

2021

Target Issue



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 38

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 4th January 2021

www.hmhb2016.org.uk



**“You are never too old to set another goal
or to dream a new dream.”**

C S Lewis

Welcome to the 38th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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

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

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



**A reminder of one of my favourite group
Izzwalkz outings.**

**Here we are at the top of the
Sky Garden (Walkie-Talkie Building).
19th November 2020.**

**Fabulous company, amazing views, and we
had a terrific time. :-)**

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:

A Very Simple Guide to understand the Vaccine

Thanks to Joshua Seaman on twitter

I had several ideas of what I was going to include on this page this week, and then I saw a twitter thread online that solved my problem. It is a very easy guide to the Vaccine, how it works, and answers many people's questions. For example, I have been asked myself if people can get infected with Covid through the vaccine. I have put the full thread on here, in quotes, and used all language. My comments are in italics.

"The first thing to know is how your immune system works. Basically, your immune cells attack anything foreign to your body. If it sees a protein or a virus or a bacteria or anything that it does not recognise, it launches an attack. If it is fighting off a virus, for example, it takes time to build up a full attack. It's got to figure out what part of the virus to attack and ramp up production of what it needs to attack those parts. That can take a few days. Meanwhile the virus is replicating and expanding. Once it fights off the virus, though, it remembers it. You've got memory cells in your immune system and if you run into that virus again, your memory cells say "I've seen this asshole before". Then your body uses it's past experience to demolish the virus before it can make you sick."

"So, with that in mind, we return to the vaccine. Scientists looked at the Covid virus and saw a protein on the outside of the virus that looked like a good candidate to launch an immune attack against." *(in other words, they did what the body does - looked for a weak link - and knew they had to plan their attack there)*. "That protein, by the way, is an important one for the virus. It uses that protein to get into your cells. That protein makes the virus more infectious. In short, that protein makes the virus more of an asshole." *(Remember, viruses are parasitic. Viruses have to use your own cells to live. This is why it is difficult to kill them. Scientists don't want to hurt healthy cells)*.

"Now, Covid has DNA in it that codes for all of its parts. So scientists looked at the entire DNA sequence of the virus and found the sequence of DNA that is the blueprints for that protein. Sidenote; DNA is the blueprint to make things in a cell. Cells take the DNA and transcribe it into RNA. The RNA is the instructions that tell the cell what to make. mRNA (literally messenger-RNA) just gives instructions to the cell to make something. So scientists took the blueprint for the asshole protein on Covid and made an mRNA version of it. Literally just the instructions on how to make that protein. These instructions "are" the Vaccine. The vaccine contains NO actual part of the virus. It has only the instructions on how to make the asshole protein. So you CAN'T get infected with Covid from the vaccine. You just get the instructions. Your cells see those instructions and tell themselves to make this protein. However, your immune system sees this new protein you are producing and immediately says; "Hold on. What the hell is this?" And it starts attacking the protein. Remember it has not seen this protein before. It takes a while to ramp up production. Then it launches an all out war against the asshole protein. The fevers, chills, muscles soreness etc, that you may get as "vaccine side-effects" is just your body bombing the hell out of the asshole protein." *(This can happen, do not worry about it)*

"So, you destroy the asshole protein (which in and of itself can't infect you, it's just a protein, not the virus.). Now, here is the important part. Your memory cells remember the protein and exactly how to destroy it. Your body also removes the mRNA instructions you got through the vaccine. Everything you got in the vaccine has gone, except for the memory cells who remember the protein very well.

So then, you get Covid. It enters your body. Your body has never seen the virus before. But it has seen the protein that's on the outside. Your memory cells say "hey, it's this asshole protein again". Your body's natural immune system quickly and efficiently launches all out war, using the template it has when you had the vaccine. It destroys the virus before it can take hold, replicate, and make you sick."

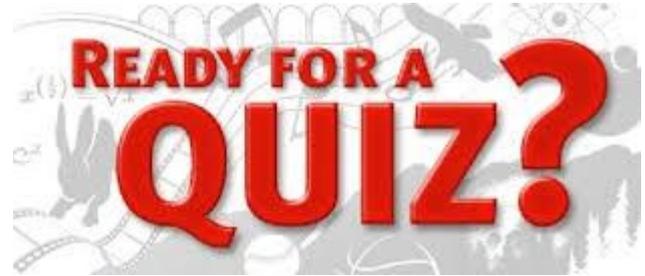
Congrats: Now you are immune to Covid. You have the blueprints to defeat it when it enters your body."

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)

Economics

According to "focus-economics", can you name the 12 poorest countries in the world.

Let's hope things can start equalising soon!!!



Sport: What is the nationality of these famous Golfers?

- a. Gary Player
- b. Ian Woosnam
- c. Seve Ballesteros
- d. Sandy Lyle
- e. Vijay Singh
- f. Bubba Watson
- g. Bernhard Langer
- h. Adam Scott
- i. Nick Faldo
- j. Jack Nicklaus
- k. Danny Willett
- l. Greg Norman
- m. Rory McIlroy
- n. Henrik Stenson

Music

Name the song and the singers/groups for which you would find these famous song lyrics. Have a sing song.

1. That's why they call me Mr Fahrenheit
2. I sat on the roof and kicked off the moss
3. When you're weary, feeling small
4. My loneliness is killing me
5. I should have known better than to cheat a friend
6. That's me in the corner, that's me in the spotlight
7. Feel the beat from the tambourine
8. The cold never bothered me anyway
9. If you feel a weird affection
10. I should have changed that stupid lock
11. Something evil's lurking in the dark
12. Wherever I wander, wherever I roam
13. I can eat my dinner in a fancy restaurant
14. Another round of bullets hits my skin
15. Hold my breath and count to ten
16. Now and then I get insecure, from all the pain

Art

Where in the world would you see these magnificent sculptures? Google them!!

1. The Little Mermaid
2. The Great Sphinx
3. Michelangelo's David
4. Landowski's Christ The Redeemer
5. The Terracotta Army
6. Rodin's The Thinker
7. Lin's Spring Temple Buddha
8. Sutar's The Statue of Unity
9. Michelangelo's Pieta
10. Moai Statues
11. Venus De Milo
12. Lincoln Memorial



Geography

Amazingly, there are over three thousand Mediterranean Islands.

But can you name the ten biggest Islands and the countries they belong to?

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

MIND-SET: Make 2021 the year of positive change

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it takes effort.

We have all just lived through one of the hardest years of our lives, but that does not mean we have to move into 2021 in a negative way. As we have discussed in the last few packs, we have learnt a lot about our own thinking in the last twelve months. Now it is important we take those lessons and make 2021 special. We all have that ability. But will we actually do it?

It probably happens every year. We think that the next year is going to finally be the year we sort our lives out, that we can reach our potential, that nothing will stop us.

How long does that last, normally? Let's be honest!!!

Why not make this the year we actually make significant change to our personal lives. We improve our diets, we exercise more, we get outdoors, we put down our games on our mobiles and instead experience the actual world we live in. We hook up with our friends and family more (yes, I know current guidelines are restrictive, but we are talking about the whole of 2021).

We actually talked a little about resolutions a few packs ago. In fact, here at HMHB we don't like making New Year's Resolutions. Normally people are setting themselves up to fail.

People worldwide make New Year's resolutions every year in an attempt to improve their lives. Common resolutions are to exercise more, eat healthier, save money, lose weight, and reduce stress.

Yet, 80% of people agree that most people won't stick to their resolutions. This pessimism is somewhat justified. Only 4% of people report following through on all of the resolutions they personally set.

A large body of research on goal setting and habits provides insight into the various reasons for failed resolutions.

Many people are not framing their resolutions in ways that will motivate them over time. For example, "exercise more" is a fairly clear directive, but it lacks depth and personal meaning that could help promote follow through. Overly simplified resolutions, such as "exercise more" and "eat healthier" contribute to the ongoing problem that emerges as early as mid-January each year: unintentional neglect of important self-improvement goals.



So, if we do not make resolutions, what do we do?

We should all be looking at sustainable change. That means setting suitable and relevant goals, with reasons behind them. It's maintaining these changes, being consistent, and not just giving up easily. Yes, I know the words are easy, so how do we find the mind-set to do all this in 2021?

MIND-SET:
What should be behind every target/goal?

You need to think Long-Term

The first thing to consider is your long-term goals, and how each target fits with those goals. Purpose-based performance includes goal orientation, or an internal compass that directs people toward some long-term aim. This orientation helps people organize and prioritise more immediate actions to make progress toward that aim. People who are goal-oriented and remind themselves of their “end game” live consistently with their values and perform better on the immediate goals they set.



When setting New Year’s resolutions, many people end up with a long list of simple resolutions without thinking deeply about their rationale for each resolution, or where each resolution will take them. So instead set proper targets. Linking an immediate goal with a longer-term aim can sustain progress. Thinking about who you want to become can help you decide which targets to take on.

It’s also important to think about time here. We live in a age where everyone wants things immediately. Patience appears to go out of the window. I remember when younger going to the library and going on a waiting list for a book. I think kids these days would find that really tough. Wanting instant results, particularly around weight for example, are setting you up for pain and failure.

Find Personal Motivation

The next step to consider is why each target is personally meaningful for you. When people pursue personally meaningful goals, they are not only more intrinsically motivated but also find more joy in achieving results. They are able to reframe challenges as opportunities for personal growth. In one study with elite athletes, they found that personal meaning helped them regulate their emotions when things didn’t go their way and display more patience as they pursued their goals.



Someone who pursues a goal for external rewards that are depending on a particular end result, for example, validation that comes from winning, is likely to experience shame when they fall short of their goal. Even when they win, they may feel disappointed because the end result does not bring meaning to their life. This is exemplified by the “post-Olympic blues”, which is when Olympians experience depression after such a significant accomplishment.

Push

Spend time thinking about your motivation for each target you set yourself. Ask yourself, are you focused on a particular outcome because it will give you self-esteem, status or something else? It can be helpful to think about the potential meaning found in the process of pursuing a goal, regardless of whether you attain the desired outcome.

Yourself

Which goals should you be targeting?

Do you want 2021 to be great?

MIND-SET:

HMHB would like you consider the following.

Healthy Minds, Healthy Bods follow five main topics.

We focus on Mind-set, Nutrition, Exercise, Health and Routine.

So we would like you to think about setting your own targets this year on these subjects.

Mind-set:

One of the most important factors for success is your mindset. No matter what you want to achieve in your life, you need to adopt the right mindset to produce the results you want. Without the right mindset, no matter what goals you set, you're bound to fail. Successful people are different from unsuccessful people because of their mindset. It is their thinking that makes them do things differently. Thus, if you want to achieve your goals, you must adopt the right mindset that will help you create the results you want and reach your goals.

- **Go for it:** Some people just “try” to reach their targets. For extraordinary people, they are 100% committed. They make their goals a must-achieve. They are willing to do whatever it takes to make their goals a reality. They don't accept any other answer except 'success'.
- **Be a finisher:** It is important to begin, but when it comes to getting results, completion is more important than starting. Once you have set a goal, see it to its completion. Don't start a project and then fail to finish it. You must adopt the mindset of a “finisher” and get things done. A lot of people are living in mediocrity because they don't stick to their plans. They start an exercise schedule, but they don't follow through until the end. Many people start a blog, but they are only active in the first month. After that, they lose their interest and they don't stick to their plan anymore. If you set a 3 months goal to lose weight, stick to your plan and exercise for 3 months. Don't just do it for the first few weeks or days, and then stop doing it. There is no point to keep on starting a new project or to set a new goal if you can't complete it. Having a fully completed project or goal has more impact in your life than having 10 incomplete ones.
- **If it goes wrong, keep going:** While it is true that if you set an unrealistic goal, you will fail. But what if you up your standards, think out of the box, and give yourself enough time to work on your goal? Do you think there is a possibility? Of course, you do. No matter what goals you want to achieve, as long as someone else out there has accomplished it, then you too can do it. The problem is that most people downgrade their goals instead of upgrading their skills and knowledge when they don't get the results they desire. Successful people know that in order to achieve their goals, they must improve themselves, work on themselves, and take progressive action that will lead them to their targets. It may not be easy, but it is not impossible too. Hence, adopt this mindset to help you achieve your objectivess right now. Constantly work on improving yourself. Become better each day.



“Wouldn't it be powerful if you fell in love with yourself so deeply that you would do just about anything if you knew it would make you happy?

This is precisely how much life loves you and wants you to nurture yourself. The deeper you love yourself, the more the universe will affirm your worth. Then you can enjoy a lifelong love affair that brings you the richest fulfilment from inside out.”

MIND-SET:

Set your own targets. Lazza sets an example.

So, what are the targets you want to achieve by the end of 2021. You have a whole year to make it happier, healthier, fitter, stronger, and looking forward to the challenge of life. There are bound to be some tough times, but also certain to be laughs and joy. How can you achieve the goals of healthier and stronger?

Think about nutrition, exercise and health.

- Look at changing your diets over the following months to include more vegetables, wholegrains, and ensuring you are getting suitable amounts of protein, fats, carbohydrates and vitamins and minerals. Hydrate better, and less saturated fats and added sugar. You can do it, and you will notice the difference, I promise you.
- Look at exercising more - moderate exercise which gets you a little breathless and your heart pumping. Just adding an extra 30 minutes a day - which is achievable for everyone - can bring significant health benefits.
- Think about your overall health. Your body is a walking miracle, and it is your responsibility to do everything you can to look after it. You only have one, and life is short. Think about if you smoke, if you drink to excess, if you do not sleep enough, etc.

So, I am going to use myself here, and open up on how I am going to aim for one of my targets this year. I have set a few, and all are aiming for the whole of the year. But, here, I am going to cover my continuing weight loss journey (it seems never ending, but I will get there in 2021)



It didn't quite work out last year the way I wanted. For various reasons. But it was another learning curve. We, at HMHB, go through tough times too. And I need to follow my own advice from these packs. Lol.

I have set myself to reach my target at the end of 2021. Very gettable.

The reason I want to lose the weight?

- I am 54, getting older, and for my own health I must do this.
- I have had several health issues this year, and being overweight has not helped. I have avoided Covid, but that is another good reason to lose weight, as complications can be tougher.
- I want my children to be proud of me.

How do I do it?

I am going to set myself daily and weekly targets. Daily - things like cutting out added sugar, not eating after 8pm, more vegetables, more fruit, less items of saturated fats. Weekly - a target of half a kilo a week.

I will create a spreadsheet around targets, that I can physically look at, and tick off. And reward myself, not with food but with outings and physical items.

Pick your own targets. Good luck. Go for them 100 per cent!!

**2021 can be your year.
It's up to you.
How you start it is vital.
What do you want?
How will it go?
It's your choice!!!**

Be Optimistic

NUTRITION:

Can our diets help prevent Cancers?

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.

Cancer is one of the leading causes of death worldwide. But studies suggest that simple lifestyle changes, such as following a healthy diet, could prevent 30–50% of all cancers. Growing evidence points to certain dietary habits increasing or decreasing cancer risk. What’s more, nutrition is thought to play a role in treating and coping with cancer.

It is difficult to prove that certain foods cause cancer. However, observational studies have repeatedly indicated that high consumption of certain foods may increase the likelihood of developing cancer.

Sugar and Refined Carbohydrates

Processed foods that are high in sugar and low in fibre and nutrients have been linked to a higher cancer risk. In particular, researchers have found that a diet that causes blood glucose levels to spike is associated with an increased risk of several cancers, including stomach, breast and colorectal cancers.

One study in over 47,000 adults found that those who consumed a diet high in refined carbohydrates were almost twice as likely to die from colon cancer than those who ate a diet low in refined carbohydrates. The clue here is “high in refined carbs”. There is always room for a few treats now and then. If you fancy a doughnut have one. But this is aimed at people who have a lot of refined carbs.



Avoid Refined Carbohydrate Food

It’s thought that higher levels of blood glucose and insulin are cancer risk factors. Insulin has been shown to stimulate cell division, supporting the growth and spread of cancer cells and making them more difficult to eliminate. In addition, higher levels of insulin and blood glucose can contribute to inflammation in your body. In the long term, this can lead to the growth of abnormal cells and possibly contribute to cancer.

This may be why people with diabetes, a condition characterised by high blood glucose and insulin levels, have an increased risk of certain types of cancer. For example, your risk of colorectal cancer is 22% higher if you have diabetes. To protect against cancer, limit or avoid foods that boost insulin levels, such as foods high in sugar and refined carbs.

All through our packs, we talk about the importance of a healthy diet, as that has links to physical and mental health benefits. We have spoken on many occasions about added sugar and refined carbohydrates.

This is all about being consistent and not eating the “bad” foods to excess.

Remember, not all carbs are the same. Many whole foods that are high in carbs are incredibly healthy and nutritious. On the other hand, refined or simple carbs have had most of the nutrients and fibre removed. Eating refined carbs is linked to drastically increased risk of many diseases, including obesity, heart disease and type 2 diabetes.

Almost every nutrition expert agrees that refined carbs should be limited.

NUTRITION:

Are there meats that increase risk of Cancer?

Processed Meat

The International Agency for Research on Cancer (IARC) deems processed meat a “Carcinogen”, something that causes cancer.

Processed meat refers to meat that has been treated to preserve flavour by undergoing salting, curing, or smoking. It includes hot dogs, ham, bacon, chorizo, salami and some deli meats.

Observational studies have found an association between consuming processed meat and an increased cancer risk, particularly colorectal cancer. A large review of studies found that people who ate “large” amounts of processed meat had a 20–50% increased risk of colorectal cancer, compared to those who ate very little or none of this type of food.

Another review of over 800 studies found that consuming just 50 grams of processed meat each day, around four slices of bacon or one hot dog, raised the risk of colorectal cancer by 18%. But how many of us do this daily?



Some observational studies have also linked red meat consumption to an increased cancer risk. However, these studies often don't distinguish between processed meat and unprocessed red meat, which skews results. It should be pointed out, several reviews that combined results from multiple studies found that the evidence linking unprocessed red meat to cancer is weak and inconsistent.

Also, note, they are talking about daily amounts. We rarely have bacon every day, or sausages every day. The trick is to have these as a treat, and mix up your meals.

Overcooked Foods

Cooking certain foods at high temperatures, such as grilling, frying, sautéing, broiling and barbequing, can produce harmful compounds like “Heterocyclic Amines” (HA) and “Advanced Glycation End-products” (AGEs). Excess build-up of these harmful compounds can contribute to inflammation and may play a role in the development of cancer and other diseases.

Certain foods, such as animal foods high in fat and protein, as well as highly processed foods, are most likely to produce these harmful compounds when subjected to high temperatures. These include meat, particularly red meat, certain cheeses, fried eggs, butter, margarine, cream cheese, mayonnaise, oils and nuts.

To minimize cancer risk, avoid burning food and choose gentler cooking methods, especially when cooking meat such as steaming, stewing, or boiling.



Marinating food can also help.

NUTRITION:
Being Obese is a serious problem.

Being Overweight can be serious!!!!

Other than smoking and infection, being obese is the single biggest risk factor for cancer worldwide. It increases your risk of 13 different types of cancer, including of the oesophagus, colon, pancreas and kidney, as well as breast cancer after menopause.

It is estimated that weight problems account for 14% and 20% of all cancer deaths in men and women, respectively.

Obesity can increase cancer risk in three key ways:

- Excess body fat can contribute to insulin resistance. As a result, your cells are unable to take up glucose properly, which encourages them to divide faster.
- Obese people tend to have higher levels of inflammatory cytokines in their blood, which causes chronic inflammation and encourages cells to divide.
- Fat cells contribute to increased oestrogen levels, which increases the risk of breast and ovarian cancer in postmenopausal women.

Overweight and obesity is the 2nd biggest cause of cancer

Keeping a healthy weight reduces the risk of 13 different types of cancer

Obesity does not happen overnight. It develops gradually over time, as a result of poor diet and lifestyle choices, such as:

- eating large amounts of processed or fast food that's high in fat and sugar
- drinking too much alcohol: alcohol contains a lot of calories, and people who drink heavily are often overweight
- eating out a lot: you may be tempted to also have a starter or dessert in a restaurant, and the food can be higher in fat and sugar
- eating larger portions than you need: you may be encouraged to eat too much if your friends or relatives are also eating large portions
- drinking too many sugary drinks: including soft drinks and fruit juice
- comfort eating: if you have low self-esteem or feel depressed, you may eat to make yourself feel better

Lack of physical activity is another important factor related to obesity. Many people have jobs that involve sitting at a desk for most of the day. They also rely on their cars, rather than walking or cycling.

For relaxation, many people tend to watch TV, browse the internet or play computer games, and rarely take regular exercise.

If you're not active enough, you do not use the energy provided by the food you eat, and the extra energy you consume is stored by the body as fat.

The good news is that several studies have shown that weight loss among overweight and obese people is likely to reduce cancer risk.

NUTRITION:

Some foods contain Cancer fighting properties.

There is no single superfood that can prevent cancer. Rather, a holistic dietary approach is likely to be most beneficial.

Scientists estimate that eating the optimal diet for cancer may reduce your risk by up to 70% and would likely help recovery from cancer as well. They believe that certain foods can fight cancer by blocking the blood vessels that feed cancer in a process called “Anti-Angiogenesis”.

However, nutrition is complex, and how effective certain foods are at fighting cancer varies depending on how they’re cultivated, processed, stored, and cooked.

Vegetables (yet another reason to increase intake in 2021)

Observational studies have linked a higher consumption of vegetables with a lower risk of cancer. Many vegetables contain cancer-fighting antioxidants and phytochemicals.

For example, cruciferous vegetables, including broccoli, cauliflower, and cabbage, contain sulforaphane, a substance that has been shown to reduce tumour size in mice by more than 50%.

Other vegetables, such as tomatoes and carrots, are linked to a decreased risk of prostate, stomach, and lung cancer.

Fruits

Similar to vegetables, fruits contain antioxidants and other phytochemicals, which may help prevent cancer. One

review found that at least three servings of citrus fruits per week reduced stomach cancer risk by 28%.



Flaxseeds

These have been associated with protective effects against certain cancers and may even reduce the spread of cancer cells.

For example, one study found that men with prostate cancer taking 30 grams, or about 4 tablespoons, of ground flaxseed daily experienced slower cancer growth and spread than the control group. Similar results were found in women with breast cancer.

Garlic

Garlic contains allicin, which has been shown to have cancer-fighting properties in test-tube studies. Other studies have found an association between garlic intake and a lower risk of specific types of cancer, including stomach and prostate cancer

Fish

There’s evidence that eating fresh fish can help protect against cancer, possibly due to healthy fats that can reduce inflammation.

A large review of 41 studies found that regularly eating fish reduced the risk of colorectal cancer by 12%.

**Cancer is one of the biggest causes of death throughout the planet.
If there is anything we can do to protect ourselves, we must do that.
That includes your nutrition.
Make 2021 the year you change your thinking around food.**

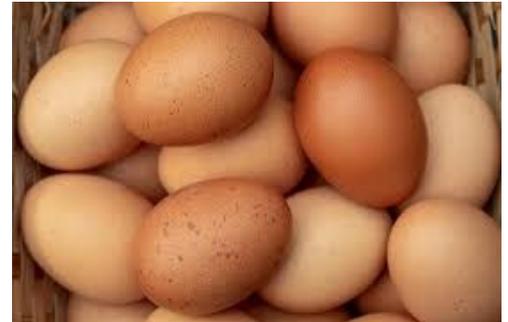
Nutrition: HMHB look at different Foods

Today: Eggs

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

Bird eggs have been valuable foodstuffs since prehistory, in both hunting societies and more recent cultures where birds were domesticated. The chicken probably was domesticated for its eggs (from jungle fowl native to tropical and subtropical Southeast Asia and Indian subcontinent) before 7500 BC. Chickens were brought to Sumer and Egypt by 1500 BCE, and arrived in Greece around 800 BC, where the quail had been the primary source of eggs. In Thebes, Egypt, the tomb of Haremhab, dating to approximately 1420 BC, shows a depiction of a man carrying bowls of ostrich eggs and other large eggs, as offerings. In ancient Rome, eggs were preserved using a number of methods and meals often started with an egg course. The Romans crushed the shells in their plates to prevent evil spirits from hiding there. In the Middle Ages eggs were forbidden during Lent because of their richness.

Bird and reptile eggs consist of a protective eggshell, “Albumen” (the egg white), and “Vitellus” (the egg yolk), contained within various thin membranes. The most commonly consumed eggs are Chicken eggs. Other poultry eggs including those of Duck and Quail also are eaten. Fish eggs are called Roe and Caviar.



Chicken eggs are widely used in many types of dishes, both sweet and savoury, including many baked goods, such as cakes, cookies, and muffins. Some of the most common preparation methods include scrambled, fried, poached, hard boiled, soft boiled, omelettes and pickled. They also may be eaten raw, although this is not recommended for people who may be especially susceptible to “Salmonellosis”, such as the elderly, the infirm, or pregnant women. In addition, the protein in raw eggs is only 51 percent bioavailable, whereas that of a cooked egg is nearer 91 percent bioavailable, meaning the protein of cooked eggs is nearly twice as absorbable as the protein from raw eggs.

As a cooking ingredient, egg yolks are an important emulsifier in the kitchen, and are also used as a thickener, as in custards.

The Albumen contains protein, but little or no fat, and may be used in cooking separately from the yolk. The proteins in egg white allow it to form foams and aerated dishes. Egg whites may be aerated or whipped to a light, fluffy consistency, and often are used in desserts such as meringues and mousse.

A 50-gram (1.8oz) medium/large chicken egg provides approximately 70 calories (290 kJ) of food energy and 6 g of protein.

Eggs (boiled) supply several vitamins and minerals as significant amounts of the Daily Value (DV):
Including: Vitamin A (19%); Vitamin B2 42%: Vitamin B5 28%: Vitamin B12 46%: Choline 60%:
Phosphorous 25%: Zinc 11%: Vitamin D 15%. Cooking methods can affect the nutritional value.

**The science is clear that up to 3 whole eggs per day are perfectly safe for healthy people.
Eggs can consistently raise HDL (the “good”) cholesterol.
For 70% of people, there is no increase in total or LDL (“bad”) cholesterol**

NUTRITION: Lazza's Kitchen

Melting Moments

Lazza is still trying out new recipes
Today - he makes his first ever Melting Moments

There are many different versions of Melting Moments
Around the globe, different countries have different recipes.
I chose one that also has the title "butter cookies".
It is just another kind of sweet biscuit.



150g/5oz Softened unsalted butter
150g/5oz Self Raising Flour
90g/3oz Caster Sugar
Vanilla Essence (I used 2 teaspoons)
Oats to roll them in (the recipe said you could also use coconut if you wanted)
Pecan nuts to decorate (this up to you, as you could use cherries, blueberries etc.)

This is very simple to make
Mix the butter and sugar together until blended well.
Add the vanilla essence.
Then mix in the flour.
The mixture is quite dry, but that is fine.
Heat the oven to 180C in readiness.
Make smallish balls with the mixture, and roll them (covering well) in the oats.
Place on baking tray and add your topping - in my case the pecan nut.
Bake for 10-15 minutes until golden brown.
Leave to cool.
Enjoy with a nice cup of tea.



Like the cookies from the last pack, these expanded, so make the balls fairly small.
Mine have come out a bit larger.

The texture is great. They harden more while they are cooling.

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



HMHB's Name Game Page - trickier than you think.
Name these famous Bridges, and their locations, from the pics
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

How can I make exercise fun?

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

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

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the March lockdown.

We have restarted our Highbury Gym sessions on Tuesdays. Thanks to Mark and his team at Better.

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

Be active, be safe, and go for it.

If you have followed our packs, and if you have not please look back at previous issues, you will know that Healthy Minds, Healthy Bods has a very fun attitude when it comes to exercise and fitness. There is no point in doing it if you feel it is a chore. The effort won't really be there. There are many ways to make it fun, as well as rewarding. But, ultimately, it is down to your own outlook. We recently used our mindset section to cover the heading "life is what you make of it". Well, the same goes for exercise. You will get out of it what you put in. And don't forget, exercise is crucial for your overall health and wellbeing.

It improves your mood, fights fatigue, and promotes endorphins and self-confidence



We have covered a lot of these suggestions in previous packs, but they are worth repeating. 2021 is a new year. Make this the year you really push to be fitter, stronger, and healthier. And that is totally in your hands. It is your choice!!!

If possible, don't work out alone

This is one of the reasons we enjoy our fitness classes, and also our walks. Being around other people will naturally make you smile, you become more social, and you last longer. Everyone who attends our sessions say they would never work out as hard or long if they were on their own. Studies have shown that working out with a friend makes physical activity more enjoyable and motivating. We realise during the Covid pandemic there are sometimes rules about how many people you are allowed to mix with outdoors, or indoors. But you are allowed to meet at least one!! Go for it. It makes it fun.



Lazza's weightloss challenge

On Friday 1st January 2021, Lazza was 98kg (*"I could weep!!!!"*)

His target is ½kg a week for most of this year, aiming for 77kg by the end of 2021.

He is setting weekly targets around food, and sugar, and fats, and keeping a diary.

Everyone at HMHB is supporting him. :-)

EXERCISE/FITNESS: More ways to make exercise fun

Play in the Park

Either on your own, or with a friend, get outdoors into your local park. We have covered the significant benefits of being out in nature in our packs.

We can stagnate in our flats and houses. Especially during the pandemic. And I know there are rules around being outside at the moment. But you are allowed out to exercise, so why not take this opportunity to do it outside?



If you can, workout with a pet

Research has shown that owning a pet can make you healthier. They are good for your heart, can help to lower blood pressure, provide companionship and reduce the risk for depression. But most importantly, they are great exercise motivation. Similar to humans, pets need to stay active to avoid becoming overweight or obese. Head outdoors and play a game of fetch, or go for a run side by side with your dog and workout together.

Mix it up by using equipment

Anyone who has attended our fitness sessions knows how much people enjoy our circuit training events with a plethora of equipment. We use big exercise balls, weights, steppers, ladders, kettlebells, mats, and more.

What is not to like?

You can also use items around the house. Do this with someone else too (making sure you are using sanitiser if necessary).



Try Zumba

Before the Tier 4 we were doing Zumba outdoors on Highbury Fields every Sunday morning. It has to be one the best laughs we had last year.

You honestly do not understand just how much effort you are giving.

You obviously are meant to be following the teacher's moves, but it has to be said that most of your group seemed to be doing their own thing, which is fine.

Zumba is about moving and flexibility, bringing together multiple moves, and working on all the muscles in your body. It's a fantastic workout. And we thank Karina for leading us so fantastically.



EXERCISE/FITNESS:

Just do something: walking is fabulous.

All Healthy Minds, Healthy Bods wants you to do is be proactive in making sure you exercise more. That's it!!

It sounds simple, but I can personally vouch for how hard it can be. For the last 20 months I have had issues around my knees that has ensured I could only walk (no jogging or running), and even then with a limp. I had two torn meniscus ligament tears. In November, I had surgery to repair the right knee, and am waiting for an operation on the left in 2021. But I used that as an excuse not to exercise enough. That is going to change in 2021. But, like everyone, it is about being consistent and proactive.

Walking

We have covered this many times, but it is worth repeating that it is a fantastic way to start building fitness.

Walking is an underrated form of exercise. It's easy to do, you've known how to do it since you were a baby, and chances are you do it every single day. Yet, studies show that most people don't do it as often as they should. Walking just a little bit extra every day has many advantages. Studies show that individuals who live in urban areas where walking is often the transportation mode of choice are less likely to be obese. Just 30 to 45 minutes of walking per day, spread throughout the day or done all at once, can lead you on a path to a healthier lifestyle.



1. **Walking helps to burn calories:** this depends on the speed, distance, slope, and your own weight.
2. **Reduces the chances of passing on a “weight-gain” gene:** Yes, they exist. In a study of 12,000 participants who carried up to 32 “obesity-promoting” genes, the ones who walked 30 minutes a day saw the effectiveness of those genes cut in half.
3. **It keeps your heart healthy:** Really, any kind of physical activity that gets your heart pumping above its resting pace will help to maintain a healthy heart. However, a study conducted in 2009 showed advantages for those who walked 30 minutes per day, five days a week. The results of the study concluded that walking can lower your risk of heart disease by almost 20 percent.
4. **It is a low impact activity:** When compared to running, weightlifting and cycling, an advantage of walking is that it is much more kind to your body. Even if you have sustained a serious injury to your back or knee, walking is usually possible and sometimes recommended. For example, if you are recovering from a broken leg, the only way to fully heal is to put that leg back to work.
5. **It can help you problem solve:** A 2014 study that was completed by Stanford University showed that daily walking can increase your creativity by an average of 60 percent. The study concludes that walking can allow your mind to wander and opens it up to the flow of ideas. Therefore, by exercising your mind as you walk, you also have the potential to become a better problem solver.
6. **It can help if you have anxiety:** Destressing might be one of the greatest benefits of walking. Some say that a 10-minute walk can relieve as much anxiety as a 45-minute gym session. Walking in a peaceful place, especially if you are walking in nature, also shows to boost your overall mood. Or alternatively, an easy hike can help your brain focus on the surroundings rather than any negativity in your head. While walking, you can shift your focus to your surroundings or those that you are walking with. As a result, this can help to lift feelings of depression or anxiety you might be experiencing.



EXERCISE/FITNESS:

Get outdoors and walk more: Here are more reasons why.

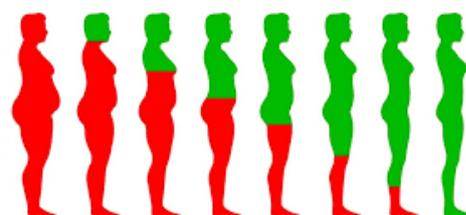
Walking is Free

Let's be honest, gym memberships, yoga classes and bicycles can be costly. Although, there are programmes that are worth investigating, that can help you with these fees, and there are plenty of free classes around too. One of the important benefits of walking is that it can be done anywhere, anytime, and doesn't cost you a penny. No more paying out tons of money for spin or aerobics classes. If you crave the feeling of group mentality, you can easily grab a friend or join a walking group.

It tones muscles

You really don't need to go to the gym to improve your leg strength, or those pesky glutes. Another one of the benefits of walking is that you use your legs. If you want to tone your legs, walk up the stairs, take a hike, or walk up a road with a steep incline. Furthermore, you can throw in a lunge or a squat every now and then during your walk if you are looking to further tone your legs muscles or glutes. Do it daily and you will see change, if you also look after your nutrition.

EFFECTS OF WALKING



It can raise your energy levels

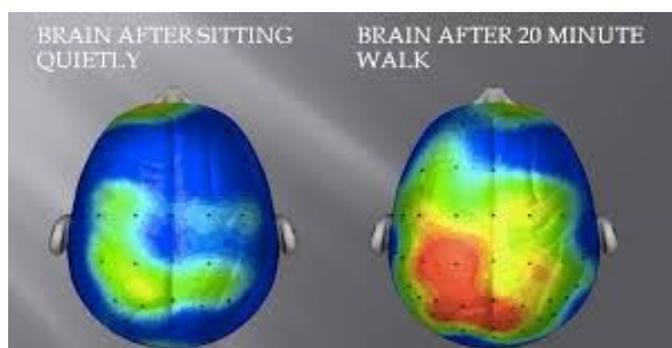
A 2017 study showed that walking can be just as effective in raising your energy levels, if not more so, than drinking a cup of coffee. The study tested the energy levels of 18 sleep-deprived young women in college. These tests were completed after the women walked upstairs and after they consumed 50 mg of caffeine. The results showed that walking upstairs was more effective in raising energy levels than drinking 50 mg of caffeine.

It can lower blood sugar

Walking, particularly after a meal, can help your body process sugars like glucose, a sugar found in your bloodstream. When your heart starts beating faster, your muscles use glucose to function. Therefore, walking can help lower your blood sugar while making the insulin in your body more functional.

It may help prevent Alzheimer's

In 2019, the Harvard Aging Brain Study at Massachusetts General Hospital released some findings for normal to at-risk individuals for cognitive decline. The study found that individuals walking around 8,900 steps per day, saw "beneficial effects." What does this mean? Daily physical exercise, even walking, can reduce the build-up of degenerative proteins in your brain. Furthermore, it is interesting to note that the value of 8,900 steps per day is just under 10,000, which is the value that many individuals who track their steps aim to achieve each day.



There are plenty of reasons to make 2021 a more active year.

Improving your health is more important than ever before.

2020 has shown us how valuable life is for all of us.

The best thing you can do is be more active.

You can do it. It's your choice. Move more!!!

HEALTH / ROUTINE

Why do we Cough?

We cough when our bodies need to get rid of something that does not belong from your windpipe or lungs. It is one of our bodies natural remedies.

There are lots of reasons we cough, but some of the common triggers include:

Viruses: Colds and the flu, and now the Covid 19, are all viruses that make us cough. While annoying, coughs that are “productive” get germly mucus out of our lungs when we are sick. Most tend to go away fairly quickly. However, it is possible for some “dry” coughs to last for weeks or even months. That could be because coughing irritates our lungs, which can lead to more coughing, which irritates the lungs, and so on. I am prone to chest infections in the autumn, and we all know how green the mucus can be from them.

Allergies and Asthma: If you have either of them, inhaling a trigger like mould can cause our lungs to overreact. That is just them trying to cough out what is bothering them. The same goes for Hay Fever, which also causes a runny nose.

Irritants: This can include in any things that can inflame our lungs - such as cold air, cigarette or pipe smoke, string perfumes and aftershaves. All of these can make us cough.

Postnasal drips: When you're congested, mucus drips down from your nose into your throat and makes you cough. You can get this drip from colds, flu, sinus infections, allergies, and other problems.

Acid Reflux: I am currently waiting for a Hiatus Hernia operation, and it can give me terrible reflux. When you have heartburn, stomach acids back up into your throat, especially at night. They can irritate your windpipe, vocal cords, and throat and make you cough.

Chronic Obstructive Pulmonary Disease (COPD): This includes one or more of three separate serious conditions: Emphysema (my poor mum passed away from this - a result of smoking), chronic bronchitis, and chronic obstructive asthma. These illnesses weaken the tubes in your airway (bronchial tubes) and the tiny sacs (alveoli) that pass oxygen into your blood and remove carbon dioxide. Cigarette smoking is the most common cause of COPD.

Most lingering coughs are harmless. But you can't figure out the causes on your own. If your cough isn't getting better after one week, it's time to call your doctor. See them as soon as you can if your cough interferes with your daily life and ability to work, or if it comes with any of these other symptoms:

- Trouble Breathing
- Chest Pains
- Ongoing Heartburn (it is how I found out about my hernia)
- Coughing up blood
- Fever or night sweats
- Sleep issues caused by it



Coughing is a sudden expulsion of air from the lungs through the epiglottis at an amazingly fast speed (estimated at 100 miles per hour). With such a strong force of air, coughing is the body's mechanism for clearing the breathing passageways of unwanted irritants.

HEALTH / ROUTINE

Why do we Sneeze?

When a foreign particle enters your nose, it may interact with the tiny hairs and delicate skin that line your nasal passage. These particles and contaminants range from smoke, pollution, and perfume, to bacteria, mould, and dust.

When the delicate lining of your nose experiences the first tinge of a foreign substance, it sends an electric signal to your brain. This signal tells your brain that the nose needs to clear itself. The brain signals your body that it's time for a sneeze, and your body responds by preparing itself for the impending contraction. In most cases, the eyes are forced shut, the tongue moves to the roof of the mouth, and the muscles brace for the sneeze. All of this happens in just a few seconds.



Sneezing, also known as “Sternutation”, forces water, mucus, and air from your nose with an incredible force. It can travel at up to 100 mph, and contain over 100,000 droplets. The sneeze can carry with it many microbes, which can spread diseases like the flu, colds, and of course the Covid 19.

Sneezes also perform another vital role in the body. In 2012, researchers from the University of Pennsylvania discovered that sneezing is the nose’s natural way to “reset.” The Study found that cilia, the cells that line the tissue inside the nose, are rebooted with a sneeze.

Why do we close our eyes when we sneeze?

Closing your eyes is a natural reflex your body has each time you sneeze. Despite common thought, however, leaving your eyes open while you sneeze will not cause your eyes to pop out of your head.

Why do we sneeze when we’re sick?

Just like our body tries to clear house when a foreign substance enters the body, it also tries to eliminate things when we’re sick. Allergies, the flu, a common cold, they can all cause a runny nose or sinus drainage. When these are present, you may experience more frequent sneezing as the body works to remove the fluids.

Why do we sneeze when we have allergies?

Dust stirred up while cleaning may make anyone sneeze. But if you are allergic to dust, you may find yourself sneezing more often when you clean because of how frequently you come into contact with dust. The same is true for pollen, pollution, animal fur, mould, and other allergens. When these substances enter the body, the body responds by releasing histamine to attack the invading allergens. Histamine triggers an allergic reaction, and symptoms include sneezing, runny eyes, coughing, and runny nose.

Why do we sneeze when looking at the sun?

If you walk out into the day’s bright sun and find yourself close to a sneeze, you’re not alone. According to the “National Institutes of Health”, the tendency to sneeze when looking at a bright light affects up to one third of the population. This phenomenon is known as photic sneeze reflex or solar sneeze reflex.

**If you have to sneeze, cover your nose and mouth with a tissue.
If you can’t grab a tissue quickly, sneeze into your upper sleeve, not your hands.
Then, wash your hands with soap and water before touching another surface.
This will help stop the spread of germs and disease**

HEALTH / ROUTINE

Why do we get a temperature?

When your body temperature rises because of an infection, it's called a fever. Fevers are caused by chemicals called "Pyrogens" flowing in the bloodstream. Pyrogens make their way to the "Hypothalamus in the brain, which is in charge of regulating body temperature. When pyrogens bind to certain receptors in the hypothalamus, body temperature rises

Most human beings have a body temperature of around 98.6°F (37°C). Some people will have a normal temperature that's a little higher; others will have a normal temperature that's a little lower.

Most people's body temperatures even change a little bit during the course of the day: It is usually a little lower in the morning and a little higher in the evening. However, for most of us, our body temperature stays pretty much the same from day to day. That is until germs enter the picture.

Remember that bad throat that made you feel so rotten? Or another time when the flu made you feel tired and achy? These kinds of infections are caused by germs that make their way into your body, usually in the form of bacteria or viruses. This is another reason why they are measuring our temperatures in order to see if we have contacted Covid 19.

When these germs march in and make you sick, your body's thermostat goes higher. Instead of saying your body should be 98.6°F (37°C), your body's thermostat might say that it should be 102°F (38.9°C).

Why does your body change to a new temperature? Researchers believe turning up the heat is the body's way of fighting the germs and making your body a less comfortable place for them.

A fever is also a good signal to you, and your Doctor, that you are sick. Without a fever, it's much harder to tell if a person has an infection. That's why we should all be concerned when we get a fever.

If you have a fever, a medical professional will probably ask you to drink more fluids than usual. That's important because as your body heats up, it's easy for it to get dehydrated. This means there isn't enough water in your body. You must replace that fluid.

**We have tried to cover some of the symptoms you get with a virus.
So that isn't just Covid, but also things like Influenza and Colds.
This is a time when we are all concerned about looking after our health.
Please cover up, wash your hands, and stay safe.**



**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 five 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.

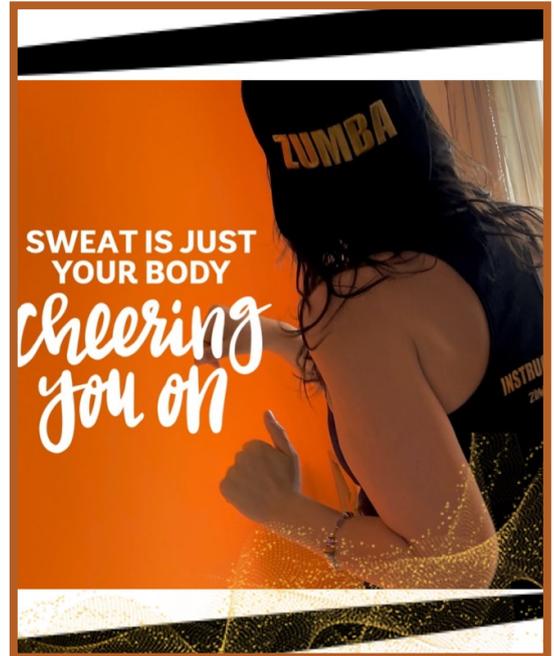
Karina is part of our weekly Sobell Fitness sessions.

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!!



ZUMBA



ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links. They are fabulous. Please have a go!!

www.activewithin.com

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

HMHB Izzwalkz is part of the "Walk With A Doc" network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them.

[Check out their website for more information.](#)

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

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

www.walkwithadoc.org



PILATES

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

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

So 2021 is now upon us.

It is time to decide exactly what you intend this year to be.

Are you going to prepare targets and goals, so that at the end of this year, in twelve month's time, you can look back with a smile on your face and knowing you pushed yourself. Or will you look back on twelve months wasted and regret.

Make good targets, gettable targets, challenging targets.

Go for it. Believe in yourself. You can do it!!!!



Nutrition.

There are many reasons to make sure your diet is healthy, with natural products and essential macronutrients and micronutrients, and one of them is that a good diet can prevent certain health problems, one of which is Cancer.

Many components of our foods can be effective, and we detailed many of these in our section. But why not do your own research? Make 2021 the year you really make significant thoughts about what you are eating and drinking. It's your body. Make healthier choices.



Exercise



This can be your year around exercise. Especially if you do not do it very much, or have found you are doing less during the pandemic.

You are just finding reasons not to do anything.

2021 you need to be more active for multiple reasons.

So two things - make it fun, and walk more. If you just do those two things you will naturally improve.

Walking is underrated. Get outdoors and move. Get up from that sofa, put down that phone, and enjoy life again.

What will you decide?? It's up to you.

Health.

We decided to look at a few of the basic symptoms around colds.

And obviously, coughing and temperature also apply to Covid.

Why do we cough and sneeze, and how does a fever happen?

It is important to note that it is your body trying to help you.

Understanding how your body works is vital if you want to stay healthy.

Why not do some of your own research?

If 2020 taught us anything, it is that life is fragile. It can be taken away quickly and ruthlessly. It does not matter about gender, age, sexuality, ethnicity, etc.

But we all have our lives now. How will you try and ensure the one you have continues in a way you can enjoy life? Make healthy changes. :-)



**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 + Bridges from Page 15

See if you can beat your family and friends

Sport: What is the nationality of these famous Golfers?

- | | |
|---------------------|----------------|
| a. Gary Player | South African |
| b. Ian Woosnam | Welsh |
| c. Seve Ballesteros | Spanish |
| d. Sandy Lyle | Scottish |
| e. Vijay Singh | Fijian |
| f. Bubba Watson | American |
| g. Bernhard Langer | German |
| h. Adam Scott | Australian |
| i. Nick Faldo | English |
| j. Jack Nicklaus | American |
| k. Danny Willett | English |
| l. Greg Norman | Australian |
| m. Rory McIlroy | Northern Irish |
| n. Henrik Stenson | Swedish |

Art

Where in the world would you see these magnificent sculptures? Google them!!

- | | |
|---------|------------------------|
| 1. TLM | Copenhagen, Denmark |
| 2. TGS | Giza, Egypt |
| 3. MD | Florence, Italy |
| 4. CTR | Rio De Janeiro, Brazil |
| 5. TTA | Xi'an, China |
| 6. RTT | Paris, France |
| 7. LSTB | Lushan, China |
| 8. TSOF | Gujarat, India |
| 9. MP | Tuscany, Italy |
| 10. MS | Easter Island |
| 11. VDM | Paris, France |
| 12. LM | Washington, USA |

Music

Name the song and the singers for which you would find these famous song lyrics. I'll bet you will have a sing song.

1. Don't Stop Me Now: Queen
2. Your Song: Elton John
3. Bridge Over Troubled Water: Art and Garfunkel
4. Baby One More Time: Britney Spears
5. Careless Whisper: Wham
6. Losing My Religion: REM
7. Dancing Queen: Abba
8. Let It Go: Idina Menzel - from Frozen
9. You're The One That I Want: J Travolta/O Newton J
10. I Will Survive: Gloria Gaynor
11. Thriller: Michael Jackson
12. The Bare Necessities: Phil Harris or Bill Murray
13. Nothing Compares To You: Sinéad O'Connor
14. This Is Me: Cast of The Greatest Showman
15. Skyfall: Adele
16. Beautiful: Christina Aguilera

Economics

The 12 poorest countries in the world.

Democratic Republic of Congo, Mozambique, Uganda, Tajikistan, Yemen, Haiti, Ethiopia, Tanzania, Kyrgyzstan, Uzbekistan, Zambia, Pakistan:

QUIZ ANSWERS

List of Bridges - from Page 15

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

- | | |
|--------------------------------------|-----------------------------|
| 1: Golden Gate Bridge, San Francisco | 2: Brooklyn, New York |
| 3: Sydney Harbour, Sydney | 4: Tower, London |
| 5: Viaduc de Millau, France | 6: Rialto, Venice, |
| 7: Bridge of Sighs, Venice | 8: Helix, Singapore |
| 9: Forth Bridge, Scotland | 10: Iron Bridge, Shropshire |
| 11: Chesapeake Bay, Maryland | 12: Millennium, London |
| 13: Ponte Vecchio, Florence | 14: Hangzhou Bay, China |
| 15: Vasco da Gama, Lisbon | |

Geography

The 10 biggest Mediterranean Islands and countries.

Sicily, Italy: Sardinia, Italy:
Cyprus, Cyprus: Corsica, France:
Crete, Greece: Euboea, Greece:
Majorca, Spain: Lesbos, Greece:
Rhodes, Greece: Chios: Greece

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 who helped to sponsor early packs. With their help, we established the Packs.
We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well