metabolic disorders like diabetes or kidney failure. Drugs like steroids or some tranquilizers can trigger long-term hiccups, too.

And even certain procedures, especially ones that require anaesthesia, can give you hiccups. If you've been hiccupping for more than 2 days, or if they are severe enough to interfere with eating, breathing, sleeping, or are causing you distress, you should make an appointment with your doctor.

Also, talk to your doctor immediately if you have any kind of stomach pain, fever, shortness of breath, vomiting, or cough up blood with your hiccups.

If you're hoping that hanging upside down or having a friend scare you will get your hiccups to stop, we hate to disappoint you. But there's no scientific proof that these remedies work. However, some experts think holding your breath or breathing into a paper bag might do the trick; both techniques make carbon dioxide build up in your lungs, which might relax the diaphragm.

The record for hiccupping continuously is held by Charles Osborne (1892-1991). He hiccupped continuously for 68 years, from 1922 to 1990

HEALTH / ROUTINE

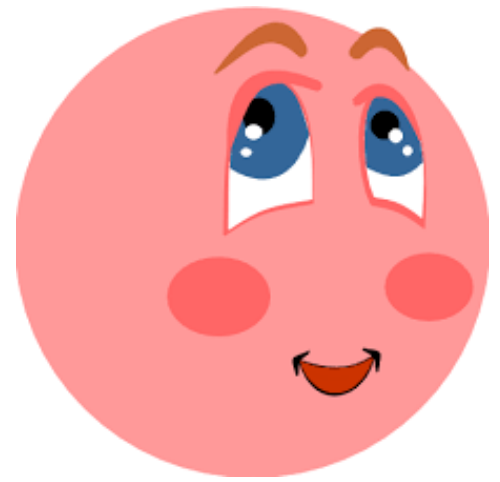
Why do I blush?

I used to really blush when I was a kid. I recall sitting in assembly at school and whenever the headmaster would read out a statement saying that someone had been causing damage or trouble I knew I would blush for no reason whatsoever, and hope he did not see me.

You can no more stop blood rushing to your face than you can will your lungs to stop breathing air or your heart to stop pumping blood.

Blushing is part of your body's "fight-or-flight" mechanism, which is the way your body responds in an emergency. To direct all available energy to your muscles in an emergency, you need your heart rate and your breathing rate to increase to deliver as much oxygen as possible to your muscles and organs. You'll likely benefit from seeing more acutely, so you need your pupils to dilate to let in more light.

Adrenaline is responsible for all of these emergency response measures. The body's natural stimulant, adrenaline increases your breathing rate, and causes your pupils to dilate. It also causes the blood vessels deep in your muscles to dilate, in order to get more oxygen and more energy where it's needed most. The veins in your face also dilate. As they open up allowing more blood to flow, your cheeks become warmer and redder. You're blushing.



A clue to the answer might be found in how different veins in your body respond to adrenaline. You get an advantage when the veins in your muscles dilate. You wouldn't get an advantage from the veins in, say, your arms and legs dilating ... and guess what? Those veins don't dilate when adrenaline is released.

What advantage is gained by the veins in your face opening up? As blood rushes to your face, there is a noticeable effect on your appearance. Many psychologists believe that this suggests that blushing is a defence mechanism, a response we developed to help avoid a potential fight-or-flight confrontation.

It is not unreasonable to suppose that blushing evolved for the same reason that cats flatten their ears and dogs roll belly up. Through a public display of your own discomfort other people are able to recognize that you didn't intend to attack or offend them.

The key to stopping your blushing on the spot is to slow down and try to relax your body.

- Taking slow, deep breaths can help relax the body enough to slow down or stop blushing. Because blushing occurs when the body is stressed, the key to reducing blushing is to decrease the amount of stress you're experiencing.
- Drinking lots of water can help keep blushing at bay. Cool or cold water tends to help best. You can even try to prevent blushing by drinking something cool or cold before a stressful event.
- Distracting yourself from the blushing can sometimes make it easier to cope with it. Try to think of something that'll make you laugh. This will make you smile, which can relax your body and fade the blushing.
- Many people who blush often tend to worry a lot about blushing. Acknowledging that you're prone to blushing or that you're actively blushing can sometimes help you feel more prepared to cope with it. If you can come to peace with blushing, you might even blush less.

HEALTH / ROUTINE

Why does my hair grow?

Hair grows out of little pockets in your skin, called follicles. Here's how it happens: Your hair begins growing from a root in the bottom of the follicle. The root is made up of cells of protein. Blood forms in the blood vessels in your scalp and feeds the root. This creates more cells and makes the hair grow in length.

The hair gets pushed up through the skin as it is grown, passing an oil gland along the way. The oil gland adds oil to the hair and keeps it shiny and soft. It can also make it greasy. That is why you need to wash your hair.

The hair dies by the time it is long enough to poke out through the skin. Yep, all that hair on your head is dead. That is why it does not hurt when you get a haircut!!

Hair on the rest of your body goes through this same process, but the whole cycle only lasts for a month or so. That's why body hair does not grow very long in length like the hair on your head does.



Here are some facts about follicles and your hair:

You are born with all the follicles you will ever have: which is around five million. You have 100,000 follicles on your scalp, which is the skin on your head.

Hair grows very fast and male hair grows faster than female hair. The only part of your body that grows faster than hair is your bone marrow, which is the soft stuff inside your bones.

The hair on your head grows around an average of six inches a year. So, even though it is one of the fastest growing things on the body, it takes a while to get it really long.

Some follicles stop growing as our get older. This happens more in some people than in others. That is why some people get thinner hair when they get older, or go bald.

You lose around 100 hairs a day. That's because the follicles don't all grow hair at the same time. Each scalp follicle grows hair for a few years and then takes a break. When a follicle is on a break, the hair in the follicle falls out. Because the follicles take breaks at different times and the other hairs keep growing, you probably don't notice when you lose hairs.

Hair is made up of mostly keratin, the same substance that makes up most of horses hooves, mane, and tail.

HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.
www.healthymindshealthybods.blogspot.com

We try and add entries every week. Please log on to have a read.
We will be adding information as often as possible.

**YOU
GOT
THIS**

Why not try an exercise class!!!

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

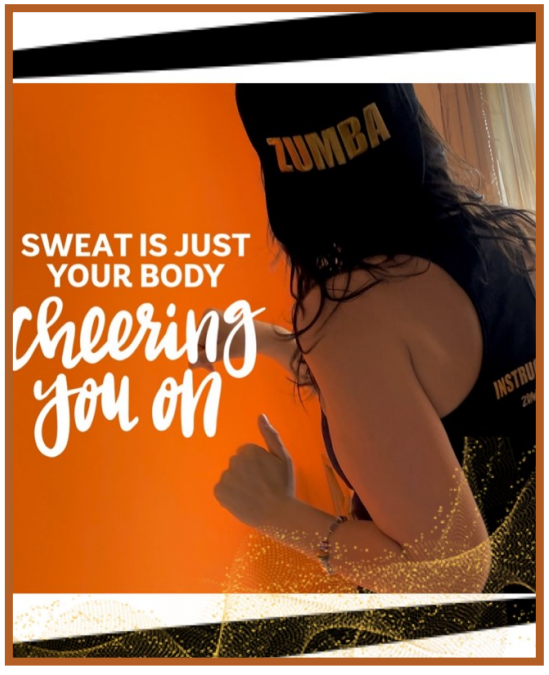
HMHB is partaking on Sundays, so why not join us.

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

Please contact her. They are fun, but also great for your overall health. Treat yourself!!



ZUMBA



ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), 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. They are fabulous. Please have a go!!

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 Izzwalkz is 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.

“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”

HMHB are proud to be part of their network. Let’s walk!!!!

www.walkwithadoc.org



PILATES

The amazing Emma Ahlstrom is providing some terrific online Pilates classes.

**Monday 10-11am:
Pilates for strength**

**Tuesday 6.30-7.30pm:
Pilates evening flow**

**Wednesday 10-11am:
Personal Training for over 50's**

**Friday 9.30-10.30am:
Pilates for over 50's**

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

We at HMHB have been described as entrepreneurs. You are responsible for your own decisions. Entrepreneurs build something from nothing and seem to think differently. Rather than wait for success to come to them, they focus on setting their own attainable goals and provide themselves with the means achieve them. Something we should all do in our lives. Let's start challenging ourselves and rooting out those opportunities for success. Believe in yourself.



Nutrition.

We have another look at some nutrition facts of which we should all be aware. We covered Fats, Veg, Breakfast, and Nuts in this week's pack, all of which are part of or healthy eating promotion. We must take responsibility for what we eat, and there is an enormous amount of research out there for us to choose to follow. So, why not make some small changes every week to improve your food and drink input. We need to set up targets and goals for the rest of 2021.



Exercise



We wanted to cover three low impact cardio type exercises this week, especially as the gyms are due to reopen their doors in April.

Swimming pools are a great place to exercise, particularly if you have a few injuries, as the water protects you.

Cycling is a terrific way to work your heart muscle, as well as oxygen intake, and get you outdoors.

And the rowing machine works multiple muscles in your body that can only benefit your overall health.

They are great for mental health too. Come on!!!

Health.

This week we looked at three common body reactions: how they happen and should we be worried. I used to blush a deep red, and am still known to glow on occasions.

Our hair grows (for most of us) throughout our lives, and it is fascinating to see how that works.

And we all have had hiccups at some stage in our lives.

It has been interesting to see how our bodies work, and how we need to make sure we do all we can to look after it.

It's your body, and you make the choices that affect it.



**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 + James Bond Actors from Page 15

See if you can beat your family and friends

Television

Who played these UK Sitcom characters:

- | | |
|------------------|--------------------|
| a. Polly: | Connie Booth |
| b. Godfrey: | Arnold Ridley |
| c. Tim: | Martin Freeman |
| d. Alice: | Emma Chambers |
| e. Rene: | Gordon Kaye |
| f. Mrs Slocombe: | Mollie Sugden |
| g. Humphrey: | Nigel Hawthorne |
| h. Godber: | Richard Beckinsale |
| i. Rodney: | Nicholas Lyndhurst |
| j. Albert: | Ronnie Barker |
| k. Gavin: | Mathew Horne |
| l. Baldrick: | Tony Robinson |
| m. Patsy: | Joanna Lumley |

Literature

Author and First Book of characters.

1. Michael Crichton: Jurassic Park
2. J R R Tolkien: Lord of the Rings
3. C S Lewis: Lion/Witch & Wardrobe
4. J K Rowling: HP: Order of Phoenix
5. Roald Dahl: Charlie & Chocolate Factory
6. Jane Austen: Pride & Prejudice
7. William Shakespeare: Romeo & Juliet
8. L Frank Baum: The Wizard of Oz
9. Helen Fielding: Bridget Jones's Diary
10. Dan Brown: Angels & Demons
11. J M Barrie: Peter Pan
12. Charles Dickens: A Christmas Carol
13. William Golding: Lord of the Flies
14. Douglas Adams: Hitchhikers Guide

Films: Name the actor who played these fictional doctor characters, and the film they were in:

1. Mike Myers: Austin Powers: Int'l Man of Mystery
2. Christopher Lloyd: Back to the Future
3. Kenneth Williams: Carry On Doctor
4. Joseph Wiseman: Dr. No
5. Chaim Topol: Flash Gordon
6. Harrison Ford: The Fugitive
7. Harold Ramis: Ghostbusters
8. Jude Law: Sherlock Holmes
9. Brent Spiner: Independence Day
10. Harrison Ford: Raiders of the Lost Ark
11. Tim Curry: The Rocky Horror Picture Show
12. Anthony Hopkins: Silence of the Lambs
13. Bruce Willis: The Sixth Sense
14. Karl Urban: Star Trek
15. Jeff Goldblum: Jurassic Park
16. Nicole Kidman: Batman Forever
17. Harry Shearer: The Simpsons Movie

Geography

10 largest islands on Earth:

Greenland: New Guinea: Borneo

Madagascar: Baffin Island (Canada): Sumatra

Honshu (Japan): Victoria Island (Canada)

Great Britain: Ellesmere Island (Canada).

I told you this was tough. Well done if you got five.

QUIZ ANSWERS

List of James Bond actors - from Page 15

(it's meant to be tricky - how well did you do?)

- | | |
|-----------------------|--|
| 1 Eva Green | 2 Honor Blackman |
| 3 Lois Maxwell | 4 Richard Kiel |
| 5 Yaphet Kotto | 6 Javier Bardem |
| 7 Desmond Llewelyn | 8 Olga Kurylenko |
| 9 Ursula Andress | 10 Robert Carlyle |
| 11 Donald Pleasance | 12 Lea Seydoux |
| 13 Christopher Walken | 14 Famke Janssen |
| 15 Robbie Coltrane | (If you got more than ten, well done!!!) |

Politics

The 11 political parties in the current UK House of Commons:

Alliance, Conservative,

Co-operative,

Democratic Unionist, Green,

Labour, Liberal Democrats,

Plaid Cymru, Scottish Nationalist,

Sinn Fein,

Social Democratic and Labour.

That was hard!!!!

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 contact HMHB:

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

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/zombie_pt)

Please follow us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: 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 who helped to sponsor early packs. With their help, we established the Packs.

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well