



# Healthy Minds, Healthy Bods

## Health Pack: Number 27

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Prepared by: Lazza, Luke and Dean: Monday 19th October 2020*

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



**"Life isn't measured by the number of breaths you take,  
but by the number of moments that take your breath away"**

***Welcome to the 27th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).***

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

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

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



**Every year Haringey Recovery Services  
arrange a walk through the borough for its  
users and followers.**

**HMHB were proud to join them on the  
25th September 2018.**

**Here is the group starting out from near the  
new Tottenham ground.  
It was a fabulous day.**

**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)**

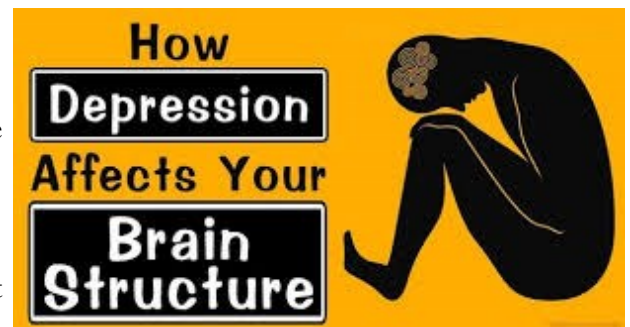


## NEWS PAGE:

### Depression can accelerate brain ageing, says recent study.

Psychologists at the University of Sussex have found a link between depression and an acceleration of the rate at which the brain ages. Although scientists have previously reported that people with depression or anxiety have an increased risk of dementia in later life, this is the first study that provides comprehensive evidence for the effect of depression on decline in overall cognitive function (also referred to as cognitive state), in a general population.

For the study, published on 24 May 2018, in the journal *Psychological Medicine*, researchers “conducted a robust systematic review of 34 longitudinal studies, with the focus on the link between depression or anxiety and decline in cognitive function over time”. Evidence from more than 71,000 participants was combined and reviewed. Including people who presented with symptoms of depression as well as those that were diagnosed as clinically depressed, the study looked at the rate of decline of overall cognitive state, encompassing memory loss, executive function (such as decision making) and information processing speed, in older adults.



Importantly, any studies of participants who were diagnosed with dementia at the start of study were excluded from the analysis. This was done in order to assess more broadly the impact of depression on cognitive ageing in the general population. The study found that people with depression experienced a greater decline in cognitive state in older adulthood than those without depression. As there is a long pre-clinical period of several decades before dementia may be diagnosed, the findings are important for early interventions as currently there is no cure for the disease.

Lead authors of the paper, Dr Darya Gaysina and Amber John from the EDGE (Environment, Development, Genetics and Epigenetics in Psychology and Psychiatry) Lab at the University of Sussex, are calling for greater awareness of the importance of supporting mental health to protect brain health in later life.

Dr Gaysina, a Lecturer in Psychology and EDGE Lab Lead, comments: "This study is of great importance. Our populations are ageing at a rapid rate and the number of people living with decreasing cognitive abilities and dementia is expected to grow substantially over the next thirty years."

She added, "Our findings should give the government even more reason to take mental health issues seriously and to ensure that health provisions are properly resourced. We need to protect the mental wellbeing of our older adults and to provide robust support services to those experiencing depression and anxiety in order to safeguard brain function in later life."

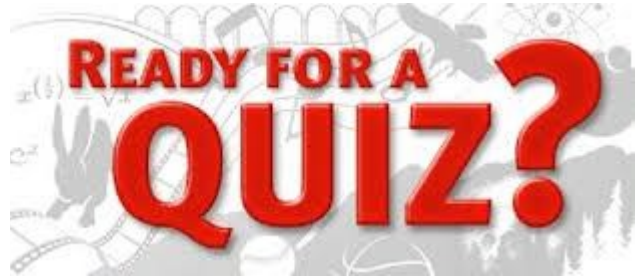
Researcher Amber John, who carried out this research for her PhD at the University of Sussex adds: "Depression is a common mental health problem. Each year, at least 1 in 5 people in the UK experience symptoms. But people living with depression shouldn't despair. It's not inevitable that you will see a greater decline in cognitive abilities and taking preventative measures such as exercising, practicing mindfulness and undertaking recommended therapeutic treatments, such as Cognitive Behaviour Therapy, have all been shown to be helpful in supporting wellbeing, which in turn may help to protect cognitive health in older age."

**Yet another reason for us to look after ourselves.  
Seek help if you are down, and embrace any intervention offered to you.  
Life is so short. Exercise, eat well, and challenge yourself.**

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 27 this week (no peeking)**

**Geography**

There are currently eleven UK cities that start with the letter "S".  
Can you name all eleven?



**The World**

In kilometres, how long are these famous rivers of the world. See how close you get!

- a. Nile
- b. Congo
- c. Thames
- d. Yangtze
- e. Danube
- f. Volga
- g. Mekong
- h. Mississippi
- i. Yellow
- j. Ganges
- k. Amazon
- l. Seine

**Music**

Which duos sang these songs?

1. Maneater 1982
2. West End Girls 1986
3. Love To Hate You 1991
4. Young Guns 1983
5. Nobody's Diary 1983
6. Mrs Robinson 1968
7. I Got You Babe 1965
8. Sowing The Seeds Of Love 1989
9. Here Comes The Rain Again 1983
10. Hey Ya 2003
11. It Must Have Been Love 1986
12. Unchained Melody 1965
13. It's Raining Men 1982

**Film:**

These are all baddies in Bond Films: Can you name the actor who played them, plus the film title?

1. Mr Big / Dr Kananga (the same person): 1973
2. Hugo Drax: 1979
3. Ernst Stavros Blofeld: 2015
4. Elliott Carver: 1997
5. Gustav Graves: 2002
6. Franz Sanchez: 1989
7. Kamal Khan: 1983
8. Le Chiffre: 2006
9. Auric Goldfinger: 1964
10. Max Zorin: 1985
11. Dominic Greene: 2008
12. Ernst Stavros Blofeld: 1971
13. Aristotle Kristatos: 1981
14. Raoul Silva: 2012
15. Renard: 1999



**Science**

Of the current 118 elements of the Periodic Table, only 20 do not end in the letters M or N.

How many of these 20 can you name?  
Good luck if you can get close to all of them.

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

## MIND-SET: Solving a difficult puzzle.

*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.*

In this issue, we are going to set you a problem. It is one for you to solve. We are going to give you the answer next week, as it is not straight forward, and gives you a chance to work it out.. You may be able to do it quickly on your own. You can get others involved and talk it through together. The choice is yours.

It is a Mind-set game though. And that is about challenging yourself to solve problems that arise in your life, and sometimes that can be a complex issue. It is about analysing the evidence/information, trying to work out what is important and what is not, and maybe looking at the problem from different angles. It may also mean you are unable to find the right solution, which is another important lesson in life. So let's see how do.

*(I admit I am an avid crime/thriller reader, and have adapted this from a book.*

*If you have read it, and recognise the set up, I do apologise. But maybe, pass this on to someone else.)*

**This week, we are going to try and solve a murder!!!!**

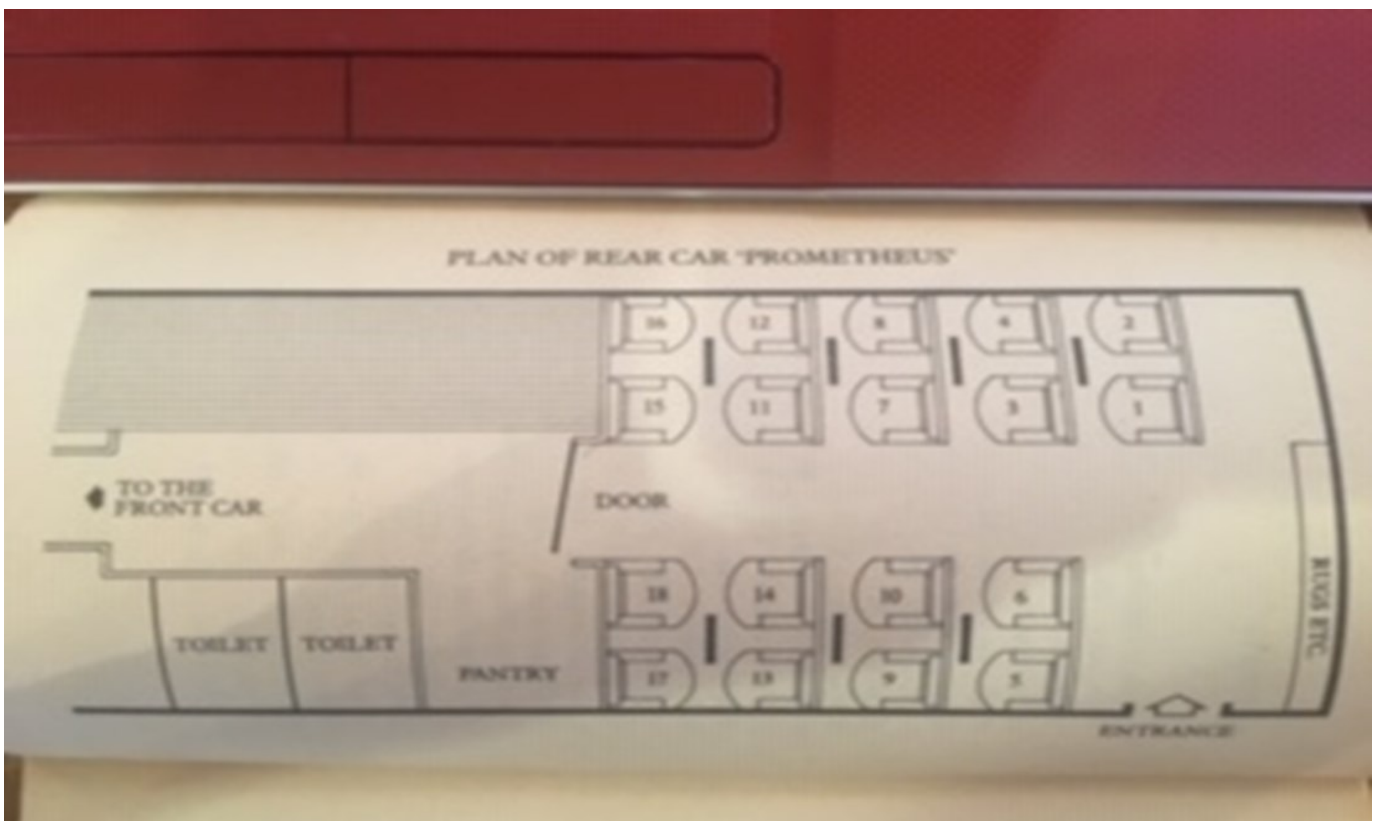
**We will give you the details, the characters, and the set up. All the clues are there.**

**You won't know the motive, but with the clues there can only be one killer.**

**Can you solve it???**

*(we will give the answer next week and discuss more around the Mindset!!).*

Seating plan for the Prometheus: a 1930s airplane. This is where the murder takes place. Refer back to this as you try and solve the murder from the details in the next pages. This is the rear of the plane: Seats 1 & 2 are right at the back. You are one of the passengers too, and are the detective.





## MIND-SET:

### The Murder Set Up. Characters and Synopsis

There were only 8 people seated in this part of the plane. You were one of them. You are a policeman (and no, there is no twist where you are the killer - you are solving the crime). Once the flight started, the front car was closed off from the back. Remember this is set in the 1930s.

**Seat 2 - Mrs Karen Kardashian - murdered during the flight – age 45**

**Seat 5 - Dr. Luke Jones (Texas archaeologist) – age 53**

**Seat 6 - Dr. Oliver Jones (Texas archaeologist) – age 35**

**Seat 8 - Ms. K J Rawling (British crime author) – age 48**

**Seat 9 - “this is where you were sitting”**

**Seat 10 - Dr. Leonard MacCoy (British doctor) – age 58**

**Seat 12 - Mr. Charlie Honnam (British dentist) – age 29**

**Seat 16 - Ms Taylor Sweft (US by birth) – age 24**

There were 2 stewards on the flight, overseeing the food and drinks and comfort for the passengers. They are exonerated. The killer was one of the passengers.

#### Synopsis:

**Mrs Kardashian was murdered during the flight from France to the UK.** The flight took 3 hours.

- The archaeologists talked to some passengers about their finds, and passed around some of their pottery and tubes.
- The doctor spent an hour cleaning and polishing his flute
- All the people used the toilets. According to everyone on board, no passenger was seen near the victim.
- A wasp was seen half way through the flight and was killed by Oliver after annoying a few passengers.
- Most people smoked during the flight, using cigarette holders. From halfway through, many slept.
- It was first thought Mrs Kardashian had been stung by the wasp. There was a small puncture wound on her neck, and this was shown to be where the venom entered her body. But upon closer inspection, what was thought to be a dead wasp, but was actually a small dart from a blowpipe, with yellow and black markings, was found on the floor, under her seat. A quick-working poison was on the dart, which would have killed her almost instantly.
- A blowpipe was discovered later down the back of your own seat.
- K J Rawling’s last book had someone killed with a blowpipe. She had bought one as research, but cannot now find it. However, a Parisian shopkeeper does recall recently selling a blowpipe to an American, but the darts were red and black, not yellow and black. (it was later proven that the dart used was one of these)
- Only strange thing noticed by stewards, Mrs Kardashian’s saucer for her cup of tea had two teaspoons, but neither would admit to making the error.



A blowpipe like the one found on the flight  
down the back of your seat.

The darts shown in the pic were a lot larger than that found on the floor.  
Do note the information about the pipe above:

## MIND-SET:

### List of belongings the passengers had with them on the plane.

**In the 1930s you were allowed to smoke on board flights. And many who smoked would use a Cigarette Holder. It was a slender tube, with the ciggy fitted into one end, so you did not have to handle the cigarette.**

Dr. MacCoy

*Pockets:* Two linen handkerchiefs. Notecase containing £20 and 500 Francs. Loose change in both French and English money. Engagement book for meetings. Cigarette Case and holder. Silver Lighter. Fountain Pen. Bunch of Keys. Three discreetly taken photos of the victim, clearly without her knowledge.  
Plus a flute in its case.

Mr. Honnam.

*Pockets:* Silk Handkerchief. Wallet with £5 and 600 francs. Loose change. Business cards for two French firms making dental instruments. Empty Bryant and May Matchbox. Silver Lighter. Briar Pipe, Rubber Tobacco pouch. Yale door key. Letter showing an interview for a dentist position in France.  
*Attaché Case;* Dentist coat. Two small dental mirrors. Dental roll of cottonwool. Three magazines. Romantic novel.

Luke Jones

*Pockets:* Wallet with 1000 francs and £10 in English money. Spectacles in case. Loose change. Cotton handkerchief. Packet of cigarettes. Cigarette holder. Match-folder. Business cards in a case. Toothpick.  
*Attaché Case;* Manuscript of speech for Royal Society. Couple of ornamented hollow tubes (Kurdish pipe stems). A bracelet with the message "love from KK" on it.

Oliver Jones

*Pockets;* Wallet with £5 English and 300 francs. Cigarette case. Ivory Cigarette holder. Lighter. Fountain Pen. Two Pencils. Notebook full of scribbled notes. Loose change. Copy of a book by Karen Kardashian.

K J Rawling:

*Pockets:* Handkerchief (stained with ink). Piece of lead piping. Notecase with English and French money. Three newspaper cuttings dealing with recent cases around poisoning and embezzlement. Bunch of keys.  
*In Overcoat Pocket;* Manuscript notes. Golf ball. Pair of socks. Toothbrush. Receipted Paris hotel bill.

Taylor Swift;

*Handbag;* Lipstick. Rouge. Flapjack, Yale key and trunk key. Pencil. Cigarette case. Cigarette Holder. Match folder. Two handkerchiefs. Receipted hotel bill. Small book on French phrases. Notecase with little money. Loose change. Casino counter for 5 francs. Diary, including an entry of a meeting with a "K Kardashian".  
*Pocket of travelling coat;* Six postcards of Paris. Two handkerchiefs. Silk Scarf. Tube of aspirin.

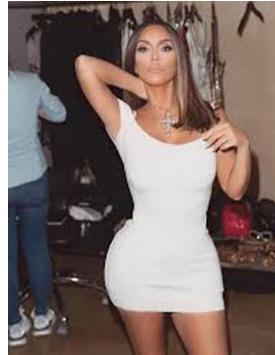
**MIND-SET:**  
**How our fictional characters may have looked and some pointers.**



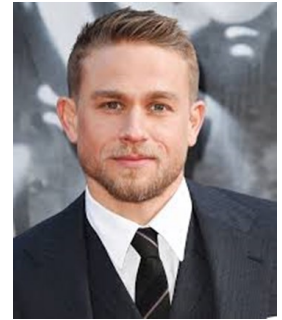
Our medicinal  
 Dr. MacKoy



Our gritty Archaeologists.  
 Luke and Oliver Jones



Our victim  
 Karen Kardashian.



Our mouthful  
 Mr Honnam.



Our beautiful  
 Ms Swift



One of our stewards on a  
 different flight



Our author  
 K J Rowling

So, you now have all the details you need.  
 You have seen the characters and know all who were aboard the flight and had access to the cabin.  
 You have seen their faces. You know what they had on them.  
 Don't forget, you were also there on the plane at the time of the murder.  
 So now, you need to determine how Karen Kardashian was killed and by whom.

I did not say it was going to be easy. And if you do not get it, that's totally cool. But why not give it a go.  
 If you struggle on your own, get a friend or two involved. Two heads are better than one they say.  
 We will give you the solution next week, and also go into more depth about how it is your mind-set that can help you deal with these complex problems, as they are bound to pop up during your life.

*(I changed names from originals as I was not sure if I could really use them, so pls don't contact saying MacCoy on Star Trek is spelt differently, or that the lady in the picture's name is really J K Rowling: I know!!!!)*

**If you think you have solved the murder, why not email us your solution?**  
**Let us know who you think did it, and how. The answer will be in pack 28 next week.**  
**I will put the set up again in the pack next week too, in case people miss this one.**  
**Good luck!!!!**



## NUTRITION: Alcohol

**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.**

Let's be clear from the start here. Healthy Minds, Healthy Bods is an organisation set up to promote a healthy lifestyle, and not to judge how people live their own lives. We provide information and guidance around research and studies, and then allow you, as an individual, to use that knowledge in your own way. You have that choice!!!



We are also a mentor led project, and the people involved with HMHB, including myself, have gone through mental health issues, and part of that involved using substances to try and help cope with them. We certainly in no way condone the use of them, but we can only talk about our experiences.

I, when I was very low, was using recreational drugs. I hasten to add I have not done so for a long time, and have no intention on starting down that road again. And for anyone currently doing so, please seek some help. You can beat it. Our Personal Trainer used alcohol as a way to drown out his demons and, very proud to say, he conquered them and turned his life around. Awe inspiring!!

Where we cover alcohol in this issue, we are looking at it from a nutritional point of view, but we will cover problems around it, as well as benefits. We did work with a fantastic organisation called Single Homeless Project, and another called Better Lives, who both deal with addictive behaviour. And there are naturally issues around that too, as we will cover that towards the end. What I don't want people saying to us is, “are you promoting alcohol?” or “why are you not condemning it?” etc. I hope I make myself clear here.

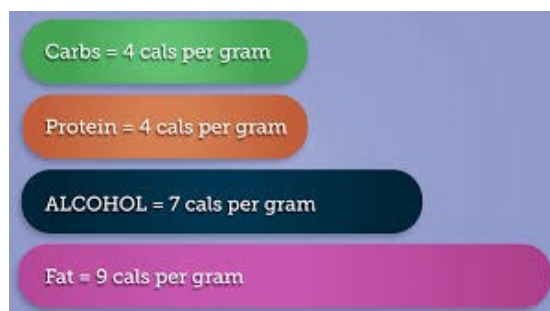
### Calories:

Alcoholic drinks, like many other drinks, contain calories that can add up quickly. Going out for a couple of drinks can add 500 calories, or more, to your daily intake. Most alcoholic drinks have little to no nutritional value.

If you are trying to lose weight or maintain a healthy weight, you will want to watch how much you drink. Cocktails mixed with soda, juice, cream, or ice cream can have especially high calorie counts. If you find you are having trouble cutting back on alcohol, talk with your health care provider.

Virtually everything you can buy at a supermarket comes with a nutritional label. Except one thing: alcoholic beverages. Why is alcohol exempt? The short answer is that, mainly as a legacy of Prohibition, alcoholic beverages are regulated by an agency that doesn't require nutritional labelling. Alcohol manufacturers have managed to fend off the push for labelling for years. Finally, in 2013, nutrition labels were made optional for booze, but not required. This might seem trivial, but some experts think it's a real public health issue.

"Many adults take in a tremendous amount of calories from alcohol, and they have no idea," they say.



## NUTRITION:

### Is Moderate Alcohol Consumption okay?

Alcohol is a “psychoactive drug”. This means that it is a “chemical substance that changes nervous system function and results in alterations in perceptions, mood, consciousness, cognition or behaviour”. It is one of the oldest and most common recreational substances.

Alcohol has a variety of short-term and long-term adverse effects. Short-term adverse effects include generalised impairment of neurocognitive function, dizziness, nausea, vomiting, and hangover-like symptoms. Alcohol can be addictive, as in alcoholism, and can result in dependence and withdrawal. It can have a variety of long-term adverse effects on health, for instance liver damage, and brain damage, and its consumption is recorded as the “fifth leading cause of Cancer”. The adverse effects of alcohol on health are most important when it is used in excessive quantities or with heavy frequency. However, some of them, such as increased risk of certain cancers, may occur even with light or moderate alcohol consumption. In high amounts, alcohol may cause loss of consciousness or, in severe cases, death.

Researchers know surprisingly little about the risks or benefits of moderate alcohol use in healthy adults. Almost all studies of lifestyle, including diet, exercise, caffeine, and alcohol, rely on patient recall and truthful reporting of one's habits over many years. These studies may indicate that two things may be associated with one another, but not necessarily that one causes the other. It may be that adults who are in good health engage in more social activities and enjoy moderate amounts of alcohol, but that the alcohol has nothing to do with making them healthier.

Any potential benefits of alcohol are relatively small and may not apply to all individuals. In fact, the latest dietary guidelines make it clear that no one should begin drinking alcohol or drink more often on the basis of potential health benefits. For many people, the possible benefits don't outweigh the risks, and avoiding alcohol is the best course. On the other hand, if you're a light to moderate drinker and you're healthy, you can probably continue to drink alcohol as long as you do so responsibly.

Here's a closer look at alcohol and your health.

Moderate alcohol use for healthy adults generally means up to one drink a day for women and up to two drinks a day for men.

Examples of one drink include:

- Beer: 12 fluid ounces (355 millilitres)
- Wine: 5 fluid ounces (148 millilitres)
- Distilled spirits (80 proof): 1.5 fluid ounces (44 millilitres)

Moderate alcohol consumption may provide some health benefits:

- Possibly reducing your risk of developing and dying of heart disease
- Possibly reducing your risk of ischemic stroke (when the arteries to your brain become narrowed or blocked, causing severely reduced blood flow)
- Possibly reducing your risk of diabetes



**However, eating a healthy diet and being physically active have much greater health benefits and have been more extensively studied.**

Keep in mind that even moderate alcohol use isn't risk-free.

For example, even light drinkers (those who have no more than one drink a day) have a tiny, but real, increased risk of some cancers, such as oesophageal cancer. And drinking and driving is never a good idea.

## NUTRITION:

### Alcohol: The statistics; from Alcohol Change UK

Naturally, a lot of this boils down to being sensible and responsible. However, the statistics need to be published and people, especially the younger generation, need to be aware.

- 24% of adults in England and Scotland regularly drink over the Chief Medical Officer's low-risk guidelines, and 27% of drinkers in Great Britain binge drink on their heaviest drinking days (over 8 units for men and over 6 units for women).
- In contrast, in 2017, 20% of the population reported not drinking at all, and overall consumption has fallen by around 16% since 2004.
- In the UK, in 2016 there were 9,214 alcohol-related deaths (around 15 per 100,000 people). The mortality rates were highest among people aged 55-69.
- In the UK in 2018 there were 7,551 alcohol-specific deaths (around 11.9 per 100,000 people). This is the second-highest level since the records began in 2001.
- In England, there are an estimated 586,780 dependent drinkers (2017/18), of whom 82% are not accessing treatment.
- Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages.
- While the price of alcohol has increased by 28% over the last 10 years, it remains 74% more affordable than it was in 1987.

### THE STATISTICS DON'T LIE...

- Alcohol is a causal factor in more than 60 medical conditions, including: mouth, throat, stomach, liver and breast cancers; high blood pressure, cirrhosis of the liver; and depression.
- In England in 2018/19, there were 1.26 million hospital admissions related to alcohol consumption (7.4% of all hospital admissions), 8% higher than the previous year. In the same period there were 358,000 admissions where the main reason was due to alcohol, 19% higher than ten years previously.
- Alcohol-specific deaths made up 9.6% of all deaths in the 40-44 age group in the UK in 2018.
- Hospital admissions due to alcoholic liver disease in England have increased by 61% in the last 10 years.
- 1 in 5 people in alcohol treatment in 2018/19 in England were parents living with dependent children.
- 54% of people in alcohol treatment also need mental health treatment.
- In 2017/18, in 39% of violent incidents, the victim believed the offender to be under the influence of alcohol.
- In 2016, 23% of 15 year olds reported having been drunk in the last four weeks.

### Be Safe: Be Responsible: Be Sensible

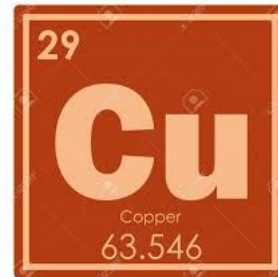
**We have covered many different subjects surrounding nutrition so far.  
Alcohol has been around for thousands of years.  
Personally, I am virtually a non-drinker, but you make your own decisions.  
It is very easy to abuse it, and the consequences can be fatal.  
It's your choice, and responsibility. What will you do?**

## NUTRITION: Minerals

### Copper

#### 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.**



- Copper is a trace mineral, which your body needs in small amounts.
- Copper is an essential mineral, meaning it must be obtained through your diet.
- Together with iron, it enables the body to form red blood cells.
- Copper helps maintain healthy bones, blood vessels, nerves, and immune function, and it contributes to iron absorption.
- Sufficient copper in the diet may help prevent cardiovascular disease and osteoporosis too.
- Low copper levels have been linked to high cholesterol and high blood pressure. One group of researchers has suggested that some patients with heart failure may benefit from copper supplements.
- Too little copper can lead to neutropenia. This is a deficiency of white blood cells, or neutrophils, which fight off infection. A person with a low level of neutrophils is more likely to get an infectious disease.
- Copper plays an important role in maintaining collagen and elastin, major structural components of our bodies. Scientists have hypothesised that copper may have antioxidant properties, and that, together with other antioxidants, a healthful intake may help prevent skin aging. Without sufficient copper, the body cannot replace damaged connective tissue or the collagen that makes up the scaffolding for bone. This can lead to a range of problems, including joint dysfunction, as bodily tissues begin to break down.

Copper is found in a wide variety of foods.

Good sources include:

oysters and other shellfish: whole grains: beans:  
potatoes: yeast: dark leafy greens: cocoa: dried fruits:  
black pepper: organ meats, such as kidneys and liver:  
nuts, such as cashews and almonds.



Most fruits and vegetables are low in copper, but it is present in wholegrains, and it is added to some breakfast cereals and other fortified foods

**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 Copper intake is important for your overall health,**

## NUTRITION: Lazza's Kitchen

### Millionaire's Shortbread

**Lazza is still trying out new recipes  
Today - he baked his first Millionaire's Shortbread**

Caramel Shortbread is believed to have originated from Scotland. There are many traditional Scottish dishes that are influenced by local as well as international cuisines. The original Scottish cuisine is rich in fat and this can be seen in most of this regions dishes. Shortbread is one such biscuit that is native to this country and because of the richness of the ingredients used in the Caramel Slice, it is also known as "Millionaires Shortbread".



#### Shortbread:

250g Plain Flour  
75 g Caster Sugar  
175g Softened Butter

#### Caramel

100g Softened Butter  
100g Light Brown Sugar  
397g can of Condensed Milk

#### Topping

250g Plain or Milk Chocolate

- Heat the oven to 180C/gas 4. Lightly grease and line a 20-22cm square or rectangular baking tin with a lip of at least 3cm.
- Mix flour and caster sugar in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs .
- Knead the mixture together until it forms a dough.
- Press into the base of the prepared tin.
- Prick the shortbread lightly with a fork and bake for approximately 20 minutes until lightly browned.
- Leave to cool in the tin.
- Place butter and sugar and the can of condensed milk in a pan and heat gently until the sugar has dissolved. Continually stir with a spatula to make sure no sugar sticks to the bottom of the pan.
- Turn up the heat to medium high, stirring all the time, and bring to the boil, then lower the heat back to low and stirring continuously, for about 5-10 minutes or until the mixture has thickened slightly.
- Pour over the shortbread and leave to cool.
- For the topping, melt the chocolate slowly in a bowl over a pan of hot water, or use a microwave in 20 second bursts. Pour over the cold caramel and leave to set. Cut into squares or bars with a hot knife.



**This was great to make.  
The shortbread is amazing.  
The chocolate was easy (just  
needed to melt it).  
The caramel is gooey (not sure  
that quite right, lol).  
But for a first go? Delicious!!!**

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





**HMHB's Name Game Page - trickier than you think**  
**Can you name the comedy actors and the characters they play?**  
**Answers at bottom of quiz page answers (page 27)**



1



2



3



4



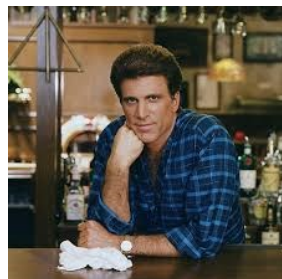
5



6



7



8



9



10



11



12



13



14



15

## EXERCISE/FITNESS

### Improving your Mobility

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.

**“Mobility refers to our ability to move freely and easily without stress on the body. Mobility within a joint is the degree to which the area where two bones meet (known as an articulation) is allowed to move before restricted by the surrounding tissue such as tendons, muscle, and ligaments”**



Whether you lift weights, run, cycle, or even sit at a desk all day at work, mobility should be a part of your daily routine.

For example, when performing a squat or a lunge, or simply picking something off of the floor, you need mobility in your ankles. If you lack that mobility, your knees and hips have to compensate for that and in time can cause further injury

The vast majority of people are affected by sitting most of their day. In fact a lot of us are sitting in front of our computers and phones for long periods of time. Even at school we are affected. When we are in this position, our shoulders round forward, hip flexors become shortened and tightened, and the glutes and hamstrings become deactivated. Holding a static position for long periods of time cause the muscles to lose their function. This in time starts to cause aches and pains. Performing simple mobility exercises every day for 10 minutes can help minimize those aches and pains and help prevent injuries.

Mobility training can improve the range of motion of our joints and muscles. It can assist in improving our posture. Mobility training can alleviate ‘everyday’ aches and pains as well as improve our body awareness.

It is never too late to start mobility training. Your mobility is always something you can improve. In terms of results, this will initially be something you feel rather than see. You might feel a little less stiff after one or two sessions, but the key is to be consistent with your mobility training. Over time you should see an increase in your range of motion and perhaps improvement in your performance in other activities.

Conditions such as lower back or knee pain, plus some forms of arthritis, can benefit from mobility exercises. It’s important to remember that they should always be performed within a pain free range.

**Let’s take a look at some “mobility” exercises in the next couple of pages.**

**Most people should be able to do them.**

## EXERCISE/FITNESS:

### Let's try a couple of mobility exercises.

**Mobility is key to maintaining independence, especially as people age. For seniors, the loss of mobility has profound social, psychological, and physical consequences.**

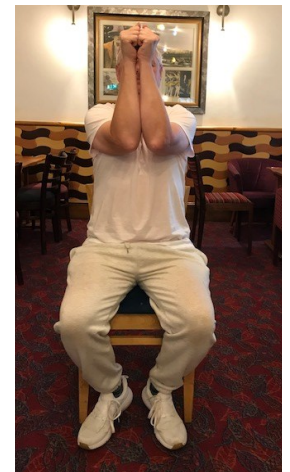
**If joints and muscles aren't properly maintained, basic movements may cause pain or even injury. But the cascade of negative effects that comes with immobility can often be prevented or limited by physical activity and exercise.**

Here are a few simple mobility exercises you can do using a chair. They are designed for people of any age. It is assumed that you have to have some kind of physical problem to do chair exercises, but that is not the case. You can do them while the adverts are on during television programmes for example. They are for everyone.

#### Upper Body Clam Shell

This exercise promotes scapular retraction (involves pulling your shoulder blades - the scapulae - in towards each other/ towards the spine - without shrugging up toward your ears) and will help increase shoulder flexibility and stability, as well as give your back, chest, and arms a small workout.

1. Start sitting on your chair in an upright position with your feet flat on the floor (you can also do this exercise standing up) - *just noticed my feet aren't flat. Oops!!*
2. Form a rugby goalpost with your arms (90 degree angle with the upper arms parallel to the floor).
3. Bring your forearms together in front of your face.
4. Return your arms to starting position (squeezing your shoulder blades together).



To make this exercise slightly more challenging, you can hold weights or small items in your hands.

#### Semi-Sits

Also known as chair squats, semi-sits are a safe way to build strength. The bending and stretching of your knees will strengthen your knee muscles and allow more oxygen and blood to flow around the joints, helping to keep them supple and strong.

1. Stand in front of a chair with your feet hip-width apart.
2. Engage your core abdominal muscles.
3. Slowly lower your body to the chair and bend your knees like you're going to sit.
4. Touch the chair seat lightly, then return to a standing position.



Make sure to keep your chest and head up. Don't let your knees go past your toes. Push up through your heels. And using a chair is not a sign of weakness. Yes, you probably can do squats standing up. But this is a way of ensuring you keep the movements uniform, and maintain good balance.



## EXERCISE/FITNESS:

### A couple more seated mobility stretches.

The thing with a lot of exercises is that they are normally fairly simple to do. The trick is to ensure you are doing them correctly. Form is vital, as this prevents possible strains and injuries.

There is a reluctance in some people to do simple exercises. They think they have to be performing at incredible high intensity, with lots of movement and sweat, in order to be making any headway. I know a couple of people like that. And it has probably been me in the past. But simple movement and flexibility exercises, especially concentrating on mobility, can make a huge difference too. Try them!!

#### Seated Abdominal Press

Seated abdominal exercises allow you to strengthen your core. Maintaining your core strength is key to maintaining stability, and thus, your overall mobility.

1. Start by sitting on your chair in an upright position with your feet flat on the floor
2. Place your hands on your knees with elbows locked
3. Press your palms into your knees, engaging the core
4. Hold 3-5 seconds

Repeat



It looks like you are not doing much. Part of this is form.

When you are upright breathe in and as you come forward you breathe out, but keep the tightness in your tummy from when you inhaled. You should feel your core muscles tighten and squeeze. It's like doing a crunch on the floor, when you just lift your head and shoulders and keep your stomach tight!!!

#### Side Bends

This is another great core exercise you can do anywhere.

1. Sit on a chair with your feet flat on the floor
2. Place one hand behind your head and the other arm outstretched to one side
3. Lean over to the side as if reaching toward the floor
4. Contract your oblique abdominal muscles and return to the starting position

Don't allow your chest to fall forward and try to keep both feet flat on the floor. Side bends help to increase both strength and flexibility of the low back and the abdominals, supporting the spine and helping to improve posture.



The younger generation, especially, seem to think chair exercises are for older people. But they are a useful part of any exercise regime. They can give you stability, and an upright chair keeps you back straight, so good posture. Give these a go, and also research other exercises designed to improve your mobility!!

**There are many different kinds of exercises, and in these packs we cover the spectrum.**

**HMHB promotes movement, flexibility and mobility.**

**Why not try out some of these at home? They only take a few minutes per day.**

**Your body needs to stay strong. It's your choice!!!!**

## HEALTH / ROUTINE

### Liver

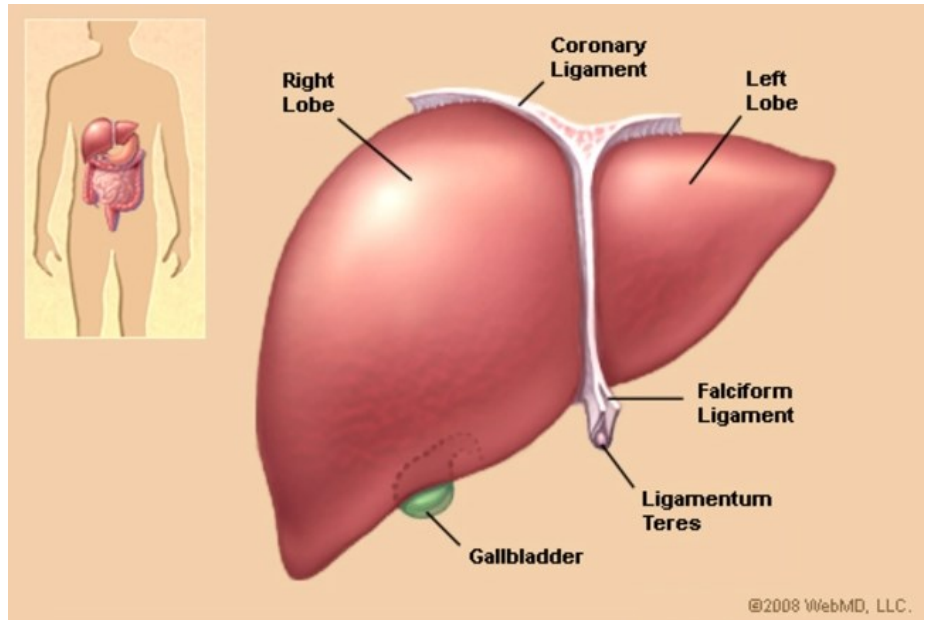
The Liver is the largest organ in your body.

It should weigh around 1.4kg when you reach adulthood.

It lies on the right hand side of your abdominal cavity, underneath the diaphragm, and behind your ribs.

It is so important that you cannot live without your Liver.

It performs a huge number of vital functions to help keep us alive and your body functioning!!!!



When we covered Carbohydrates, way back in Pack 2, we said that the body converted these into Glucose for energy. In fact, because the brain is so rich in nerve cells, or neurons, it is the most energy-demanding organ, using one-half of all the sugar energy in the body. Brain functions such as thinking, memory, and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source. Well, your liver makes glucose from the carbohydrates that you eat, such as ones in bread, fruit and dairy products. Some of this glucose travels in the blood to the rest of the body where it is used for energy.

Some of the glucose is stored in the liver as glycogen, and it is there until your body needs to use extra energy, like when you have to run fast, react quickly or have to work your body hard for a long time. It also helps to keep blood glucose at the right levels.

Your liver takes toxins out of your blood. These may have been made by your body when breaking down proteins, or been brought into your body through breathing or ingesting something like alcohol, drugs or other harmful substances.

Your liver sorts things out and changes them chemically into what your body can use and turns what can't be used into something that dissolves in blood so that it can be carried to the kidneys. For example, the liver makes urea from parts of proteins that can't be used. It is poisonous so the body has to remove it. Blood collects this urea from the liver and sends it to the kidneys. They filter urea from the blood and it is then expelled from the body as waste in your urine.

Drinking too much alcohol for a long time can damage the liver so badly that it cannot do its job. This is called cirrhosis. It can be fatal, and is one reason you need to be sensible around alcohol.

**So, it's clear your Liver is amazing.  
Let's look at a few other things your Liver does.  
And then sort out what we need to do to keep this organ healthy.**



## HEALTH / ROUTINE

### Our Liver is amazing

The liver's major functions are in the metabolic processes of the body. These include:

- breaking down or converting certain substances,
- balancing energy metabolism by converting glycogen to glucose and storing extra glucose by converting it to glycogen,
- making toxins less harmful to the body and removing them from the bloodstream.

The liver does this by receiving blood with nutrients from the digestive organs via a vein known as the hepatic portal vein.

The many cells of the liver, known as hepatocytes, accept and filter this blood. They act as little sorting centres, determining:

- which nutrients should be processed,
- what should be stored,
- what should be eliminated via the stool,
- what should go back to the blood.

The liver stores our fat soluble vitamins (A, D, E, K) as well as minerals such as copper and iron, releasing them if the body needs them. It also helps to break down fats in a person's diet. It either metabolizes fats or releases them as energy.



The liver also produces an estimated 800 to 1000 millilitres of bile each day. This bile is transported via bile ducts that eventually join and form the common bile duct that flows into the small intestine. The small intestine uses the bile to further help with break down and absorption of fats. Extra bile is stored in the gallbladder.

The liver produces and breaks down proteins as well. The by-product of breaking down amino acid proteins is called ammonia, which can be toxic to the body in large amounts. The liver turns the toxic ammonia into a substance called urea. The liver releases this into the blood where the kidneys excrete it via the urine. The liver also removes alcohol from the blood, and it also affects many medications a person takes.

As if these functions weren't enough, the liver also plays major roles in the following:

- creating immune system factors that can fight against infection,
- creating proteins responsible for blood clotting,
- breaking down old and damaged red blood cells,
- storing extra blood sugar as glycogen.

The liver is a half-moon shaped organ that's fairly straight on the bottom. It's tilted slightly in the body's cavity, with the left portion above the stomach and the right portion above the first part of the small intestine.

The liver has two main portions, also called lobes. Each lobe is further divided into eight segments. Each segment has an estimated 1,000 lobules, also called small lobes. Each of the lobules has a small tube, a duct, that flows into other ducts that joins to become the common hepatic duct. This meets the cystic duct and then becomes the common bile duct.

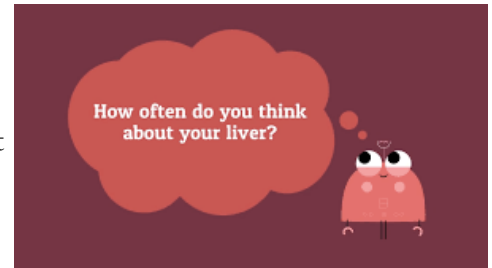
Compared to the rest of the body, the liver has a significant amount of blood flowing through it: an estimated 13% of the body's blood is in the liver at any given time

## HEALTH / ROUTINE

### Looking after our Liver

**Maintain a healthy weight.** If you're obese or even somewhat overweight, you're in danger of having a fatty liver that can lead to non-alcoholic fatty liver disease (NAFLD), one of the fastest growing forms of liver disease. Weight loss can play an important part in helping to reduce liver fat.

**Eat a balanced diet.** Avoid high calorie-meals, saturated fat, refined carbohydrates and sugars. Don't eat raw or undercooked shellfish. For a well-adjusted diet, eat fibre, which you can obtain from fresh fruits, vegetables, whole grain breads, rice and cereals. Also eat meat (but limit the amount of red meat), dairy (low-fat milk and small amounts of cheese) and fats (the "good" fats that are monounsaturated and polyunsaturated, such as vegetable oils, nuts, seeds, and fish). Hydration is essential, so drink a lot of water.



**Exercise regularly.** This helps to burn triglycerides for fuel and can also reduce liver fat.

**Avoid toxins.** Limit direct contact with toxins from cleaning and aerosol products, insecticides, chemicals, and additives. When you do use aerosols, make sure the room is ventilated, and wear a mask. Don't smoke.

**Use alcohol responsibly.** Alcoholic beverages can create many health problems. They can damage or destroy liver cells and scar your liver. Drink alcohol only in moderation. (we covered this in nutrition!)

**Avoid the use of illicit drugs.** Illegal substances include marijuana/hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics (pain relievers, tranquilizers, stimulants, and sedatives) used non-medically. All can adversely affect the Liver.

**Get medical care if you're exposed to blood.** If for any reason you come into contact with someone else's blood, immediately follow up with your doctor. It's better to be safe.

**Don't share personal hygiene items.** For example, razors, toothbrushes and nail clippers can carry microscopic levels of blood or other body fluids that may be contaminated. But why would you anyway??

**Wash your hands.** Use soap and warm water immediately after using the bathroom, when you have changed a nappy, and before preparing or eating food. Common sense, especially during this pandemic.

**Follow directions on all medications.** When medicines are taken incorrectly by taking too much, the wrong type or by mixing medicines, your liver can be harmed. Never mix alcohol with other drugs and medications even if they're not taken at the same time. Tell your doctor about any over-the-counter medicines, supplements, and natural or herbal remedies that you use. We have covered this before.

**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 have added at least ten new entries this week. Please have a read.**

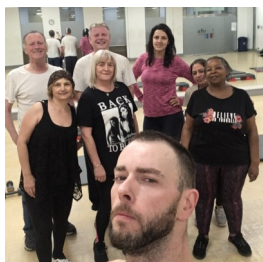
## Why not try an exercise class!!!

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:

Let's play a game this week. Mind-set is about challenges, but also about having fun as you try new things. Life is going to continually throw problems at us at all ages. The trick is finding a solution that works for us. That may mean solving it yourself, or getting help. It may even mean not actually discovering the answer. But unless you try, it will never happen.

Good luck this week. Answers and discussion in next issue.



### Nutrition.

I was putting off this subject actually. Only because it can be sensitive. We have actually done four of our Ajani Mind-set courses with organisations dealing with substance abuse, and that includes alcohol. People can exploit it and use it to help them cope with life. Thankfully, with help, you can recover, and if you feel you are using it as a crutch please do speak to someone. But, it has been around for thousands of years, and used sparingly it can be okay. No nutritional value though. And health benefits are minimal to say the least.



### Exercise



Mobility is the ability to effectively and safely perform the universal human movements, such as squatting, hinging, pushing, pulling, crawling, and rolling, that are required for functional living. Many think that mobility means flexibility, but flexibility is only one component of mobility. Being able to move a joint through its full range of motion requires flexibility; being able to comfortably sit back into a correct squat requires both flexibility and a degree of neuromuscular control.

Mobility plays a massive role in improving movement quality and preventing injuries throughout life. Try out our exercises, and then look for others you can be doing.

### Health.

It's the largest organ inside your body. Without the Liver, a person couldn't gain energy from food or break down fats and proteins. However, there are many medical conditions that can affect a person's liver function. This is especially true if a person is a heavy drinker, as excess alcohol can place too great a strain on the liver's functioning and lead to Cirrhosis and Hepatitis.

Maintaining a healthy weight, and practicing balanced eating and exercise habits, can help you maintain your liver health.

Are you doing all you can to look after the organs in your body?? 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 5 + Comedy Characters from Page 15

See if you can beat your family and friends

### The World

In kilometres, how long are these famous rivers of the world. See how close you got!

- |    |             |         |
|----|-------------|---------|
| a. | Nile        | 6,695km |
| b. | Congo       | 4,640km |
| c. | Thames      | 346km   |
| d. | Yangtze     | 6,240km |
| e. | Danube      | 2,850km |
| f. | Volga       | 3,680km |
| g. | Mekong      | 4,000km |
| h. | Mississippi | 3,739km |
| i. | Yellow      | 5,464km |
| j. | Ganges      | 2,704km |
| k. | Amazon      | 6,400km |
| l. | Seine       | 775km   |

### Music

Which duos sang these songs?

- |     |       |                        |
|-----|-------|------------------------|
| 1.  | M     | Hall & Oates           |
| 2.  | WEG   | Pet Shop Boys          |
| 3.  | LTHY  | Erasure                |
| 4.  | YG    | Wham                   |
| 5.  | ND    | Yazoo                  |
| 6.  | MR    | Simon & Garfunkel      |
| 7.  | IGYB  | Sonny & Cher           |
| 8.  | STSOL | Tears For Fears        |
| 9.  | HCTRA | Eurythmics             |
| 10. | HY    | Outkast                |
| 11. | IMHBL | Roxette                |
| 12. | UM    | The Righteous Brothers |
| 13. | IRM   | The Weather Girls      |

### Film:

These are all baddies in Bond Films: Did you name the actor who played them, plus the film title?

1. Yaphet Kotto: Live and Let Die
2. Michael Lonsdale: Moonraker
3. Christoph Waltz: Spectre
4. Jonathan Pryce: Tomorrow Never Dies
5. Toby Stephens: Die Another Day
6. Robert Davi: Licence to Kill
7. Louis Jordan: Octopussy
8. Mads Mikkelsen: Casino Royale
9. Gert Frobe: Goldfinger
10. Christopher Walken: A View To A Kill
11. Mathieu Amalric: Quantum Of Solace
12. Charles Gray: Diamonds Are Forever
13. Julian Glover: For Your Eyes Only
14. Javier Bardem: Skyfall
15. Robert Carlyle: The World Is Not Enough

### Geography

Did you find 11 UK cities that start with the letter "S".  
St. Albans: St. Asaph: St. David's: Salisbury: Salford:  
Sheffield: Southampton: Stirling: Stoke-on-Trent:  
Sunderland: Swansea

**QUIZ ANSWERS**

### List of Actors/Characters - from Page 15 (it's meant to be tricky)

- 1 Arnold Ridley – Private Godfrey: 2 Paul Eddington – Jim Hacker  
3 Liz Smith – Letitia Cropley: 4 Robert Llewellyn – Kryton  
5 Mackenzie Crook – Gareth Keenan: 6 Connie Booth – Polly Sherman  
7 David Hyde Pierce – Niles Crane: 8 Ted Danson – Sam Malone  
9 Harry Morgan – Col. Sherman Potter: 10 Mollie Sugden – Mrs Slocombe  
11 Tim McInnerny – Captain Darling: 12 Penelope Keith – Margot Leadbetter  
13 Julia Sawalha – Saffy: 14 Richard Beckinsale – Godber  
15 Carmen Silvera – Edith Artois: How did you get on?

### Science

20 elements not ending in N or M.

Fluorine: Phosphorous:  
Sulfur: Chlorine:  
Manganese: Cobalt: Nickel:  
Copper: Zinc: Arsenic:  
Bromine: Silver: Antimony:  
Iodine: Gold: Mercury:  
Lead: Bismuth: Astatine:  
Tennessee.



# THE LAST PAGE

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

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

You can text HMHB: **07964 430456**

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

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

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

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

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

Please follow and like our blogs:

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

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

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

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

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

**We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for 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**