



# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 30

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Prepared by: Lazza, Luke and Dean: Monday 9th November 2020*

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



**“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”**

*Arnold Schwarzenegger*

*Welcome to the 30th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).*

If you missed any of our first twenty-nine (where were you?) please go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **www.hmhb2016.org.uk** - all 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.



**Sometimes, it is being in the right place at the right time. At a Community Centre course in 2018, as we passed reception, they had a call saying there were FREE theatre tickets for the next day Matinee Performance. Here, Lazza (I'm on the right) and Marie at the Apollo Victoria Theatre to see WICKED!!!**

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:

### **“Kilimanjaro Challenge” with Walk With a Doc**

**Sadly, not a trip to Tanzania. It’s a virtual challenge, but we are still getting active.**

We promote Walk With A Doc in our packs (see page 23), and they are our friends in the United States, encouraging those around the world to walk more for their health. They are a terrific group, and we are so proud that our walks are part of their network. Check them out online.



They are doing a 14 day walk challenge in November (admittedly, as we are older and slower, we are using the whole month, but I am sure they are okay with that), where

**“Challengers of all abilities and talents from around the world will embark upon a personal challenge to move along Kilimanjaro and forge friendships along the way. Virtual base camps staffed with WWAD physicians will provide encouragement on the virtual trail.”**

The reason they say they are doing this, and we totally agree and empathise with their commitment, they say: **“Let's get people moving and inspire healthy living. Being active, connecting with others and being knowledgeable about health are as critical now as they've ever been in light of the COVID-19 pandemic.”**

So we have started off already. On Monday 2nd November (ironically I am typing this before this event has even happened) we met outside Highbury Leisure Centre and, alongside the Islington Mayor Janet Burgess, we started off on our Kilimanjaro venture. We will be walking every Monday, Wednesday, Thursday, Friday, and Saturday, in November, for three laps and some exercise each time. I think we will actually climb a bit beyond the peak, but we can always claim to have gone on a longer route!!



**Picture added 2/11/20  
The team met in the foyer of  
Highbury Leisure.  
Thx to Islington Mayor and all  
our fabulous walkers.**

This is a big month for me though, as I have an eye operation on the Monday 9th, and a knee operation on Thursday 19th, which will probably mean I will miss two/three weeks after that. I am confident my group will manage perfectly without me (maybe even better), so it will not affect our overall performance.

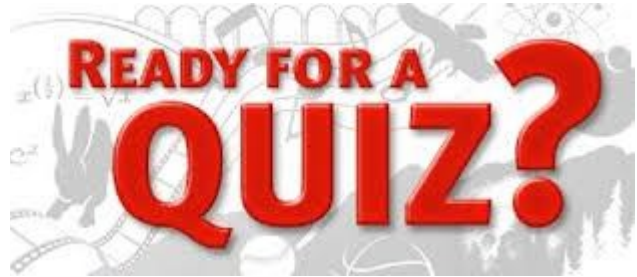
We are happy for any Islingtoners/Londoners to join us on our venture. We will be meeting at 9:30am on all those days I detailed above and will be going for approximately an hour. If you need more details you can always email us on [hmbb2016.outlook.com](mailto:hmbb2016.outlook.com). The reason we have not said Tuesdays is that we have use of a local gym studio that day, and Sundays is our Zumba day!!! The challenge is just for November!!!

**Most of the above typed prior to new lockdown coming into place on Thursday 5th November.  
However, following guidelines, Lazza will complete this challenge during November.**

**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)**

**History**

Since 1924, there have been 10 leaders of the old USSR and now Russia.  
 How many of these can you name?



**Sport**

These teams have played in the UEFA Champions League. But for which countries?

- a. Celta Vigo
- b. Udinese
- c. Kaiserslautern
- d. Rennes
- e. Boavista
- f. Krasnodar
- g. Heerenveen
- h. Bursaspor
- i. Genk
- j. Young Boys
- k. Midtjylland
- l. Maribor
- m. BATE Borisov

**Literature**

All these songs were song by girls bands. Can you name the group from the list?

1. Whole Again: 2001
2. Automatic: 1984
3. Baby Love: 1964
4. When Will I See You Again: 1974
5. Independent Woman (Part One): 2000
6. Venus: 1986
7. He's The Greatest Dancer: 1979
8. Who Do You Think You Are: 1996
9. Do Doo Ron Ron: 1963
10. Never Ever: 1997
11. Sound Of The Underground: 2003
12. Dancing In The Street: 1964
13. Eternal Flame: 1988
14. Don't Sit Under The Apple Tree: 1942
15. Push The Button: 2005
16. C'est La Vie: 1998

**Geography**

These are all anagrams of US States. How many can you work out?

1. AEEHHIMNPRSW
2. ADDEHILNORS
3. AADHKOOSTTU
4. AEIMNNOST
5. AAEILNNNPSVY
6. AACHILNNOORRT
7. AEGIIINRSTVW
8. AACEHMSSSSTTU
9. AGHINNOSTW
10. EEEJNRSWY
11. AAHILNOSU
12. CCCEINNOTTU
13. AADLMNRY



**The World**

Australia has  
 six States  
 and  
 three International  
 Territories.

How many of these 9  
 can you name?

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



## MIND-SET: Creative People

*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.*

We all probably know someone who is creative. It probably feels as if they are on an alternate planet than us, and maybe even wired up in a way we cannot understand.

I guess part of that is true as they can think differently. Creative people try and see opportunities, allow their imagination to create actual scenarios, and we sometimes just need to step back and admire. But does that mean that we can not be creative ourselves? Of course not.

Let's have a think about creativeness. It is very easy to think about some famous creative people. Any artist, composer, sculptor, designer, musician, chef, etc. All of them have a particular way of using their inner skills to produce something incredible. Think about Vincent Van Gogh, Wolfgang Amadeus Mozart, Michelangelo, Charlie Chaplin. All special in their own ways: I can hear you say, but they are all quite old. Well, what about Banksy, Hans Zimmer (has composed some of my favourite film scores in the last 20 years), Adrian Smith (designed the Burj Khalifa, the tallest building in the world), Sir Ian McKellen (one of our greatest living actors), and even Ed Sheeran, who once had 16 singles in the top 20.

All of these people are creative and amazing. But they all have had to learn their craft from scratch. Using a mind-set that told them nothing is impossible. You can do the same with your own skills.



### **So what defines a creative person:**

Firstly, they are always open for opportunities. They will ask themselves: "What if I do this?" or "What will happen if I try that?" or even "Why don't I do this?". All these are pushing them to try different things, and I am sure some of that will go wrong. Did you know Beethoven, born 1770, went deaf when he was around 40 years old. Yet, he continued to write music, and his amazing Symphony No9 (I beg you to listen to it) was written when he could not hear anything. He actually insisted on conducting at the premiere (however, a different conductor out of view was used, and the orchestra was told to ignore Ludwig and watch the other guy!!!). But how incredible is that? Nothing is out of reach when you can use the arts to inspire.

Being creative can mean needing your own time and space. It is true. Creative people can isolate themselves as they need that time to think and organise. Painters, Writers, Composers, will often shut themselves away and allow the ideas and pictures and brainwaves to emerge. It is also true that they like to brainstorm ideas with those around them, to pluck the best parts and see what works and what does not work.

It is worth knowing that although people can be very creative, studies have shown that they can also be right on the edge of joy and depression. They can become highly emotional and self critical, and this can lead to anxiety and stress. You only have to read the very sad disturbing tales of celebrities who have taken their lives (and I immediately think of the incredibly talented Robin Williams), people with massive gifts and wonderful presence, but ultimately believe that they are not as good as everyone says. So, creativeness comes with a warning; allow yourself to step away, enjoy feedback, and do not take life that seriously.

## **MIND-SET:**

### **How can I get more creative?**

On page eight, HMHB is actually going to set you a task - which we hope people will try. It is something we prefer people to do with more than one person but, of course, at this time of various lockdowns and advice, if you cannot do that we would love you to do it yourself.

But, let's prepare a bit first, and think about how you can perhaps become more creative in your thinking.

This is part of our course we provide - the Ajani course - and we love it, as do the participants once they have given it a go. It can actually be daunting to try and create something you may have not tried before.

It may seem like something you do not want to try? Creative thinking is not for the artistic people alone.

People who work in other fields need to fire up their creative thinking to get out of the rut called "creative block." Creative block is a phase when an individual seems not able to conjure a creative idea, or because he thinks he cannot be creative. That's not true! Everybody can be creative. Even you. Honestly!!!

#### **Create a routine around it:**

What do I mean? Well, a routine means something you do regularly - maybe daily, or bi-weekly or weekly.

But you have a set time and day when you do the same task. For example, your ritual might be reading in the morning, listening to music, meditating for a few minutes in the evening, or even writing down some thoughts and ideas every night. Studies have shown that this conditions your brain for better creativity.

For the packs, we are constantly coming up with ideas of what to include, and immediately write them down somewhere so we do not forget. That is an example of creative routine.

#### **Try and create something every day:**

Before you get worried and stressed, I don't mean write a concerto or paint a picture. Maybe cook a meal, or even just do a diary entry.

Something small that you can say you achieved. It can be finishing a task, cleaning a room, moving furniture around, or rearranging a shelf.

And, then congratulate yourself. "That looks good," or "Tastes nice".

Get used to being creative, and you won't need to focus on it so much. It'll start happening naturally.

**"Creativity is  
inventing,  
experimenting,  
growing, taking risks,  
breaking rules,  
making mistakes, and  
having fun."**

#### **Take breaks for inspiration:**

Some writers say that they sit down at their computer and get "writer's

block". So what do they do? Just sit there? No. They go off for and do a menial task, grab a coffee, go outdoors, etc. Some inspirations will strike you at the most unexpected places, and you'd be surprised when you get them when you're actually not working. I do the recipe page of these packs, and I will suddenly see something at the shops and think "I wonder if I can cook that" and make a quick note.

#### **Make lists:**

This is the opposite to the above. Sometimes you can be swamped and overwhelmed with ideas. While it's good, it can also make you confused. You can sort thoughts out by keeping a list. List down each idea that comes to mind and determine which one you think is the best. You can also bring a pen and small notebook wherever you go (or write in your mobile notes like I do) so you don't forget the ideas that come to you when you're riding a bus, having a lunch, reading a book or watching videos on the internet.

**All of these are simple changes we can make to help us think better.  
It's just getting into the routine of doing them.**

**MIND-SET:**  
**We all have talents. You just have to believe.**

In our lives, we will all come across good and bad, times of laughter and joy and times of sadness and despair. It is inevitable. And we would not judge anyone on their own personal troubles. We at HMHB understand how painful life can be and how difficult it can be to think that the future could be better. However, we all have the responsibility to try and push ourselves, to better ourselves, and see what we can do. This story below is inspirational!!!

Helen Keller's world fell dark and silent when she was just 19 months old in 1882, when an unknown disease left her deaf and blind. She became an unruly child who often lashed out in anger at her inability to communicate and her failure to comprehend the world around her. When Helen tipped over her sister's crib one day, her parents knew they needed to find help.



With the assistance of Alexander Graham Bell, the Kellers met Anne Sullivan. She had been born in 1866 in Massachusetts and suffered from the eye disease Trachoma, which left her nearly blind as a child. In 1880, Anne convinced an inspector at the poorhouse to allow her to enrol at the Perkins School, where she was taught to read and write. She became close friends with Laura Bridgman, who taught her the manual alphabet. She received surgery to correct her vision and went on to graduate as the class valedictorian in 1886, after which she became a teacher at the Perkins School for the Blind in Boston. Sullivan helped Helen gain self-control and then began teaching her, using a technique first employed by Perkins tutor Samuel Gridley Howe to teach deaf-blind girl Laura Bridgman to read. Sullivan spelled words into Helen's hand and tried to help the girl connect letters and words with objects' names. At first, Helen thought her teacher was just playing a game. Helen memorized words but failed to understand that they did, in fact, have meaning.

It wasn't until April 5, 1887, when Anne took Helen to an old pump house, that Helen finally understood that everything has a name. Sullivan put Helen's hand under the stream of water and began spelling "w-a-t-e-r" into her palm, first slowly, then more quickly. She quickly learned more and more words, and then learned Braille and studied many subjects. In 1890, she moved to the Horace Mann School for the Deaf in Boston, where her new tutor, Sarah Fuller, taught her to understand words by placing her hands on the speaker's face.

Helen was then accepted to Radcliffe College, where she graduated with honours. After her schooling was complete, Keller became a prolific writer and public speaker (remember, she is deaf and blind from 19 months). She campaigned for the rights of the disabled, and also took strong and often controversial stances on political and social issues. She supported the women's suffrage movement, spoke out against U.S. involvement in World War I, and was a devoted socialist. When she died in 1968, Helen left an inspirational legacy for blind and deaf individuals. Many organizations, including the American Foundation for the Blind, honour her today

Talking of the lifechanging water incident, Helen Keller later wrote in her autobiography: "As the cool stream gushed over one hand she spelled into the other the word water, first slowly, then rapidly. I stood still, my whole attention fixed upon the motions of her fingers. Suddenly I felt a misty consciousness as of something forgotten, a thrill of returning thought; and somehow the mystery of language was revealed to me. I knew then that 'w-a-t-e-r' meant the wonderful cool something that was flowing over my hand. That living word awakened my soul, gave it light, hope, joy, set it free! There were barriers still, it is true, but barriers that could in time be swept away."

## MIND-SET:

### Can you do something creative for us?

Wow!!!! What a story. Truly incredible. Deaf and Blind, but able to learn to not just communicate, but to write books and leave an incredible legacy. And she was not born with that ability. She did it through hard work, perseverance, and showed that obstacles are just there to overcome. There are no promises. She could have just sat back and felt angry at the world for her condition. Instead, she created a life out of darkness!!

So HMHB would like to set you a task to complete this week. It is up to you if you try it. But we don't want an excuse of "I didn't have time" or "I did not know how to start". It's cool if you do not give it a go, but don't use an excuse not to do it. I am sure there will be some time this week when you think the television is boring, there is time on your hands, and you can have a go. This is something to try with friends, or on your own.

We want you to be a marketing agency. You have been given a product - in this case a "Breakfast Cereal" - and you have to create either or both of these: A telly advertisement for it, and/or a poster.

I can almost feel your confusion. I am guessing you have never done something like this, or nothing quite like it. And it can feel daunting? When we do this on our course we normally get a lot of blank faces, and you can see them wondering where they should start, and we only give them 20 minutes.

We explain they must name the cereal, then tell a story, it has to have a little catchphrase (think "for mash get smash", and "every little helps"), and maybe even a song.



It is great fun with more than one person, so if you are able to come back to this with some friends I can guarantee it is fun and a laugh, especially as the ideas start to emerge. But obviously you can do this on your own too. And that works for the Poster as well. Can you design one to sell your Cereal?

Remember this is fiction, so your cereal can claim to do anything!!!! I wonder how many people reading this are thinking - "yep, sounds like it could be fun, but I don't think I'll do this.". Or maybe - "I have not got time for this". Even - "sounds a bit childish to me". I wonder what this means for your own Mindset!!!! Think about it. I promise you, the most fun we have had on our courses has been this task. They have to perform the advert to me around 30 minute later. It starts with confusion and silence, and ends with laughter and conversation. It's like a wacky Christmas game!!!!

So what is the purpose of this? Why have we asked you? Well, being creative can be trying something new. It can be pushing yourself out of your comfort zone (out of the box thinking - which we covered in an earlier pack). Designing something unique and even inventing something never seen before. We like to think that HMHB itself has a pioneering approach to mental health with a unique delivery. We like to try new ideas and, for example, during lockdown we are the only people we know delivering packs like these.

**How do you expect others to believe in you, if you do not yourself?**  
**You are amazing. Honestly. And the possibilities are endless.**  
**So why not try out our little game around Marketing.**  
**Nothing will occur without action and confidence.**  
**Either with friends, or on your own. Have some fun. It's your choice!!**



## NUTRITION:

### Back to Basics: Protein (Amino Acids)

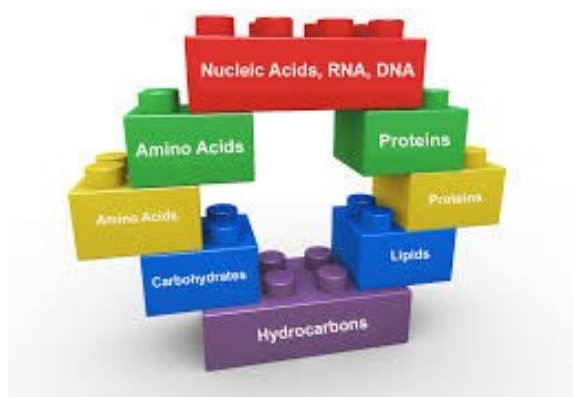
**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

Right back in Issue One, we covered Protein. Our first ever issue in April was just 10 pages, and we only had one page for Nutrition. At the start of August, we decided to update Issue One to 22 pages, and that is the PDF on our website, with three pages on Protein. This issue, number 30, we have four pages for Nutrition. As Protein is so important, we have decided to cover it again, especially for new readers. So let's see if we can look at it from a different angle and a new slant. Do take a peek back at Issue One though.

You have probably heard of the phrase:

**“The Building Blocks of Life”.** Protein is one of these.

Of the 118 currently known elements (check the periodic table), 94 of them occur naturally on this planet, and 25 of these are “essential for life”. Most of these (19) are just trace elements (important but in negligible amounts). However, six of them are more important and vital than others. These include Hydrogen, Oxygen, Carbon and Nitrogen mainly - and in much smaller amounts, Sulfur and Phosphorous. H, O, C, and N make up 96% of our bodies. The base of Amino Acids are H, O, C, and N. We have recently been covering the minerals under our nutrition pages, and it is fascinating. Check out older packs on our website.



#### **The basis of all human life is Carbon.**

“Carbon's importance comes mainly from the enormous variety of structures that it can form due to its unusual four valence electrons. Most important of these structures is the carbon chain, which forms the "backbone" of fatty acids and carbohydrates, among other organic molecules. Other elements do share properties similar to carbon, in this regard. However, they are not as prevalent on earth as carbon.” *I love the Science bits!!!*

**Protein is made up of Amino Acids.** People get a little confused as they think there are only 20 of them. Actually there are around 500 naturally existing Amino Acids that we know of, but only 20 of them appear in our Genetic Code. This is “the instructions in a gene that tell the cell how to make a specific protein. A, C, G, and T are the "letters" of the DNA code; they stand for the chemicals Adenine (A), Cytosine (C), Guanine (G), and Thymine (T), respectively, that make up the nucleotide bases of DNA. Each gene's code combines the four chemicals in various ways to spell out three-letter "words" that specify which amino acid is needed at every step in making a protein.” *(I hope you are keeping up. It can be complicated.)*

Of these 20 Amino Acids, our bodies can make eleven of them. That is a good thing, as we need them to help our bodies function properly. However, the other 9 we cannot make, and therefore we **MUST** get them through our diets. They are therefore called “essential for life” nutrients. That is why it is important to have a daily dose of Protein. You have to have it to stay healthy.

Every time you have protein you are providing your body with nourishment and fuel. And there are boundless sources of protein. Eggs, Nuts, Poultry, Oats, Dairy, Milk, Fish, Quinoa, Lentils, Green Veg: All of these can help you get your daily requirements. Why not research other foods which have protein?

## **NUTRITION:**

### **How does our body break down Protein?**

So, now we have ascertained we need Protein to stay alive, how do we break it down into Amino Acids, and how do they work? Good question. How does our body break down food?

This is where your digestive system comes in - which we covered in our Health section of Pack 14. Here's what happens:

When my brain is starting to tell me I must have some cheesecake (which it does on a regular basis) it's most likely Ghrelin (aka the "hunger hormone") talking. Ghrelin is a hormone produced mainly in your stomach and small intestine. It circulates in your bloodstream and sends signals to your brain that stimulate appetite. Plus, in several studies, Ghrelin has been shown to promote fat storage. The good news is that studies also find that adding protein to your meals can lower levels of this hormone. Protein also ups your levels of the hormone "Peptide YY", which boosts your satiety (makes you feel full for longer).

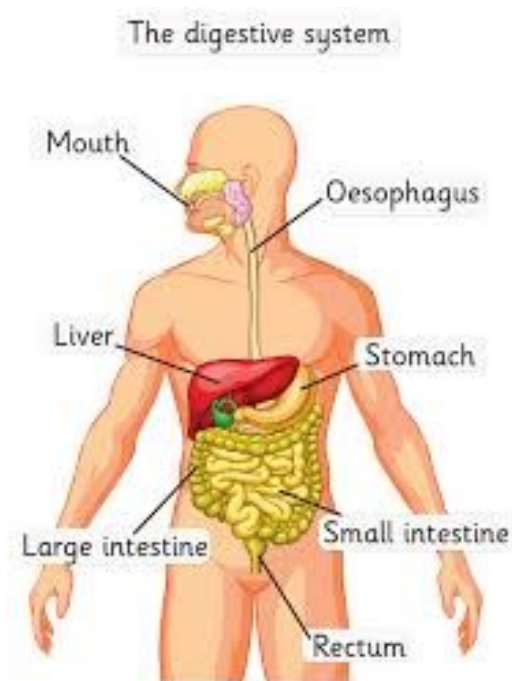
Our mouth starts things off by breaking up the food with our teeth and starting the digestion of sugars with chemicals called enzymes. Our tongue pushes the food to the back of the mouth where it is then swallowed and travels down the oesophagus to the stomach. The oesophagus does not digest the food, but it does the important job of pushing the food down into the stomach as well as keeping it from coming back up into the mouth. We all know how uncomfortable that can be.

Once in the stomach, further digestion takes place. The stomach produces acid (which includes Hydrochloric Acid!!!) that helps to kill bacteria and other germs that may get into food. The stomach makes an enzyme that starts digestion of protein and releases a molecule that helps with the absorption of vitamin B12.

Once filled with food, the stomach grinds and churns the food to break it down into small particles. It then pushes the small particles of food into the first part of the small intestine, called the duodenum. The small intestine is where most of the digestion and absorption of our food takes place. New-born babies have about 8 feet of small intestine at birth (250cm) and this length grows throughout childhood to between 12 and 22 feet in adulthood (360 to 660cm), depending upon the size of the adult. The long length of small intestine is needed so that enough space is available for our food to be broken down into the most elemental molecules so that it can then be absorbed.

In the small intestine, food is processed by different chemicals that are designed for specific components of the meal. Proteins, fats and sugars (carbohydrates) are digested by enzymes released by the Pancreas. A tube from the Pancreas joins to the duodenum, and all the enzymes travel together into the duodenum when food is present.

A separate tube connects the liver and gallbladder to the duodenum. This tube allows bile, which is made by the liver and stored in the gallbladder, to mix with food in the intestine. Bile is essential for complete fat digestion and for the digestion of fat-soluble vitamins A, D, E, and K. Once the sugars that we eat have been partially broken down by the enzymes of the Pancreas, cells lining the small intestine use their own enzymes to fully digest the sugars. *(wow, that demonstrates just how incredible how bodies can be)*



## NUTRITION:

### Let's take a look at the 9 “essential amino acids”

As we previously discussed, our bodies need 20 Amino Acids to help keep us healthy. They have a multitude of jobs, and we will cover that in a moment. But our bodies cannot make 9 of them, as we also pointed out, and we **MUST** have them in our diets. What are these?

The nine essential amino acids perform a number of important and varied jobs in your body:

**Phenylalanine:** Phenylalanine is a precursor for the neurotransmitters Tyrosine, Dopamine, Epinephrine and Norepinephrine. It plays an integral role in the structure and function of proteins and enzymes and the production of other amino acids.

**Valine:** Valine is one of three branched-chain amino acids, meaning it has a chain branching off to one side of its molecular structure. Valine helps stimulate muscle growth and regeneration and is involved in energy production.

**Threonine:** Threonine is a principal part of structural proteins such as Collagen and Elastin, which are important components of the skin and connective tissue. It also plays a role in fat metabolism and immune function.

**Tryptophan:** Though often associated with causing drowsiness, Tryptophan has many other functions. It's needed to maintain proper nitrogen balance and is a precursor to Serotonin, a neurotransmitter that regulates your appetite, sleep and mood.

**Methionine:** Methionine plays an important role in metabolism and detoxification. It's also necessary for tissue growth and the absorption of Zinc and Selenium, minerals that are vital to your health. (see packs 25 and 26 for these mineral details)

**Leucine:** Like Valine, Leucine is a branched-chain amino acid that is critical for protein synthesis and muscle repair. It also helps regulate blood sugar levels, stimulates wound healing and produces growth hormones.

**Isoleucine:** The last of the three branched-chain amino acids, Isoleucine is involved in muscle metabolism and is heavily concentrated in muscle tissue. It's also important for immune function, haemoglobin production and energy regulation.

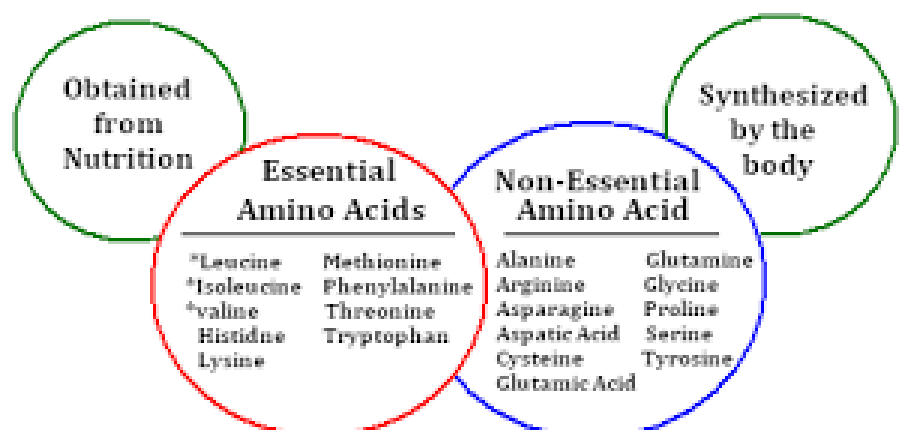
**Lysine:** Lysine plays major roles in protein synthesis, hormone and enzyme production and the absorption of Calcium. It's also important for energy production, immune function and the production of Collagen and Elastin.

**Histidine:** Histidine is used to produce Histamine, a neurotransmitter that is vital to immune response, digestion, sexual function and sleep-wake cycles. It's critical for maintaining the myelin sheath, a protective barrier that surrounds your nerve cells.

As you can see, essential amino acids are at the core of many vital processes.

Though amino acids are most recognized for their role in muscle development and repair, the body depends on them for so much more.

That's why essential amino acid deficiencies can negatively impact your entire body including your nervous, reproductive, immune and digestive systems.



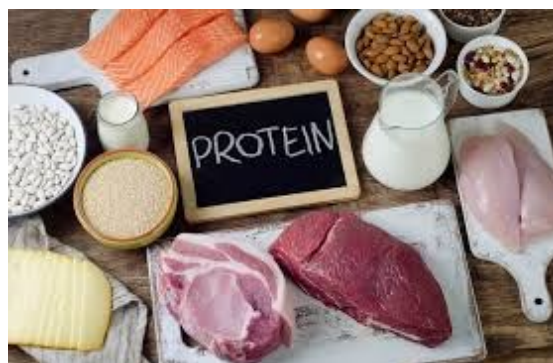
**Amino acid in human body**

## NUTRITION:

### Some of the many reasons why you need Protein!!

So, hopefully by now you have realised just how much you need to ensure you get Protein into your diets, and enough to ensure you stay healthy. You should be aware that:

- The human body is made up almost entirely of protein. It is next to water as the most abundant component of our mass.
- Protein is the main component of muscles, bones, organs, skin, and nails.
- Keratin is a fibrous structural protein that makes up hair, nails, and the outer layer of our skin. In animals, it forms feathers, horns, claws, and hooves.
- Haemoglobin is a protein in red cells that carries oxygen from the lungs to the body's cells and disposes of harmful waste products like carbon dioxide.
- Rhodopsin is a protein in our eyes that helps us see light.
- The protein Albumin keeps the entire human body from being swollen from liquids. In third world countries, protein diet and lack of food are common problems that cause the swelling of the abdomen from the lack of albumin and osmotic imbalance of body fluids.
- There is a protein called "Sonic Hedgehog": It is a secreted protein crucial to the development of animals and humans. It is responsible for the growth of digits and brain organization.
- Pikachurin is a retinal protein named after the lightning Pokémon, Pikachu, for its nimbleness. Good pikachurin bonds are crucial to good eyesight. Misaligned or misshapen bonds cause eye ailments.
- Titin is the biggest discovered protein. It is also known as "Connectin" and is responsible for muscle contraction (It's chemical name has 189,819 letters - honestly, it's the longest English word!!!!)



Protein is required for the growth and maintenance of tissues. Your body's protein needs are dependent upon your health and activity level. If you are recovering from an injury or surgery, older adults and athletes require more protein (and we even may need to top up the proteins our bodies make).

Enzymes are proteins that aid the thousands of biochemical reactions that take place within and outside of your cells. Digestion, energy production, blood clotting and muscle contraction all rely on enzymes.

Amino acid chains of various lengths form protein and peptides, which make up several of your body's hormones and transmit information between your cells, tissues and organs. Examples include:

- **Insulin:** Signals the uptake of glucose or sugar into the cell.
- **Glucagon:** Signals the breakdown of stored glucose in the liver.
- **hGH (human growth hormone):** Stimulates the growth of various tissues, including bone.
- **ADH (antidiuretic hormone):** Signals the kidneys to reabsorb water.
- **ACTH (adrenocorticotrophic hormone):** Stimulates the release of cortisol, a key factor in metabolism.

**We hope you enjoyed our little voyage into Proteins and Amino Acids.  
They are vital for good health and do many jobs in your body.  
Why not do your own research, especially into the various foods.  
It's up to you what you eat. You need Protein. Make good decisions!!!!**

## NUTRITION: Minerals

### Cobalt

#### 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.**



- Cobalt is a trace mineral, which your body needs in small amounts.
- Cobalt is an essential mineral, meaning it must be obtained through your diet.

Cobalt forms part of the structure of vitamin B12. Vitamin B12 has several important functions including making red blood cells and releasing energy from the food you eat.

#### Good sources of cobalt

Cobalt is found widely in the environment. Good food sources of cobalt include:

- fish
- Nuts
- green leafy vegetables, such as broccoli and spinach, cereals, such as oats

#### How much cobalt do you need?

You should be able to get all the cobalt you need from your daily diet.

As above, Cobalt is a major part of the structure of vitamin B12. Therefore, if you get enough vitamin B12, you will also get enough cobalt.

Adults need about 0.0015mg (1.5 micrograms) of vitamin B12 a day.

Top groups for Cobalt in the human diet are: milk and dairy products, which account for approximately 32% of the total Cobalt intake; fish and shellfish, which account for approximately 20%, and condiments, sugar and oils, which account for about 16%.

Chocolate contains the highest level of Cobalt, with offal, butter and ice cream also containing high levels in comparison to other foods.

Is this a reason to eat chocolate and ice cream?????? :-)



**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 Cobalt intake is important for your overall health.**



## NUTRITION: Lazza's Kitchen

### Carrot Cake

Lazza is still trying out new recipes  
Today - he makes his first ever Carrot Cake

Many food historians believe carrot cake originated from “carrot puddings” eaten by Europeans in the Middle Ages, when sugar and sweeteners were expensive and many people used carrots as a substitute for sugar. Variations of the carrot pudding evolved to include baking with a crust, steamed with a sauce, or moulded in pans with Icing.



#### Cake

450ml/16fl oz vegetable oil  
400g/14oz plain flour  
2 tsp bicarbonate of soda  
550g/1lb 4oz sugar  
5 free-range eggs  
2½ tsp ground cinnamon  
525g/1lb 3oz carrots, grated  
150g/5½oz shelled walnuts, chopped

#### Icing

200g/7oz cream cheese  
150g/5½oz caster sugar  
100g/3½oz butter softened

- Mix all of the ingredients for the carrot cake, except the carrots and walnuts, together in a bowl until well combined. Stir in the carrots and walnuts.
- Spoon the mixture into the cake tin and bake at 180C for 1 hour 15 minutes, or until a skewer inserted into the middle comes out clean. Remove the cake from the oven and set aside to cool for 10 minutes, then carefully remove the cake from the tin and set aside to cool completely on a cooling rack.
- Meanwhile, for the icing, beat the cream cheese, caster sugar and butter together in a bowl until fluffy. Spread the icing over the top of the cake with a palette knife.



*Seriously easy recipe.  
Was a little worried as mine took  
2 hours to cook through properly.  
Slightly browner therefore.  
But the taste was incredible.  
I was totally stunned!!!  
This makes a big cake!!!  
Have a large cake tin ready.*

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.



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

Can you identify these Fish from their pictures below?

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



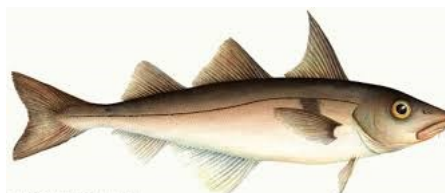
8



9



10



11



12



13



14



15

## EXERCISE/FITNESS

### Let's just get you started!!!

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.

I know this is Pack 30, and we have covered a multitude of various exercise routines over the last six/seven months, and I hope we have inspired some of you to push yourself harder with your fitness, but it can be a scary thing. Exercise, to a lot of people, can appear daunting. It is normally physically demanding, although this does not have to be the case, and also means making a conscious effort with self-motivation.

To start off, try and find the reason you want to do exercise. And the overall reason has to be your health. Exercise is part of a healthy lifestyle, and can even help prevent certain illnesses, such as cardiovascular disease, stroke, and depression. It strengthens your body, and improves the functions of your whole body, from organs and muscles, to skeletal and immune system. We have covered this widely in these packs.



- 1) Exercise controls weight
- 2) Exercise controls health conditions
- 3) Exercise improves mood
- 4) Exercises provides energy
- 5) Exercise promotes better sleep
- 6) Exercise can be social
- 7) Exercise can be fun

#### **According to our NHS, adults should:**

- Aim to be physically active every day. Any activity is better than none, and more is better still.
- Do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

#### **You can also achieve your weekly activity target with:**

- several short sessions of very vigorous intensity activity.
- a mix of moderate, vigorous and very vigorous intensity activity.





## EXERCISE/FITNESS:

### The Squat exercise - but with a difference

In our six month anniversary pack - number 26, available on our website - we invited you to do a Tabata High Intensity Interval Training session with us using the basic exercises: including squat, press up and crunch. Over the next three pages we are going to suggest three variations on each of these for you to try.

First, three different Squat exercises for you. There are many more variations. Why not research them?

#### Squat Kicks (we do these in fitness and Zumba)

- Place your feet at shoulder width apart
- Bend at the knees and drive your hips back as if you're sitting in a chair. Continue to lower your body until your upper legs are parallel to the floor.
- Then drive your hips forward and push through your quads and glutes to return to a standing position.
- Just as you reach the standing position, lift your chosen leg out to the side; it should be straight.
- Lower your leg back so that you return to the starting position and repeat for the other side



#### Side Squats (normal squats with movement)

- Stand up straight, with feet shoulder width apart.
- Step to one side, and lower into the squat position.
- Come back up, and bring your feet together.
- The step to the other side, and squat again.
- Keep repeating this movement.
- Remember to keep your glutes and abs tight.
- Breathe in as you squat.
- Use your outer heel to push yourself upright.

#### Overhead Squat (careful with your balance)

This is normally done holding a bar, but you can do it holding something, or just with your arms up, fists clenched.

Stand up with arms straight above your head.

Maintaining balance, slowly lower yourself into the squat

It is not as easy with arms above head, so maybe have a chair behind you if you feel wobbly.

Slowly come back up straight, keeping your arms pointed above you. And repeat.

If you want to hold something in your hands, even better.



**Squats Help Build Muscle. They promote body-wide muscle building by creating an anabolic (muscle building) environment in the body. They work up your quadriceps, hamstrings, calves, abdominal muscles, lower back and your bum too**

## EXERCISE/FITNESS:

### The Press-up exercise - but with a difference

So we have tried some squat variations for our legs. On this page we will look at arms and upper body, and one of the principal exercises for that is the Press Up. So let's try some variations on these - remember you can do stand up press ups against the wall if the ground ones are too difficult.

*Lazza in photos: Demonstrating that he struggles too. Exercise isn't meant to be easy!!!*

#### Triangle Diamond Press Up

- Get on all fours with your hands together under your chest. Position your index fingers and thumbs so they're touching, forming a diamond shape.
- Extend your arms so that your body is elevated and forms a straight line from your head to your feet.
- Lower your chest towards your hands, trying not to flare your elbows out to the sides (if you can't help it just do your best) and keeping your back flat.
- Stop just before your chest touches the floor, then push back up to the starting position. It is not easy!!!



#### Pike Press Up

- Assume a Press Up position on the floor.
- Your arms should be straight and your hands should be shoulder-width apart.
- Now lift your hips so that your body forms an upside down V. Your legs and arms should stay as straight as possible.
- Bend your elbows and lower your upper body until the top of your head nearly touches the floor.
- Pause, and then push yourself back up until your arms are straight

#### Spiderman (side-kick) Press Up

- Get into a traditional press-up position, your body aligned from ankles to head.
- Lower yourself toward the floor and bring your right knee to your right elbow. (I see, I forgot to lower first, oops!)
- Keep it off the ground.
- Press back up and return your leg to the starting position. Repeat with the alternate leg.

The advantage of doing a Spiderman Press Up is that it helps your chest and arm muscles work harder.



**Traditional press ups are beneficial for building upper body strength. They work the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging (pulling in) the abdominal muscles.**  
**Press Ups are a fast and effective exercise for building strength.**



## EXERCISE/FITNESS:

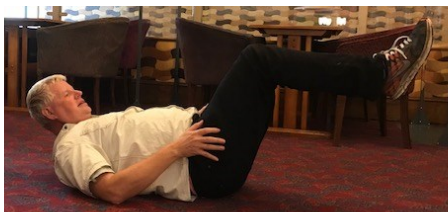
### The Crunch exercise - but with a difference

So, that's variations on some leg and arm/upper body exercises, but we must not forget our Core. The basic exercise we use for this is the crunch - so let us try a few different ways of performing this.

*Note: Lazza is not perfect in photos. But then, who of us are? Try your best.*

#### Scissors Crunch

- Lie on your back on the mat with your legs extended out in front of you. Place your arms by your sides, palms down.
- With your core tight and neck relaxed, alternately lift and lower your legs, trying not to touch the floor if at all possible.
- You can have your head lifted up or on the floor, the choice is yours. Also you can reach to touch the leg.
- The height is up to you, but try and push yourselves.
- If this becomes too easy, you can use ankle weights.



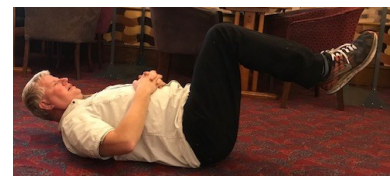
#### Crunch Claps

- Lie face-up with your knees bent.
- Brace your core muscles and curl your shoulders towards your pelvis as you rise.
- Bring one leg up and clap your hands underneath the raised leg.
- Lower your leg and repeat on the other side.
- Continue alternating for 12 repetitions per side.

It's just the basic crunch, with a twist.

#### Reverse Crunch

- Lie face-up with your hands on the floor.
- Contract your abs while lifting both legs up with your knees bent.
- Keep your low back on the floor.
- Use your lower abs to slowly curl the hips off the mat and into your chest.
- Slowly return to the starting position and repeat 12 times.



We like this one, and make it harder by keeping our legs straight throughout instead of bent at the knees.

**There are different kinds of exercises, and in these packs we've covered a good number.  
Why not shake up your own fitness with variations on basic moves?  
Here, we covered squats, press ups and crunches. But there are many more.  
Try out these moves and give your body the fitness it needs.  
Only you can provide the exercise!! It's your choice!!!!**

## HEALTH / ROUTINE

### The effects of Exercise: Sweating

Someone said to me the other day; how have you managed to get 30 issues of your pack out? Aren't you just saying the same thing over and over again? And I guess in some ways he was right (I haven't told him I have a further 12 already mapped out, and am working on ideas for a total of 50!!!). Much of what we say is just common sense around nutrition and exercise, and we all know we need a growth mind-set mentality to challenge ourselves. But, I think we have new things to say in each pack.

And we love covering various forms of exercise, and offering up different opportunities to make it fun. However, virtually all exercise, of a moderate level, has similar results on your body. So we want to take a look at just three of them in these pages. First of all: why do we sweat??

**Perspiration**, also known as sweating, is the production of fluids secreted by the sweat glands in the skin of mammals.

Two types of sweat glands can be found in humans: Eccrine Glands, and Apocrine Glands. The Eccrine sweat glands are distributed over much of the body and are responsible for secreting the sweat most often triggered by excessive body temperature. The apocrine sweat glands are restricted to the armpits and a few other areas of the body and produce an odourless, oily, opaque secretion which then gains its characteristic smell from bacterial decomposition (yuck!!!).

perspiration

In humans, sweating is primarily a means of "Thermoregulation" (the ability of an organism to keep its body temperature within certain boundaries, even when the surrounding temperature is very different) which is achieved by the water-rich secretion of the eccrine glands. Maximum sweat rates of an adult can be up to 2–4 litres per hour or 10–14 litres per day (that is a lot!). Evaporation of sweat from the skin surface has a cooling effect due to "evaporative cooling". Hence, in hot weather, or when the individual's muscles heat up due to exertion, more sweat is produced.

Once the body passes 98.6 degrees, the brain's Hypothalamus (the body's thermostat) goes off, and it can't just be turned down. This triggers the glands to release a salty mixture of water, sodium chloride, and other electrolytes. When sweat leaves the skin's pores, it evaporates into the air, taking some heat with it.

So it makes sense that a particularly tough run or fitness session ups the body's temperature and the need to sweat it out. But it's not just body temperature that causes sweating. During exercise, heart rate and blood pressure increase, which in turn cause the body to pump out more sweat. Plus, repeated exercises, like lifting weights, can turn on sweat glands even without soaring body temps. Even when blood pressure falls after you have finished working out, the body often keeps churning out sweat because the muscles stay



One thing that everyone agrees on is the importance of good hydration. Sweat is removing water from the body. You should drink plenty of fluids such as water, diluted squash and fruit juice to stay hydrated. The key is to drink regularly throughout the day (at least 6-8 glasses). If you're active, or if the weather is particularly hot, there's a greater risk that you will become dehydrated, so be aware.

## HEALTH / ROUTINE

### The effects of Exercise: DOMS

When I was recovering from my last depression, around seven years ago, I decided that I wanted to push myself after many months of inaction. I was lucky that I had a little money aside, and I paid for a three week bootcamp (one of the best things I have ever done for myself).

I still recall turning up that first morning in September 2013, and in the afternoon we did a whole load of exercises, some running, some weights, squats, press ups, plank etc. (and it felt exhilarating).

The next morning, however, I could hardly move at first (we had a full day ahead). I seriously ached all over. This was DOMS: Delayed Onset Muscle Soreness. There is also AMS: Acute Muscle Soreness.

#### What is DOMS?

To be brutally honest, scientists are not actually sure why this happens, although there are strong hypothesis for it. The soreness is felt most strongly 24 to 72 hours after the exercise and is thought to be caused by “eccentric” (lengthening) exercise, which causes small-scale damage - called “Microtrauma” - to the muscle fibres.

After such exercise, the muscle adapts rapidly to prevent muscle damage, and thereby soreness, if the exercise is repeated.



- Exercise diverts blood from your liver and digestive system to your skeletal muscles.
- Hormones tell the body to convert fat into glucose, reduce the pain you feel and improve your mood.
- Muscles generate lactic acid as a by-product of intensive exercise and, as this builds up, the pH of the blood around the muscles drops. This drop in pH eventually prevents the muscles contracting further. At this point, you need to rest to allow the lactic acid to be metabolised.

The soreness usually disappears within about 72 hours after appearing. If treatment is desired, any measure that increases blood flow to the muscle, such as low-intensity activity, massage, nerve mobilisation, hot baths, or a sauna visit may help somewhat.

Immersion in cool or icy water, an occasionally recommended remedy, was found to be ineffective in alleviating DOMS in one 2011 study, but effective in another. There is also insufficient evidence to determine whether whole-body Cryotherapy (local or general use of low temperatures in medical therapy), compared with passive rest or no whole-body cryotherapy, reduces DOMS, or improves subjective recovery, after exercise.

Counterintuitively, continued exercise may temporarily suppress the soreness. Exercise increases pain thresholds and pain tolerance. This effect, called “exercise-induced Analgesia”, is known to occur in endurance training (running, cycling, swimming), but little is known about whether it also occurs in resistance training. There are claims that exercising sore muscles appears to be the best way to reduce or eliminate the soreness, but this has not yet been systematically investigated.

**You can exercise with DOMS, although it may feel uncomfortable to begin with.  
The soreness should go away once your muscles have warmed up.  
It will mostly likely return after exercising once your muscles have cooled down.  
If you find it hard to exercise you could rest until the soreness goes away.**

## HEALTH / ROUTINE

### The effects of Exercise: Your Organs

#### Lungs and Heart

The lungs bring oxygen into the body, to provide energy, and remove carbon dioxide, the waste product created when you produce energy.

The heart pumps the oxygen to the muscles that are doing the exercise.

When you exercise and your muscles work harder, your body uses more oxygen and produces more carbon dioxide. To cope with this extra demand, your breathing has to increase from about 15 times a minute (12 litres of air) when you are resting, up to about 40–60 times a minute (100 litres of air) during exercise. Your circulation also speeds up to take the oxygen to the muscles so that they can keep moving.



It is normal to get breathless during exercise. However, regular exercise can increase the strength and function of your muscles, making them more efficient. Your muscles will require less oxygen to move and they will produce less carbon dioxide. This will immediately reduce the amount of air you will need to breathe in and out for a given exercise. Training also improves your circulation and strengthens your heart.

#### Brain

Increased blood flow benefits the brain. Immediately, the brain cells will start functioning at a higher level, making you feel more alert and awake during exercise and more focused afterward.

When you work out regularly, the brain gets used to this frequent surge of blood and adapts by turning certain genes on or off. Many of these changes boost brain cell function and protect from diseases such as Alzheimer's, Parkinson's or even stroke, and ward off age-related decline.

Exercise also triggers a surge of chemical messengers in the brain called neurotransmitters, which include endorphins, often cited as the cause of the mythical "runner's high".

The brain releases dopamine and glutamate, too, to get those arms and legs moving, as well as gamma-aminobutyric acid, or GABA, a prohibitive neurotransmitter that actually slows things down, to keep you moving in a smooth and controlled manner.

You'll also likely feel better thanks to a bump in serotonin, a neurotransmitter well known for its role in mood and depression.

#### Kidneys

The rate at which the kidneys filter blood can change depending on your level of exertion. After intense exercise, the kidneys allow greater levels of protein to be filtered into the urine. They also trigger better water reabsorption, resulting in less urine, in what is likely an attempt to help keep you as hydrated as possible.

**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've added over ten new entries this week. Please log on to have a read.**



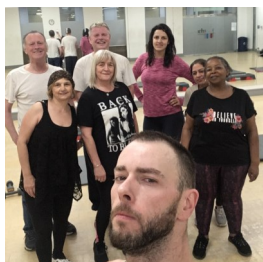
## Why not try an exercise class!!!

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.



### 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 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”

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

[www.walkwithadoc.org](http://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](mailto:hello@emmaahlstrom.com)

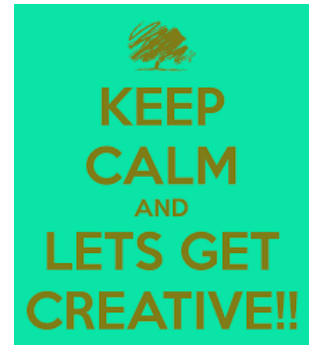
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)



## Review of Challenges and Targets

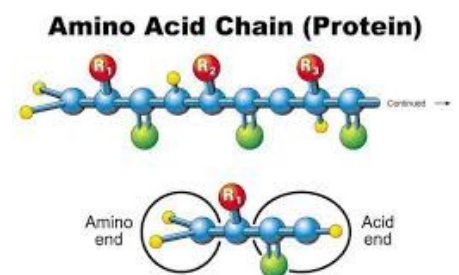
### Mind-set:

We all have the ability to be creative. But how many of us allow us that chance to produce something new or different? You may write your own songs, write a poem, change a recipe to suit your own food wishes, all of that is you being inventive. I wonder if you will try our little task? It matters not, but why not give it a go and see what you can come up with. You may surprise yourself. It is fun with others, or on your own. One of our teams came up with Hot Flakes that stayed crunchy even after being in the microwave. :-). It's just a game.



### Nutrition.

We went back to basics this week, and decided to cover Protein and Amino Acids again, especially as they are vital for our metabolism, overall health, and are “essential for life” macronutrients. Some of them you can only get through your diet, and that is your responsibility. Amino Acids are part of the building blocks of life, and anything you can do to improve your functionality and longevity has to be a good thing? Research this yourself.



### Exercise



Exercise can get repetitive if you do not try new things and adjust your routine. There are some basic exercises that we all do, but why not try and find some variations to them.

A Press Up (difficult enough on its own) can be jazzed up so it feels like a different exercise (still hard though).

In this issue we only looked at three basic exercises (the squat, the press up, and the crunch) and offered up three alternate ways of including them in your routines.

Why not do some research and find other ways? Your body needs you to keep it strong and healthy. It's your choice!!!

### Health.

When we think of exercise, we think of the health benefits this brings to our muscles, and also around weight-loss. But exercise does many things to us. It makes us sweat, it makes us ache (DOMS) and it can bring benefits to our organs too.

Exercise is a natural medicine that we all have the ability to provide. But how often do we say we do not have the time, or we struggle to find the motivation to do something active. It is much easier to sit and watch television or play a computer game.

Ultimately, our bodies rely on us. It's your choice!!!



**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 + Fish from Page 15

See if you can beat your family and friends

### Sport

These teams have played in the UEFA Champions League. But for which countries?

- |    |                |             |
|----|----------------|-------------|
| a. | Celta Vigo     | Spain       |
| b. | Udinese        | Italy       |
| c. | Kaiserslautern | Germany     |
| d. | Rennes         | France      |
| e. | Boavista       | Portugal    |
| f. | Krasnodar      | Russia      |
| g. | Heerenveen     | Netherlands |
| h. | Bursaspor      | Turkey      |
| i. | Genk           | Belgium     |
| j. | Young Boys     | Switzerland |
| k. | Midtjylland    | Denmark     |
| l. | Maribor        | Slovenia    |
| m. | BATE Borisov   | Belarus     |

### Geography

These are all anagrams of US States. How many did you manage to work out?

1. New Hampshire
2. Rhode Island
3. South Dakota
4. Minnesota
5. Pennsylvania
6. North Carolina
7. West Virginia
8. Massachusetts
9. Washington
10. New Jersey
11. Louisiana
12. Connecticut
13. Maryland

### Literature

All these songs were song by girls bands. Did you name the group from the list?

- |     |         |                          |
|-----|---------|--------------------------|
| 1.  | WA:     | Atomic Kitten            |
| 2.  | A:      | The Pointer Sisters      |
| 3.  | BL:     | The Supremes             |
| 4.  | WWISYA: | The Three Degrees        |
| 5.  | IWPO:   | Destiny's Child          |
| 6.  | V:      | Bananarama               |
| 7.  | HTGD:   | Sister Sledge            |
| 8.  | WDYTYA: | The Spice Girls          |
| 9.  | DDRR:   | The Crystals             |
| 10. | NE:     | All Saints               |
| 11. | SOTU:   | Girls Aloud              |
| 12. | DITS:   | Martha And The Vandellas |
| 13. | EF:     | The Bangles              |
| 14. | DSUTT:  | The Andrews Sisters      |
| 15. | PTB:    | Sugababes                |
| 16. | CLV:    | B*witched                |

### History

10 leaders of USSR and Russia since 1924.

Vladimir Putin: Dmitry Medvedev: Boris Yeltsin:  
Mikhail Gorbachev: Konstantin Chernenko:  
Yuri Andropov: Leonid Brezhnev: Nikita Khrushchev:  
Georgy Malenkov: Joseph Stalin



**List of Fish - from Page 15 (it's meant to be tricky - though I think you will surprised to see some of the fish you know, but probably did not recognise - I did not realise what a Cod looked like)**

- |    |            |    |          |    |          |
|----|------------|----|----------|----|----------|
| 1  | Tuna       | 2  | Clown    | 3  | Pike     |
| 4  | Trout      | 5  | Salmon   | 6  | Plaice   |
| 7  | Sardine    | 8  | Angel    | 9  | Cod      |
| 10 | Piranha    | 11 | Haddock  | 12 | Herring  |
| 13 | Cuttlefish | 14 | Koi Carp | 15 | Sea Bass |

### The World

Australia states and territories:  
New South Wales,  
Queensland,  
South Australia,  
Tasmania, Victoria,  
Western Australia.  
Australian Capital Territory,  
Jervis Bay Territory,  
Northern Territory

# 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](mailto:hmhb2016@outlook.com)

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

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