



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 33

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, Luke and Dean: Monday 30th November 2020

www.hmhb2016.org.uk



**“Heroes give us inspiration, they fuel us, and we reference them in our minds when thinking of decisions, possibilities, and direction in our lives.”
You can be a hero too, if you choose.**

Welcome to the 33rd of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first thirty-two (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.



**Here is one of our fitness groups
back in June 2018
at Highbury Leisure centre.**

**As you can probably tell,
we had such a laugh,
and an amazingly diverse group of users.
We love what we do!!!**

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**



NEWS PAGE:

Lazza opens up about weight struggles and new targets

I started Healthy Minds, Healthy Bods way back in 2009. Well, that is when I came up with the concept and the general idea. Life then threw some crap at me, and I had to go through a second recovery for depression. Things happen. However, it was in September 2014, when I met our amazing business mentor, Scott, through an employment programme with Business In The Community, when I really started putting everything together. Over the years, I have attended hundreds and hundreds of meetings, spent thousands of hours, and we started working with clients at the start of 2017, as volunteers. The feedback was extraordinary, right from the start. I have two colleagues, Luke and Dean, and we all love our interaction with our users.

So why do I still struggle with various issues? Because, that's life!!! People expect me to be strong, because of HMHB. And I am in many ways, and am proud of how far I have come. But I have had issues around my weight for ages. I go up and down, and have my target of 78 kilos. At one stage at the start of this year I was over 100.

In the early packs I was running a weekly segment showing my weight loss. I was accountable. And, again, I was doing well. Then it went pear shaped. I admit I was ashamed. I felt like a failure and let people down. It was not a good feeling.

I removed the segment to avoid the embarrassment of having to show I was not doing well.

So, I want to use this page to demonstrate that things do not always go to plan, but giving up is the poor choice to make. I am going to use some of the examples around mind-set we have been putting in this pack, to show you that anyone can turn around misfortune. That, perseverance is key.

So, from next week (Monday 30th Nov), I will be putting my weight loss journey back into these packs. And if you are struggling to complete a target, try and use these examples too:

1. Be accountable: Let others know what you are doing, your targets, and your ups and downs.
2. Don't worry about failure: This is inevitable. Things will go wrong. But they will not go right again unless you keep going.
3. Have a target: Set yourself goals, making them realistic.
4. Have a reason: There must be a motive for completing your task, it gives you purpose.
5. Make a plan: We discussed this in last week's mind-set section. Create a clear path to achieve your goal, and write it down.
6. Research: Again, from last week, this comes after the plan. If you have a goal, see how you can make it happen. And do talk to people around you. Ask for their support. Your friends will do that.

So, I did fail, but I am getting back up. I was devastated as I felt I was letting people down, Who was I to be completing these packs, promoting a healthy lifestyle, and growth mindset, and all the time I was knocking myself and putting the weight back on? I felt like a fraud. I was really angry at myself. And then I would turn back to food to help with that emotion. We all struggle. So if you are too, don't worry. Keep going. I know I can do it. I know I can reach my targets. Thank you to everyone who has mentioned the weight loss journey to me, and the encouragement I continue to receive. Yay!!!

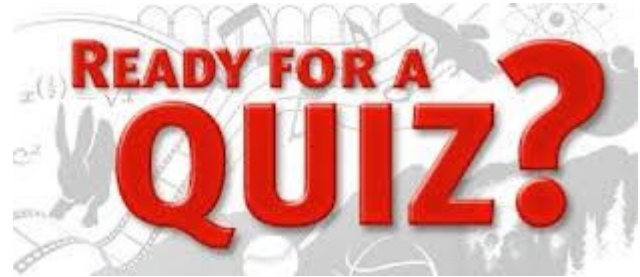


Every struggle in your life
has shaped you into the
person you are today.
BE THANKFUL
for the hard times, they
can only make you
STRONGER...

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)

Games

Can you name the top ten best selling Board Games of all time?
 As per "moneyinc.com".
This will make you think a bit.



Literature

In which Shakespeare plays do the following characters appear?

- a. Banquo, Macduff
- b. Bottom, Puck
- c. Iago, Desdemona
- d. Cordelia, Regan
- e. Ophelia, Polonius
- f. Benedick, Don Pedro
- g. Leontes, Hermione
- h. Mercutio, Capulet
- i. Duke of Buckingham, Lady Anne
- j. Prospero, Ariel
- k. Malvolio, Olivia
- l. Petruchio, Katherine
- m. Cinna the Poet, Mark Antony

Music

November is Black History Month. To celebrate, can you name the actors who played these roles?

1. God: Bruce Almighty. 2003
2. Robert McCall: The Equaliser. 2014
3. Frozone: The Incredibles. 2004
4. Shere Khan: The Jungle Book. 2016
5. Voice of Darth Vader: Star Wars. 1977
6. Steven Hiller: Independence Day. 1996
7. Donkey: Shrek. 2001
8. Morpheus: The Matrix. 1999
9. Virgil Tibbs: In The Heat Of The Night. 1967
10. War Machine: Iron Man 2. 2010
11. Ray Charles: Ray. 2004
12. Idi Amin: The Last King Of Scotland. 2006
13. James Brown: Get On Up. 2014
14. Roger Murtagh: Lethal Weapon. 1987
15. Luther Stickell: Mission Impossible. 1996
16. Oda Mae Brown: Ghost. 1990

Music

In what year were these singers born?

1. Justin Bieber
2. Louis Armstrong
3. Elvis Presley
4. Ed Sheeran
5. Kylie Minogue
6. Boy George
7. Adele
8. Any Winehouse
9. Mick Jagger
10. Will I Am
11. Freddie Mercury
12. Roy Orbison
13. Robbie Williams
14. Aretha Franklin



Geography

What are the top fifteen European Cities by population within the city limits?

In other words, the most populated European cities.
 Can you name all 15?

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

MIND-SET: Let's start thinking about 2021

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.

What a year it has been. I still recall the end of last year and everyone looking forward to the new decade. People were making ambitious plans, setting targets, and feeling positive. It felt like we were turning a corner and feeling great.

Now, eleven months later, many of us are just waiting for the year to end, and hoping 2021 will instead be a year to remember instead.

Maybe it is time to think about your own targets, your own dreams, your own needs. We talked about planning in the last pack, and I think this is a good time to start thinking about what you want to achieve.



It is still going to be a time of upheaval. Vaccines are being made ready, with seemingly good news surrounding several of them already. But economically, it is certain to be a trying time. People are concerned about their jobs, careers, and livelihoods. Businesses may go under, and there is also Brexit happening at the same time.

So, how do we deal with this from a Mind-set point of view. Would anything we have discussed over the last few months be helpful?

1. Realise that you can only influence certain things. A lot is going to happen, and you can only determine some of them, as others are out of our own control. However, you determine your response and actions. You may not be able to stop difficult situations from happening, but you can definitely manage your responses.
2. Keep practising self-care: We have said it over and over again, but it needs repeating, you are incredible, but also have a responsibility to look after your body and your health. It is very easy to just allow situations to overwhelm you, and then react by using drink, drugs, food, etc. to comfort you. It is vital that we all stay focused and alert if we are going to recover from this pandemic.
3. Don't rush into things. Make time to think. This is a difficult period in all our lives. Sometimes, it is good to stand back, take some breaths, and look at situations without passion. View them logically. Making good decisions now will have an impact in the short and long term. Give yourself time to get all the facts. Don't be swayed by fake news!!
4. Remove that worst case scenario from your mind. Especially at the moment, it is very easy to think the worst. We look at the number of deaths, the lack of freedom, the worry over employment and finances, and it feels like things will never get better. Look for the things in your life that make you smile and happy. This is just a blip. If we allow the negative emotions to overtake us, then we will not see the good things when they happen. Obviously, we are sorry if anyone has suffered a loss.
5. Stay in the community - do not isolate yourself. I know there are rules and guidelines about being around people, and meeting people, but do all you can to find a way to meet at least one person face to face to chat. It naturally lifts you up. If you do not have anyone, then there are local community organisations who would love to help. Please reach out. Loneliness and Isolation are killers too.

MIND-SET:

Let's review how 2020 has gone.

Hold on, I hear you cry. This is only the end of November (this pack is released on the 30 November). There is still December. Why are we looking at this now? Surely we should wait two or three weeks?

Nope. I hope everyone who reads these packs will take a few moments this week to think about this issue. Because it is, honestly, that important. And here is why. There has never been a year like it for any of us. 2020 was a year we learnt a huge amount about ourselves. We have had to miss out on a lot of what we deemed our “normal” lives. And there is little chance of us going back to exactly the same lifestyles we had. The vaccine is not a cure. Covid will still be about. Like the flu, the vaccine is about teaching our bodies how to deal with it.



So, 2021 is approaching. We need to look back at 2020 and see what we did well, what we could have done better, what we have done wrong, and make plans for what we want to improve in 2021. Does that make sense?

How did you do in 2020? In these packs, at the start of April, and then again towards the end of September, we asked people if they had made, or were going to make, healthy changes to their lives, around Health, Nutrition and Exercise. Had people also looked at their thinking process? It has been a year when many of us have had negative thoughts around life in general. We have had concerns around finances, employment, family, and health. And with uncertainty, stress, confusion and changing guidelines, it has left many of us with anxiety and even depression.

But that is if we concentrate on the bad. Instead, let's think of the good. It has enabled a lot of people to determine things that are important to them. Being able to meet up with friends and family has been missed, and not even Zoom chats can make up for that. We have probably discovered just how much we do like our jobs (or dislike), and that having a structured routine around a career is vital for our health.

But did you make any healthy changes?

- **Mind-set:** We have promoted a growth mind-set, around positivity, staying calm, thinking outside the box, pushing yourselves to achieve, not procrastinating, and challenging yourself to try new skills. Have you managed to do any of that? If not, think about why. And also what you can do in 2021.
- **Nutrition:** We have covered all the essential nutrients and tried to research information of various food types and drinks. Ultimately, it is your choice what you eat. Did you make any changes at all in the last 12 months? Have you become healthier in your diet? If not, what has stopped you?
- **Exercise:** This pandemic has made people more aware of exercise, and the opportunities to get out and walk and run, and take part in various activities, many of which we have highlighted. Weight is also an issue around Covid. Are you doing exercise more, or have you become more sedentary? Be honest with yourself? Can you be doing more? If so, like with nutrition, what is stopping you?
- **Health:** More and more we need to understand that our bodies are amazing and it is our responsibility to look after them. More often than not, it is only when something goes wrong that we pay attention. Did you do more in 2020? All these need thinking about.



MIND-SET: So what should we do in 2021?

Let's put into action some of the Mind-set tasks, especially planning, being proactive, and perseverance.

I hate the word "Resolutions". In around five week's time (typing this on the 25th November), many people are going to make New Year Resolutions. Is this a good idea? In principle, yes. It means we want to make change, and also set targets. HMHB would like to try something different, which we will come to in a moment.

It's well known that New Year's resolutions don't have a high success rate. While many people opt to ditch the annual goal-setting event, about 40 to 45 percent of adults set at least one resolution come New Year's Day.

Unfortunately, for many, the results turn into a pattern: January 1, we start off determined to follow through on our goals. Excited and energized, we think that this year will be different from the last, when our resolutions went by the wayside. But come February or even mid January, the majority of us have abandoned our goals altogether.



So why do we continue to make resolutions every year even though so few of us follow through? One reason is the allure of starting from scratch. The beginning of the year offers a fresh start and a clean slate.

The idea of bettering ourselves is another motivator. Most of us have a natural bent toward self-improvement. And even though the New Year is an arbitrary date, it gives us time and a goal date to prepare for the change, to fire up for the changes we plan to make.

Setting New Year's resolutions is believed to go as far back as Babylonian times. It's said that Julius Caesar started the tradition of making resolutions on January 1st as a way to honour the Roman mythical god Janus, whose two faces allowed him to look back into the past year and forward to the new year. Romans mostly made morality-based resolutions, such as seeking forgiveness from their enemies.

Wanting to make resolutions is a good thing, do not get me wrong. The fact that people keep making resolutions even when they don't always follow through ultimately means that they have hope and a certain level of belief in their ability to change and be more of who they really want to be.

Some research confirms that setting a resolution can get you closer to your goals. One study found that 46 percent of individuals who made resolutions were successful compared to 4 percent who wanted to achieve a certain goal and considered it but didn't actually create a resolution.

HMHB wants you to try something slightly different.

You have three subjects: Health: Nutrition: Exercise.

Set yourself a new goal each week in 2021. Write them down at the start of each month. This is why we have put this in this pack, as it gives you a few weeks to really sit down and decide what changes you not only want to make in 2021, but you will make. Make targets realistic. Make them ones you can do in that time frame. Make them ones you have a reason to complete.

If you can make one tiny change every week, on these three topics, at the end of 2021 you will be able to look back on major change!!!! It's like crossing a huge ocean on stepping stones. Each small step enables you to travel a huge distance overall.

You can do this. Honest. The fourth subject, mind-set, is what will make it happen. Go for it!!!

MIND-SET:

So what changes can I make in 2021: And will you actually do it?

Drink more water: No matter what your health goal is, drinking more high quality water on a daily basis will help you elicit huge changes. One of the biggest problems is that most people assume all liquids contribute to their daily water consumption. The majority of liquids people drink on a daily basis are diuretics, and pull water from the body instead of adding to it. The most common diuretics are: coffee, caffeinated/some herbal teas, soda, fruit juice, dried fruit and alcoholic beverages. So just drink more water.

Eat more Vegetables: There are a lot of subjects up for debate in nutrition, but everyone can agree that eating more vegetables is a great way to improve health. Vegetables are some of the most nutrient rich foods on the planet and provide tons of vitamins, minerals, fibre, and nutrients that contribute to health. Another added benefit is that vegetables are very low in calories and leave people feeling fuller for longer.

By increasing vegetables in your diet you are leaving less room in your stomach for processed carbohydrates.

Know the difference between thirst, hunger, and boredom: With the amount of people walking around feeling dehydrated everyday our bodies are screaming out for water. The problem is that we as a society ignore this thirst signal to such a degree that we mistake it for being slightly hungry. Another common theme amongst people is eating out of boredom. We are very lucky to live in a society of abundance, especially with regards to food. Many people eat because they are bored, not because of hunger. Many common snack foods are so hyper palatable that they trigger the pleasure centres in the brain and release feel good hormones. This food gets associated with feeling good which in turn keeps us going back for more. This mindless overeating leads to weight gain and many health problems.

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

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.

We want to be looking to do “moderate intensity exercise” - everyone. You can even find ways to do that sitting down. “Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.”

That includes: walking briskly, water aerobics, riding a bike, dancing, games like tennis, hiking, mowing the lawn.

You could try vigorous activity: running, jogging, swimming fast, climbing stairs, skipping rope, aerobics, high intensity sessions, team sports like football, etc. Just find something to get you moving more.

**The biggest change is how you think. How you see life.
We all need to improve our overall health and that means taking action.
Your mind-set will rule here: Tell yourself you “will” succeed.**

NUTRITION:

Eating a Balanced Diet: Looking forward to 2021

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.

Over the last seven months, we have covered many topics around Nutrition. Fundamentally, it all boils down to the same thing. We just cover it in different ways. To be healthy, and to look after your body, you need to eat a balanced diet. This is one with all the essential nutrients you need to function, lots of protein and carbohydrates, with plenty of antioxidants and vitamins, as well as healthy fats and sugars. But still allowing yourself some treats with the “no-so-good” elements. It makes perfect sense.

So with 2021 approaching, one target is getting back into our kitchens!!!

Cook even more at home:

As people who read these packs regularly will know, I have been running a weekly recipe page. Every single one I do is new to me, and is the first time I have cooked that dish from scratch. Yes, I have made stews and meals before, but always either using shop sauces or spice mixes, or “pierce film lid” meals popped into the microwave. I wanted to learn a new skill during lockdown, and the packs have meant something new every week. It has been eye opening for me - seriously, give it a try.



Everyone appreciates the comfort of home cooked meals, but cooking at home also means healthier eating. When you explore meals to cook at home and take the time to prepare food for yourself and/or your family, you enjoy healthful and nutritious food. You also contribute to the health of your family, the planet, your community, and your finances.

Even with the amazing benefits of cooking at home, it is not too common. You may be surprised to know that in 2010, it was reported that less than 33% of households shared meals more than twice per week and around 50% of meals that year were eaten outside the home. In comparison, in 1900, only 2% of meals were eaten out and most families had dinner together.

We are not saying that you should not treat yourself to a takeaway, or a restaurant meal, now and then, as that is a lovely treat. But try and cook more for yourself. It is a terrific target to set.

The benefits of cooking at home are numerous:

Portion Size Control

Restaurants, especially fast food restaurants, often try to offer the appearance of value by offering large portions (I see that McDonald's has produced a new double Big Mac for Christmas!!! - now everyone is going to rush there). In addition, buffet style restaurants present many options that urge people to overeat (although overfilling your salad bowl is probably a good thing).

At home, however, it may be easier to control the amount of food you consume. There is no pressure to eat everything on your plate because you have paid for it. You can always put it away for later. This can make it easier to eat healthy amounts of food. And we all know that portion sizes have increased in the last few decades. This is one reason people are more obese, and that has a knock on effect with our NHS.

NUTRITION:

More reasons to cook at home

You can control your costs

Eating at restaurants doesn't only affect your physical health. It can also take a sizeable bite out of your wallet. When you buy your own food and prepare meals at home, you set your food budget and control your food expenses more fully. You can locate the best price on ingredients, shop seasonally and locally, or go to the local markets. It makes me laugh sometimes. I will baulk at the cost of some foods in the supermarket, and then spend much more buying less food from a takeaway. I think £4 is a lot for four Quarterpounders, but one Quarterpounder meal is over £5.

On one course, a client said she did not buy healthy food as it was too expensive. I then asked her for evidence and she talked about avocados and salmon, which admittedly can cost a lot, but I said there were many cheap options. Then she went outside later and opened her packed of cigarettes for a smoke. I mentioned this to her, and the cost of each cigarette, and she saw my point.

You make the meal the way you like it

When you order at a restaurant, you receive the quality the chef prepares. When you cook at home, however, you enjoy the quality you feel you and your family deserve. If you want to buy organic products, free-range meats, or reduce the amount of preservatives you eat, it is easier to do so because you choose the ingredients. You have control.



Also:

- The simple process of cooking at home can be empowering and improve your mood and self-esteem. You have created something from scratch, and that is very rewarding. It gives you purpose and a sense of achievement. And if you can do that, what else can you do?
- Taking time out from a busy schedule to cook can also be a great stress reliever. Life can be stressful, especially recently. This can take you away from all that for a while, and there is a positive outcome too.
- Preparing even simple meals at home can be creatively fulfilling.
- Adopting a diet of healthy, home-cooked meals can increase your resilience to stress, anxiety, and depression and boost your mood and outlook.
- Cooking and eating with family or friends is a great way to bond with your loved ones. Although, I live on my own and I feel terrific eating a meal that I have prepared.
- Inviting friends to join you can expand your social circle, which can alleviate stress. It's a great way to get to know someone. Just make sure you have asked if they have any allergies or dietary requirements!!!
- Eating wholesome meals can even add joy to your life. When your body feels healthier, you feel happier, inside and out.

Cooking at home can be rewarding

**I have discovered a new skill during this pandemic.
I really enjoy cooking at home now, and trying new recipes.
I spend less money, and know exactly what I am putting into my meals.
So why not cook more in 2021?**

NUTRITION:

Why don't we cook more at home?

Despite all the benefits, many of us still think of preparing meals as a chore, either something that we don't have time for, or something that's only suitable for experienced cooks. Maybe you've tried cooking before and didn't like the end results, or maybe your kids just prefer takeaway food?

Overcoming obstacles to cooking at home often starts with changing the way we view meal preparation or time spent in the kitchen. Here are some common reasons why we don't cook at home, and what we can do to combat them.

"I don't have time to cook."

Really? I think this is a cop out. Sure, shopping, chopping ingredients, cooking, and then cleaning up afterwards can be time-consuming. But there are plenty of ways to speed things up:

- Shop online and have all the ingredients delivered to your door.
- Get your family involved. Trade off shopping and clean up duties with your partner or a roommate.
- Do some of the preparation ahead of time. Chop vegetables over the weekend when you're less pressed, for example, to cut down on your final cooking time.
- Use fresh ingredients. Salads and raw food recipes can take just minutes to prepare.
- View cooking meals as a pleasant, relaxing experience rather than a chore. It won't seem nearly as time-consuming.

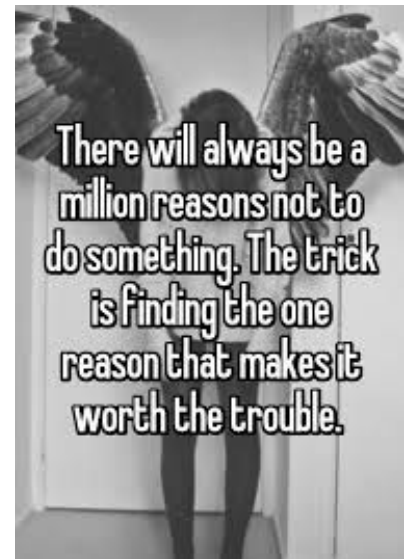
"It's cheaper to eat takeaways"

At first glance, it may seem that eating at a fast food restaurant is less expensive than making a home-cooked meal, and there are some cracking deals to be had. But that's rarely the case. A study from the University of Washington School of Public Health revealed that people who cook at home tend to have healthier overall diets without higher food expenses. Another study found that frequent home cooks spent about £50 per month less on food than those who ate out more often. Shop around. Use markets.

"I'm too tired to cook at the end of a busy day"

Again, this is just a cop out. Your health is very important for a start, and worth extra minutes. However, creating healthy meals doesn't have to involve a huge investment of effort.

- Loading a slow cooker with meat and vegetables in the morning allows you to come home to a piping hot meal at night, with minimal preparation and little clean up.
- Make meals in bulk and freeze leftovers in single portions to eat when you don't have the time or energy to cook.
- By cooking your main protein once a week, such as a roast chicken or slow cooked turkey breasts, you can use the meat to create quick and easy meals during the week, such as soup, salads, sandwiches, burritos, or pasta dishes.



Cooking at home is better for your overall health.
Finding reasons not to do it is easy: above are just three.
But the outcomes far outweigh any possible excuses.
It's your body and your health. Make good choices.

NUTRITION:

How can we make home cooking fun?

So, part of what we hope people will do in 2021 is cook more - I'm hoping people will have got the gist by now. No excuses. No worrying. It's time to experiment a bit, explore you taste buds, and see how you can be doing things a little bit healthier too.

But, it is also meant to be fun. How can we make cooking something we want to do? Let's look at a few ideas.

Decide on some themed nights

What a cracking idea. You could make one night vegetarian, one night pasta based, another night could be some kind of pie. Etc. The sky is the limit. But what about making two nights a week into meals you either have not cooked before, or ones you have not had for a while. You could use unusual fruits and vegetables, think about different countries and cultures, or even take inspiration from baking and cookery shows. You can do this even if you live on your own. Hopefully, the rules and guidelines will change enough soon so that we can invite more people around our houses/flats too.



Go International

Listen, I love a bit of British grub - bangers and mash, sponge pudding and custard, shepherd's pie, and even apple pie and cream. But there is a whole world of taste and delicacy to discover. And I don't just mean a bit of Sweet and Sour Chinese, or a hot Indian curry. Why not look around even more and experience South American cuisine, or Korean, or Polish - just a few examples. Mixing flavours and spices can bring a whole new cooking experience.

Mix some cocktails, or try some wines

The kitchen does not have to be just about the food. How about tarding up your drinks too. And before we get any comments, I do know that some people may have a problem with alcohol, and we are not promoting it like that. However, responsible drinking is something many of us do.

Sipping on a flavourful, fruity, and boozy wine cocktail will surely help warm your spirits while you wait for spring to arrive (and your food to cook). And there are many to try and make. Or sip a glass of wine from an area you have not tasted before. Many countries now produce wine, including the UK.



Remember, some meals don't work out exactly as you want

I have found that with some of my recipes. They taste divine, looks could be better. But that's okay. My Carrot Cake took 45 minutes longer in the oven, and I nearly threw it away. Instead, it was magical (seriously). Is that not all part of the fun. Go on, make 2021 the year you not only cooked more, but experiment too.

We hope you enjoyed our little voyage into cooking at home.
There are countless reasons to get into that kitchen and dive into recipes.
It's fun, you get creative, and that also boosts your mental health.
A lot is down to confidence. You can do it. Honestly!!!!

Nutrition: HMHB look at different Foods

Today: Corn

**On this page, we will take a brief look at some worldwide foods.
Why we eat them, what they do for us, etc.**

Corn, also known as Maize, is one of few crops that is not found in the wild. It's a domesticated grass bred by natives in Central America, developed from a grass called teosinte. In the 16th century, Columbo brought it to Europe.

Today corn is grown around the world, except Antarctica, and it's one of the globe's most widely used food staples.

Besides food and animal feed usage, there are more than 3,500 different uses for corn and it's in all sorts of products, from peanut butter to batteries. Corn can be processed into numerous products like starch, sweeteners, corn oil, beverages, and fuel ethanol, which production takes 40% of all produced corn. Corn starch can be made into plastics, fabrics, adhesives, and many other chemical products. It can be used also in a variety of goods such as frozen pizza, making sure your pizza has a nice crispy crust



According to 2018-2019 statistics: the top corn producers were:

United States: The U.S. is by far the world's largest producer and exporter of corn, with production in the 2018–2019 season pegged at 366.6 million metric tons. The acreage dedicated to planting corn changes from season to season, but in all more than 90 million acres of American land are planted with corn each season. Domestic consumption was about half the total, and most of that was used as feed grain for livestock.

China: China's current season corn production is estimated at 257.7 million metric tons, and almost all of it is consumed domestically. While the country is a major corn producer, the number of acres that Chinese farmers dedicate to corn will likely decline now that their government has ended price supports on domestic corn. Farmers can be expected to switch to higher-value crops such as soybeans.

Brazil: Brazil is a major producer of many crops including coffee, sugar, and soybeans, and it is the world's third-largest corn producer. Of the estimated 94.5 million metric tons of corn that the country produces annually, most will be consumed domestically.

As a whole grain, corn is in a health-protective food category. Numerous studies have tied whole-grain consumption to a lower risk of heart disease, stroke, cancer, type 2 diabetes, and obesity. Corn contains a variety of B vitamins, as well as Potassium. The latter mineral supports healthy blood pressure, heart function, muscle contractions, prevents muscle cramps, and helps maintain muscle mass. Corn also supplies about 10 times more vitamin A than other grains. In addition to protecting against cognitive decline, vitamin A supports the immune system, and helps to form the mucous membranes in your respiratory tract.

Lutein and Zeaxanthin, corn's main carotenoids (or pigments), help protect your eyes, and have been shown to reduce the risk of macular degeneration and cataracts. The antioxidant Quercetin has been shown to combat both acute and chronic inflammation, and protect against neurodegenerative disease.

NUTRITION: Lazza's Kitchen

Homemade Fruit Trifle

**Lazza is still trying out new recipes
Today - he makes his first ever Trifle**



Sponge: 175g/6oz Butter (softened)

175g/6oz Caster Sugar

175g/6oz Self Raising Flour

3 Eggs

Custard: Cup of Milk

¼ cup of Cornflour

½ cup of Caster Sugar

Double Cream

3 Egg Yolks + Vanilla Essence

Fruit: Your choice of fruits for your taste

Jelly: I used shop jelly for ease

Cream Topping

Double Cream

Your topping: (I had crushed nuts + coconut)

- For the sponge base, place the butter, sugar, flour and eggs in a bowl and mix together thoroughly. Then pour into a well greased tin (you can also line it).
- Bake at 180C for around 40 to 45 minutes. Take out and let it cool.
- Place at base of bowl, then pour whatever fruit you choose over the cake.
- Jelly - I used shop jelly. Mixed with hot and cold water. Then pour that over the fruit and sponge base and chill till set.
- Custard. Mix the cornflour, caster sugar, and egg yolks together.
- In a saucepan put the milk and cream, add the custard mix, and bring to boil, stirring all the time, until it thickens. Add vanilla essence.
- Pour the custard over the set jelly, and allow to cool and set.
- Whisk up the double cream, and you can add taste if you fancy.
- Spread over trifle, and add toppings of your choice to finish.



Wow!! Homemade Trifle
I made my own sponge for the base.
I did buy the shop jelly you melt with hot water - using two flavours.
Homemade custard.
Cream mixed with lemon curd to taste.
Then I added crushed hazelnuts to top.
This was very very tasty!!!!

**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 dessert 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.

Can you name these famous paintings and their artists?

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



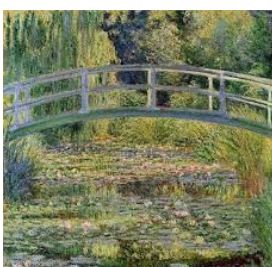
10



11



12



13



14



15

EXERCISE/FITNESS

Resistance Bands

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.

We currently organise a daily walk around Highbury Fields at 9:30am.

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

Resistance bands are literally 'bands' that are either flat or tubular in shape. Originally, their sole use was as a rehabilitation method for patients wanting to get back to exercise post-injury. They were first used in physiotherapy sessions during the 1990s but only took off as a piece of mainstream exercise equipment in recent years. The benefits of resistance bands are what caused this spike in popularity.

They are mainly used to complement resistance training. Their portability helps their case, and the fact that they come in different pre-set tensions/resistance levels (which is something to look out for when buying). Typically, the lighter the colour the lighter the resistance, and vice versa.

There are various types of resistance bands, but for this pack we will look at "Flat Bands" or "Loop Bands". They are one of the most widely used and inexpensive models and get their name from their typical rubber band appearance. Flat bands have no handles or grips, but they do come in varying levels of resistance. They are usually colour-coded for this reason, but you can tell which will give more or less resistance from the width of each band.

Due to them being the smallest of the different types of resistance bands, they are usually used for rehabilitation purposes. Athletes also use them to stretch out before or after exercise, especially long-duration races, so keep this in mind if this sounds like you! They're especially great for aiding mobility and flexibility.



- They improve the quality of your exercises.
- They help to focus your control.
- They recruit your stabilising muscles.
- They're fundamental for functional training.
- A great alternative to machines.
- They're lightweight.
- They're designed for compound exercises.
- You have control over the angle

You Can Do It

EXERCISE/FITNESS:

Let's try some Resistance Flat Band exercises

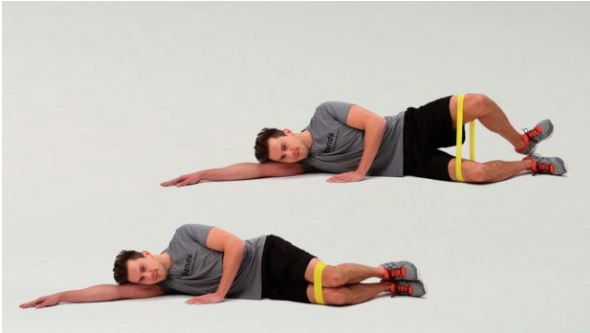
Obviously, you can do these without Bands too

It does not matter what age you are, or even you're ability, we all need to exercise in some way.

And this means pushing ourselves to try new things sometimes.

So why not experiment using some equipment to make it more fun?

Let's have a look at a few Resistance Flat Bands ones you can try.



Side - lying Hip Abduction

Lie on your side with your hips and knees bent at 90° and the resistance band looped just above your knees.

Raise the upper leg to pull your knees apart while contracting your glutes for two to three seconds, then slowly return to the starting position.

Do all your reps on one side, then switch.



Glute Bridge

Loop the resistance band just above your knees and lie on your back with your feet on the floor and your knees bent at 90°. Lift your toes off the floor, then raise your hips until you form a straight line from your knees to your shoulders, contracting your glutes throughout the entire movement. As you raise your hips open your knees slightly to press against the resistance band.



Lateral Walk

Loop one resistance band just above your knees and another around your ankles. Drop into a half squat position with your feet shoulder-width apart to create tension in the bands. Then take a small step to the side, keeping tension in the bands as you move. Do all the steps in one direction, then switch.



Flat Band Squats (different type of band)

Stand up against the resistance until your legs are almost totally straight. Slowly return to the starting position. Repeat.

Keep your chest up and back flat during the exercise

Make sure that you knees are tracking over your toes vertically and horizontally.

**Resistance Bands are cheap to buy.
Most good sports shops will have them in stock.
Or look on line. It's your body!!!**

EXERCISE/FITNESS:

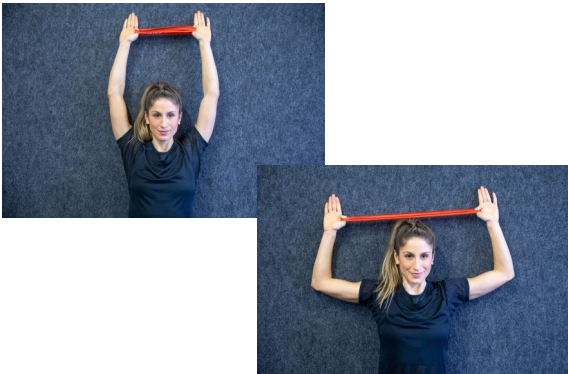
Some more Flat Band Exercises. *Photos from Runtastic.com*

You can do all of these exercises without bands too.

So please don't pass over these exercises.

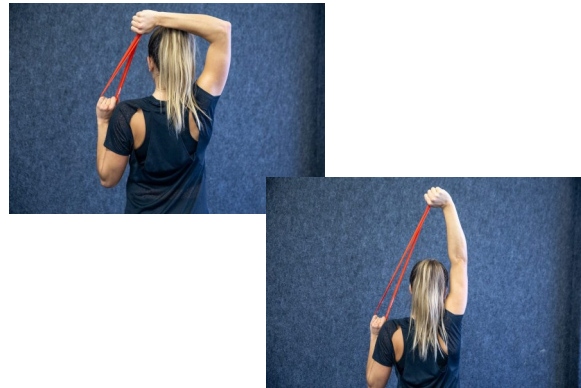
We are promoting movement and flexibility.

The bands just offer some resistance to enhance the exercises.



Wall Lateral Pulldown

Stand against the wall. Place the resistance band around your thumbs or wrists and stretch your arms straight up over your head. Pull your arms down and your elbows to the side, bent at a 90 degree angle, while stretching the band and bringing your shoulder blades together. Return to the starting position



Triceps Extension

Hold the resistance band in your hands with your elbows bent.

Put your right elbow over your head with your right forearm parallel to the floor. Extend your right arm while keeping it close to the head.

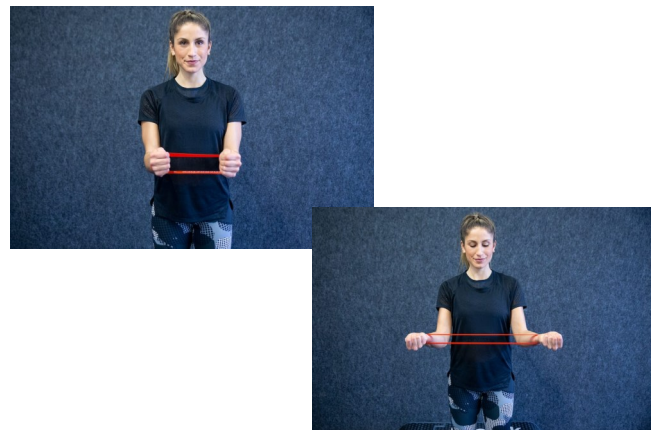
Return to the starting position



Bicep Curls

Tuck the resistance band underneath your right knee and hold it with your right hand. Pull your hand up towards your right shoulder against the resistance of the band.

Your upper arm should stay stationary as you pull on the band. Release the hold and return to the starting position.



Shoulder External Rotation

Place a flat band around your wrists. Bend your elbows and keep them close to your body.

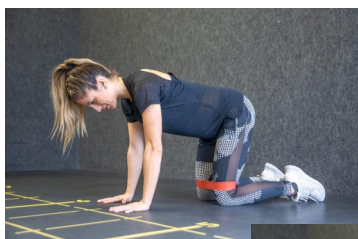
Move your forearms out to the side to stretch the band. Rotate your palms at the same time, so that they face up once the band is stretched.

Return to the starting position

EXERCISE/FITNESS:

Why not try these with a friend or two?

If you do buy some bands, try out the different thicknesses.
That gives you different types of resistance.

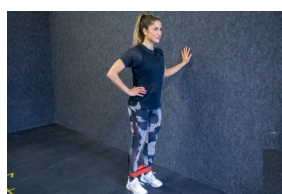


Fire Hydrant (oh, the humour!!!)

Start on all fours. The resistance band should be above your knees. Keep your neck, back, and hips aligned. Move your left leg out to the side to stretch the band. The rest of your body should stay in place; don't turn to the side. Return to the starting position. Do all repetitions on one side, then switch to the other side

Donkey Kick

Start on all fours. The resistance band should be above your knees. Keep your neck, back, and hips aligned. Kick your left heel up to stretch the band. Make sure you keep your hips level and don't round your back. Return to the starting position. Do all repetitions on one side, then switch to the other side



High Plank Leg Lifts

Get into Plank position. The resistance band should be placed around your ankles. Engage your core and glutes and lift your left heel up against the resistance of the band. Keep your body aligned, don't round your back. Return to the starting position. Do all repetitions on one side, then switch to the other side

Hip Abduction

Stand next to a wall and hold on to it with your hand for support. The resistance band should be placed around your ankles. Lift your right leg to the side while squeezing your outer glute. Keep your body straight, don't bend your torso. Return to the starting position. Do all repetitions on one side, then switch to the other side

**We just want people to be more active, and offer ways to do that.
Movement, Flexibility and Balance are all crucial to our health.
We have only shown a few resistance band exercises.
Do research others and why not get some bands to help you.
They are cheap and useful. It's your body and health!!!**

HEALTH / ROUTINE

Nervous System

Healthy Minds, Healthy Bods is a mentor led project, promoting a healthy lifestyle, focusing on mind-set, nutrition, exercise and health. We are not professionals, and we do not offer advice. What we do is offer information and knowledge around subjects that have helped us overcome some serious situations in our lives. We offer this from the point of view of a layman, and hopefully encourage people to do their own research around topics. If you do have health issues, clearly seek professional medical help.

So, what is your Nervous System?

The nervous system is made up of the brain, spinal cord and nerves. It is the body's communication system that controls much of what your body does. It allows you to do things like walk, speak, swallow, breathe, and learn, and controls how your body reacts in an emergency.

Your nervous system is made up of:

- Your "Central Nervous System" (CNS), which consists of the brain and spinal cord.
- Your "Peripheral Nervous System" (PNS), which consists of nerves that connect your CNS to
- the rest of your body.

Nerves are made up of cells called neurons. These carry messages from one part of the body to another. Different types of neurons do different things. For example, some carry messages from the brain to the muscles so you can move. Others detect light and sound and carry information about this to the brain.

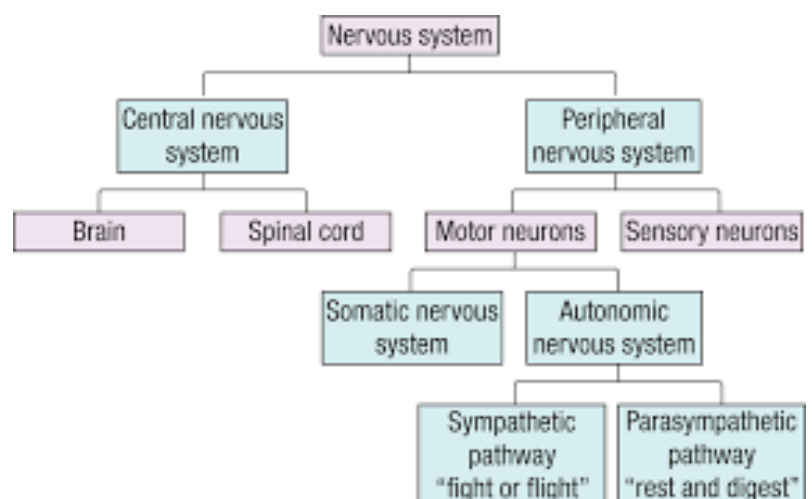
The nervous system is responsible for:

- Intelligence, learning and memory: your thoughts and feelings are controlled by the brain, the control centre of the nervous system.
- Movement: the brain sends messages that control how your body moves.
- Basic Body Functions: the nervous system controls the things you don't think about, like the beating of your heart, breathing, digestion, sweating and shivering.
- Responding to an Emergency: part of the nervous system, called the sympathetic nervous system, makes your heart beat faster and causes you to release adrenaline in an emergency.
- The Senses: sight, hearing, taste, touch and smell are all controlled by the nervous system.

There are many health conditions that start in or affect the nervous system.

These can include:

- Parkinson's Disease
- Alzheimer's
- Multiple Sclerosis
- Stroke
- Seizure disorders; like Epilepsy
- Cancer; such as Brain Tumours
- Infections: such as Meningitis
- Headaches and Migraines
- Spinal Cord Injuries



HEALTH / ROUTINE

How does the Nervous System work?

The nervous system is made up of all the nerve cells in your body. It is through the nervous system that we communicate with the outside world and, at the same time, many mechanisms inside our body are controlled. The nervous system takes in information through our senses, processes that information and triggers reactions, such as making your muscles move or causing you to feel pain. For example, if you touch something really hot, you reflexively pull back your hand and your nerves simultaneously send pain signals to your brain. Metabolic processes are also controlled by the nervous system.

There are many billions of nerve cells, also called neurons, in the nervous system. The brain alone has about 100 billion neurons in it. Each neuron has a cell body and various extensions. The shorter extensions (called dendrites) act like antennae: they receive signals from, for example, other neurons and pass them on to the cell body. The signals are then passed on via a long extension (the axon), which can be up to a meter long.

Regardless of where they are in the body, a distinction can also be made between voluntary and involuntary nervous system. The voluntary nervous system (somatic nervous system) controls all the things that we are aware of and can consciously influence, such as moving our arms, legs and other parts of the body.

HOW DOES IT WORK?

The involuntary nervous system (vegetative or autonomic nervous system) regulates the processes in the body that we cannot consciously influence. It is constantly active, regulating things such as breathing, heart beat and metabolic processes. It does this by receiving signals from the brain and passing them on to the body. It can also send signals in the other direction, from the body to the brain, providing your brain with information about how full your bladder is or how quickly your heart is beating, for example. The involuntary nervous system can react quickly to changes, altering processes in the body to adapt. For instance, if your body gets too hot, your involuntary nervous system increases the blood circulation to your skin and makes you sweat more to cool your body down again.

The involuntary nervous system is made up of three parts:

- The sympathetic nervous system
- The parasympathetic nervous system
- The enteric (gastrointestinal) nervous system



The sympathetic and parasympathetic nervous systems usually do opposite things in the body. The sympathetic nervous system prepares your body for physical and mental activity. It makes your heart beat faster and stronger, opens your airways so you can breathe more easily, and inhibits digestion.

The parasympathetic nervous system is responsible for bodily functions when we are at rest: it stimulates digestion, activates various metabolic processes and helps us to relax. But the sympathetic and parasympathetic nervous systems do not always work in opposite directions; they sometimes complement each other too.

The enteric nervous system is a separate nervous system for the bowel, which, to a great extent, autonomously regulates bowel motility in digestion.

HEALTH / ROUTINE

Looking after your Nervous System

A number of factors can lead to a case of neuropathy, from tumours to infections, but there are some steps you can every day take to boost the health of your nervous system. While many cases of neuropathy are caused by uncontrollable risk factors, there are quite a few risk factors that you can control.

Many of these fall in line with general advice on keeping healthy overall, though there are some specific actions you can take to influence nervous system health directly.

If you're wondering how to keep your nervous system healthy, you should:

1. Monitor your eating patterns and make sure to eat semi-regularly so as to not deplete the glucose your neurons use for energy.
2. Eat a balanced diet that includes good levels of B-12 and D vitamins, as well as healthy fats
3. Avoid smoking. Seriously, you must consider stopping immediately.
4. Avoid drinking excessive alcohol.
5. Keep up with a solid sleep schedule, as sleep helps strengthen circuits within the nervous system which can help with memory. Personally, I know how tough that can be.
6. Exercise your nervous system and brain with activities like writing by hand or playing mind games like Sudoku. Any kind of puzzle game is great, like crosswords and word searches. It is just a case of keeping your mind as active as possible.
7. Take part in exercise that is appropriate for your body; aim to exercise at least three times a week. We cover this regularly in our exercise section. Aim for moderate intensity activity as much as possible.
8. Maintain a healthy weight as many conditions, such as diabetic neuropathy, are closely linked to obesity or overweight.
9. Avoid, or limit, environmental factors that can cause nerve damage, such as repetitive motions or exposure to toxic chemicals.

Your nervous system deserves as much attention as other more obvious bodily systems. By participating in healthy habits now, you can help treat or prevent future instances of nerve damage or deterioration.

It's funny how so many of the same topics always come up: healthy diet, exercise more, better sleep, stop smoking, limited alcohol intake.



**Your Nervous System is yet another part of your body vital for health.
It is so important to do everything possible to look after it.
It's your body. So make good choices and take action!!**

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

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!!!

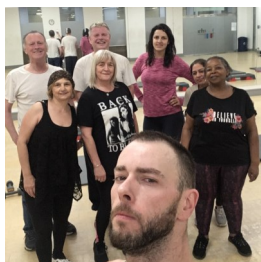
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

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 overall health. Treat yourself!!



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.

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”

We 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:

Yep, this has turned into a year where we have all had to think about our lives and health. But we also need to take positives about how we have adapted. So why not look back at 2020 and think about how you have done. And then, start planning for 2021, the targets you want to achieve, and how you are going to make sure you can reach them. 2021 can be a very special year, and what a chance to make sure!!!



Nutrition.

As we decided to think about next year, how about one of your goals making sure you cook more at home. There are so many benefits, and you may just surprise yourself, especially if you don't cook a lot. Even if you do, maybe you can experiment and try out some new recipes, or even old ones you have not created for a while.

Cooking is just another way to get creative, and that is terrific for your mental health too.



Exercise



We have said it many times over these packs, but any kind of sports equipment can enhance your sessions. Resistance bands do not cost a lot of money, and they can be added to many of the exercises we have promoted. Resistance Bands maintain constant tension on the muscles throughout the entire movement of an exercise, and therefore create greater muscle growth. There are hundreds of legs, arms, core exercises where you can use the bands, so do some research and find more you can try. Your health is important. Why not try them?

Health.

HMHB are in awe of our bodies - and how they work.

We are all walking miracles, and our Nervous System is just that.

Everything has to work properly, and it is so important that we are responsible with our behaviour to ensure it keeps functioning.

And, it is the usual suspects. Eat better, exercise more, try and get good sleep, and do all you can to stay positive. Yes, I know they are easy words to type, and in reality life can mean we struggle with some or all of these issues, but life is too short.

Why not plan for 2021 to make a lot of small changes that will add up?



**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 + Paintings from Page 15

See if you can beat your family and friends

Literature

In which Shakespeare plays do the following characters appear?

- a. B & M: Macbeth
- b. B & P: A Midsummer Night's Dream
- c. I & D: Othello
- d. C & R: King Lear
- e. O & P: Hamlet
- f. B & DP: Much Ado About Nothing
- g. L & H: A Winter's Tale
- h. M & C: Romeo & Juliet
- i. DB & LA: Richard III
- j. P & A: The Tempest
- k. M & O: Twelfth Night
- l. P & K: The Taming Of The Shrew
- m. CP & MA: Julius Caesar

Music

In what year were these singers born?

1. Justin Bieber 1994
2. Louis Armstrong 1901
3. Elvis Presley 1935
4. Ed Sheeran 1991
5. Kylie Minogue 1968
6. Boy George 1961
7. Adele 1988
8. Amy Winehouse 1983
9. Mick Jagger 1943
10. Will I Am 1975
11. Freddie Mercury 1946
12. Roy Orbison 1936
13. Robbie Williams 1974
14. Aretha Franklin 1942

Music

All these songs were the biggest selling songs in a year. But who sang them?

1. ITT WTA: Tony Christie feat Peter Kay
2. B: Cher
3. LIAA: Wet Wet Wet
4. (EID)IDIFY Bryan Adams
5. TPOL: Jennifer Rush
6. TL: Soft Cell
7. SYKFM: Brotherhood Of Man
8. KC: Culture Club
9. PF: Lady Gaga
10. SOY: Ed Sheeran
11. H: Pharrell Williams
12. HJ: The Beatles
13. JR: Elvis Presley
14. BBB: Bay City Rollers
15. BE: Art Garfunkel
16. ROT: Black Box

Games

The top ten best selling Board Games of all time?

Chess: Checkers/Draughts: Backgammon: Monopoly:
Scrabble: Cluedo/Clue: Trivial Pursuit: Battleship:
Candyland ("no, me neither"): The Game of Life.

QUIZ ANSWERS

List of paintings and artists - from Page 15 (it's meant to be tricky - so see how many you managed to remember)

- | | |
|---|--|
| 1 Mona Lisa; Leonardo da Vinci | 2 The Starry Night; Vincent Van Gogh |
| 3 Girl with a pearl earring; Vermeer | 4 The Last Supper; Leonardo Da Vinci |
| 5 The Kiss; Gustav Klimt | 6 American Gothic; Grant Wood |
| 7 The Birth of Venus; Sandro Botticelli | 8 The Persistence of Memory; Salvador Dali |
| 9 Whistlers Mother; James Whistler | 10 The Son of Man; Rene Magritte |
| 11 The Hay Wain; John Constable | 12 The Weeping Woman; Picasso |
| 13 The Water Lily Pond; Claude Monet | 14 Campbells Soup Cans; Andy Warhol |
| 15 The Scream; Edvard Munch | |

Geography

The 15 most populated European cities.

Istanbul, Moscow,
London, St Petersburg,
Berlin, Madrid,
Kiev, Rome, Paris,
Bucharest, Minsk,
Vienna, Hamburg,
Warsaw, Budapest

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 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 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