



Healthy Minds, Healthy Bods

Health Pack: Number 16

Focus on Mind-set, Nutrition, Exercise, Health



Prepared by: Lazza, Luke and Dean: Monday 3rd August 2020

www.hmhb2016.org.uk



“A diamond is merely a lump of coal that did well under pressure”

Welcome to the 16th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

If you missed our first fifteen (where were you?) you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **www.hmhb2016.org.uk** - all of the packs are on 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.



Our fantastic Izzwalkers

1st Feb 2018

A cold Clissold Park

**Brilliant support for our
weekly walk with Highbury
Grange Medical Practice**

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 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 all of this 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: If you smoke, or know someone who does, read this.

Peripheral Artery Disease

Around 25 British people are having legs amputated every day due to Peripheral Arterial Disease (PAD) - a "cruel" disease linked to smoking.

Smokers are being urged to quit the habit as a report shows that a million adults - 90% of whom are smokers or ex-smokers - may be living with PAD. Around half a million have been diagnosed with it, but a top surgeon warns the actual number could be twice as high.



In 2018, the proportion of current smokers in the UK was **14.7%**, which equates to around 7.2 million people, a statistically significant decline of more than 5 percentage points since 2011.

According to the British Heart Foundation, PAD happens when there is a build up of fatty deposits in the walls of the leg arteries. If that happens it can restrict the blood supply to the legs. If you have PAD you are at a much higher risk of developing serious forms of cardiovascular disease, heart attacks and stroke. This is because it is likely that blood vessels elsewhere in the body are also affected.

If the symptoms are left untreated - and PAD is very difficult to recognise, and only normally diagnosed when something serious happens - the leg tissue may begin to die. This itself causes gangrene and, in its severest form, Critical Limb Ischemia (CLI) - and that results in amputation in around 30% of cases. Wow!!! Around 9000 British people have to undergo leg amputations as a result every year, which works out to one every hour or 25 a day. PAD mostly affects smokers.

This is what Dr Mike Knapton, the British Heart Foundation's associate medical director had to say: "Peripheral arterial disease can lead to horrific consequences and the silent nature of the condition means that opportunities to diagnose and treat it are often missed. We do know that stopping smoking is the single most effective way of reducing your risk of developing this potentially deadly disease. This is a great time to start your quitting journey."

HMHB says:

We are very careful at HMHB to stress that people have a responsibility to make the best choices possible to look after their body. Yes, disease is out of your control, but you can be preventive.

We also do not want to tell people what to do. We pass on knowledge, awareness and information, and individuals can make up their own mind.

However, we naturally press people to review their lifestyle and make appropriate changes - like giving yourself an MOT on a regular basis. Ask yourself, what can you do to improve your chances of a longer, happier, and healthier life.

Every study, every expert, recommends NO SMOKING. It goes without saying. People naturally link it to lung cancer, and breathing problems. But this News Page entry on PAD, in this Health Pack, should be a wake up call to smokers too. It affects the whole body. And incredibly it can be Preventable!!!!!!

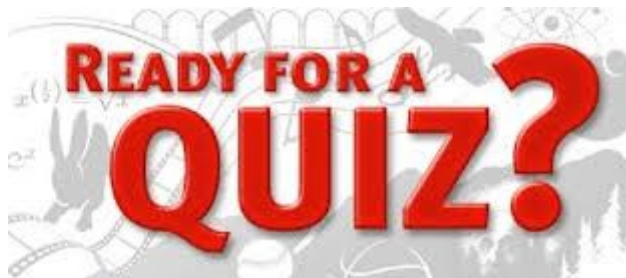
Lazza's Quiz Spectacular

Answers are on page 21 (no peeking)

Literature:

As of 2020, according to Disney themselves, there are only 12 official Disney Princesses.

Can you name all 12 and their films?
(There are unofficial ones, so I'm only going by what Disney say, so no moaning!!)



Science

What do these chemical symbols represent?

- a. H_2O
- b. NH_3
- c. NaCl
- d. H_2SO_4
- e. $\text{C}_{10}\text{H}_{14}\text{N}_2$
- f. $\text{C}_6\text{H}_{12}\text{O}_6$
- g. HCl
- h. CO_2
- i. CHCl_3

Geography

In which cities are these famous places:

- a. Taj Mahal
- b. Burj Khalifa
- c. Colosseum
- d. St Basil's Cathedral
- e. The Shard
- f. Flatiron Building
- g. Parthenon
- h. The Louvre
- i. Forbidden City
- j. CN Tower
- k. St. Peter's Basilica
- l. The Blue Mosque
- m. Anne Frank House
- n. Brandenburg Gate

Literature:

In which books did these famous characters appear?

- 1. Atticus Finch
- 2. HAL 9000
- 3. Tom Sawyer
- 4. Mark Renton
- 5. Holly Golightly
- 6. Snowball and Napoleon
- 7. The Artful Dodger
- 8. Wendy Darling
- 9. Miss Havisham
- 10. Captain Ahab
- 11. Professor Quirrel
- 12. Mr. Darcy
- 13. Ralph and Piggy
- 14. Edmond Dantes
- 15. Badger and Ratty



Television

Only counting the television series, and not any comedy specials. There have been 14 actors playing Doctor Who. Can you name them all?

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

MIND-SET:

Triggers

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.



“Nobody can save you but yourself, and you’re worth saving. It’s a war not easily won, but if anything is worth winning, then this is it.”

I think we all crave an easier life sometimes. We deserve some piece of mind, and periods where we are not fretting over bills, Covid, and life in general. Isn't life meant to be easy???

Throughout our Health Packs, HMHB have promoted a Growth Mind-set mentality, where we challenge ourselves when we are pushed to the limit. Part of that though is recognising when we are starting to fret, and understanding how outside elements can influence our thinking. These can be called “triggers”. Being able to realise how they can create an environment of worry and anxiety, can allow yourself the opportunity to stop the stress immediately., and not allow it to fester and grow.

What does it mean to be "triggered?" In recent years, this term has been casually used to refer to the experience of having an emotional reaction, usually to some type of disturbing content (such as violence or the mention of suicide) in the media or in another social setting.

However, there is a difference between being triggered and being uncomfortable. Feeling triggered isn't just about something rubbing you the wrong way. For someone with a history of trauma, being around anything that reminds them of a traumatic experience (also known as a "trigger") can make them feel like they're experiencing the trauma all over again.

Though commonly used to refer to the experiences of people with post-traumatic stress disorder (PTSD), the term "trigger" can also be used in the context of other mental health illnesses, such as substance abuse disorders, eating disorders, and anxiety. In these cases, a trigger is seen as anything that prompts an increase in or return of symptoms. For example, a person recovering from a substance use disorder may be triggered by seeing someone using their drug of choice. The experience may cause returned cravings and even relapse.



Luke and Lazza

Promoting Ajani in Finsbury Park Job Centre

3rd February 2020

MIND-SET: Triggers

Internal and External

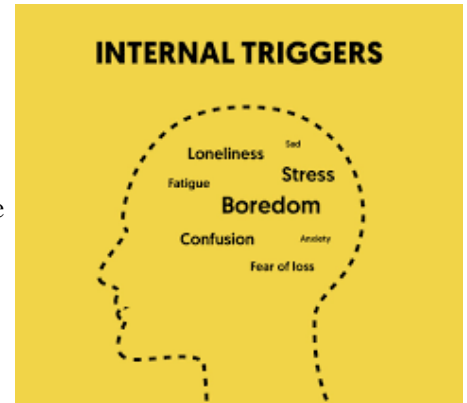
So, as we said, being able to recognise when things pop up that have the ability to create anxiety and stress, can enable you to prepare and deal with the problems quicker.

There are two types of trigger: internal and external.

Internal:

An internal trigger comes from within the person. It can be a memory, a physical sensation, or an emotion. For example, say you're looking at a postcard of a beach scene. That can trigger a memory of a bad experience on a beach, and cause stress. That would be considered an internal trigger. Other common internal triggers include:

- Pain
- Muscle tension
- Memories tied to a traumatic event
- Anger
- Sadness
- Loneliness
- Anxiety
- Feeling overwhelmed, vulnerable, abandoned, or out of control

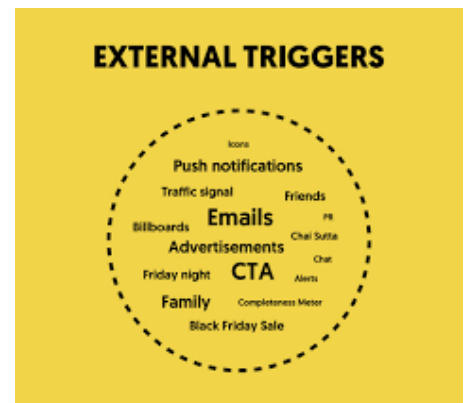


External:

External triggers come from the environment. They can be a person, place, or a specific situation.

For example, you can be watching a film on television where someone gets beaten up, and that can trigger a memory of a violent event in your own past, and this can cause major anxiety. That would be considered an external trigger. Other common external triggers include:

- Significant dates (such as holidays or anniversaries)
- A specific time of day
- Going to a specific location that reminds them of the experience
- A movie, television show, or news article that reminds you
- Certain sounds can cause problems (a military veteran might be triggered by loud noises that sound like gunfire)
- Smells associated with the experience, such as smoke
- A person connected to the situation
- Changes to relationships or ending a relationship
- Arguing with a friend, spouse, or partner



Badminton with the Eagle Project
Sobell Leisure Centre
16th October 2018



MIND-SET: Triggers

How can you use them to your advantage?



Experts don't know precisely how triggers are formed. Some researchers believe that our brains store memories from a traumatic event differently from memories of a non-traumatic event. Past traumatic events may be interpreted by the brain as current, which causes the body to experience symptoms similar to the original trauma.

We also know that triggers can cause an emotional reaction before a person realizes why they have become upset. Often triggers have a strong sensory connection (a sight, sound, taste, or smell), or are connected in some way to a deeply ingrained habit.

Coping with Triggers

Sometimes, it is reasonable to try to avoid triggering situations, but if avoiding possible triggers hinders your ability to function, seek help. Learning to cope with triggers you can't anticipate or avoid requires emotional processing, which is most often aided by therapy.

The following are a few effective, healthy coping strategies for lessening the impact of triggers;

- Deep Breathing (Mindfulness and Meditation)
- Keep a Journal
- Exercise
- Using outside Support (counselling, group work)
- Spend time with positive people
- Eat healthy, and drink water. Even a cup of tea can be a comfort
- Walk away from a situation that can potentially blow up
- Use positive distractions: treat yourself to something nice

Try not to bottle things up, and don't use substances as a crutch (alcohol, drugs, food). Don't get violent, or make any excuse for harmful behaviour.

You choose how you react!!!!

Empower yourself by preparing to cope with triggers. Become aware of signs in your body that you're reacting to a trigger, such as changes in your breathing, so that you can learn how to calm yourself down and shift your emotional state. Your ultimate goal should be to detach yourself from the trigger, re-centre, and focus on your coping strategy

Lazza's weight-loss journey

Sunday May 3rd, he was 98.5 kg / 15st. 7.15 lb.

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12st.

Sunday August 2nd, he is 90.5 kg / 14st 3.52 lb

Losing in week 13; 0.8 kg / 1.77 lb

**13 weeks: Overall loss: 8 kg
1st. 3.67 lb**

**Back to a good week. Not bad for three months
Steady but strong!!!**

NUTRITION: Seafood

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.

My mum used to make an absolutely delicious fish pie, and I have always enjoyed a bit of white fish. I have to admit I have never really pushed the boat out and tried other fish - something I have, literally, just decided I will change in the next few weeks.

But seafood is much more than just white fish. According to Wiki (and I have copy and pasted this as it is a very thorough explanation);

“Seafood is any form of sea life regarded as food by humans, prominently including fish and shellfish. Shellfish include various species of molluscs (e.g. bivalve molluscs such as clams, oysters, and mussels, and cephalopods, such as octopus and squid), crustaceans, e.g. shrimp, crabs, and lobster), and echinoderms (e.g. sea cucumbers and sea urchins).

Historically, marine mammals such as cetaceans (whales and dolphins) as well as seals have been eaten as food, though that happens to a lesser extent in modern times. Edible sea plants such as some seaweeds and microalgae are widely eaten as sea vegetables around the world, especially in Asia. In the United States, although not generally in the United Kingdom, the term "seafood" is extended to fresh water organisms eaten by humans, so all edible aquatic life may be referred to as "seafood".”



We have been eating fish for a long time. In fact, findings in a sea cave at Pinnacle Point in South Africa indicate Homo Sapiens (modern humans) harvested marine life as early as 165,000 years ago, while the Neanderthals, an extinct human species contemporary with early Homo Sapiens, appear to have been eating seafood at sites along the Mediterranean coast beginning around the same time. Isotopic analysis of the skeletal remains of Tianyuan Man, a 40,000-year-old anatomically modern human from eastern Asia, has shown that he regularly consumed freshwater fish.

Ancient Egyptian drawing of a fishing expedition

The Nile was full of fish, and it was a staple food



On our Ajani course, we invited outside organisations to present on health. Here is the amazing Fisayo from the Islington Stop Smoking Team

**3rd August 2017
We all learnt a lot**



NUTRITION: Different Types of Seafood



“No good fish
goes anywhere
without a porpoise”
Lewis Carroll

I have certainly done my research. The following information is based on the ISSCAAP classification (International Standard Statistical Classification of Aquatic Animals and Plants) used by the FAO (Food and Agriculture Organisation of the United Nations) for the purposes of collecting and compiling fishery statistics. Not bad eh!!!

Fish

- **Pelagic Fish:** They live or feed near the surface of the sea. They include larger predator fish (such as sharks, tuna, mackerel, salmon), and smaller forage fish (such as herring, sardines, anchovies).
- **Demersal Fish:** They live or feed in or near the bottom of the sea. They include the cod and haddock we have with our fish and chips, and are more sedentary than the pelagic fish. Pelagic fish usually have the red flesh characteristic of the powerful swimming muscles they need, while demersal fish usually have white flesh.
- **Diadromous Fish:** These are fishes which migrate between the sea and fresh water. Some example groups are salmon, shad and eels.
- **Freshwater Fish:** They live in rivers, lakes, reservoirs and ponds. These include trout, carp and catfish.

Molluscs

- **Bivalves:** have a protective shell in two hinged parts: such as oysters, scallops, muscles and cockles.
- **Gastropods:** have a single shell: such as sea snails, abalone, limpets, whelks
- **Cephalopods:** no shell, and limbs that appear to come from their heads: include octopus, squid, and cuttlefish. Also very intelligent.



Crustaceans - invertebrates with segmented bodies protected by hard crusts

- Include Shrimps, Prawns, Crabs, Lobsters, Krill

Others

Here are various Seafoods that do not fit into any of the above:

Mammals: Some whale meat is still sold legally, and in some parts you can eat dolphins and seals.

Reptiles: although many are endangered, some places eat turtles; and crocodile meat is cultivated.

Echinoderms: headless invertebrates such as sea cucumber, sea urchin and starfish.

Seaweeds.

NUTRITION: Pros and Cons of eating Seafood

So, we have looked at what seafood is, and the various types. But let's look at just why we should include seafood in our diets, but also look at a few possible downsides.

Seafood is good for you.

- 1) Fish is high in many important nutrients, including high-quality protein, iodine, and various vitamins and minerals. Fatty varieties also pack omega-3 fatty acids and vitamin D.
- 2) Eating at least one serving of fish per week has been linked to a reduced risk of heart attacks and strokes
- 3) Fish is high in omega-3 fatty acids, which is essential for brain and eye development. It's recommended that pregnant and breastfeeding women get enough omega-3s but avoid high-mercury fish.
- 4) Fish intake is linked to reduced mental decline in older adults. People who eat fish regularly also have more grey matter in the brain centres that control memory and emotion
- 5) Studies have found that people who eat fish regularly are much less likely to become depressed. Numerous controlled trials also reveal that omega-3 fatty acids may fight depression and significantly increase the effectiveness of antidepressant medications



Potential Risks

While eating fish has nutritional benefits, it also has potential risks. Fish can take in harmful chemicals from the water and the food they eat. Chemicals like Mercury and PCBs can build up in their bodies over time. PCBs (polychlorinated biphenyls) are a group of industrial chemicals, once used in plastics and oil but now banned. They persist in the environment from spills, leaks, and improper disposal. They can remain for many years in soil and the sediment under rivers, lakes and other water bodies.

- High levels of mercury and PCBs can harm the brain and nervous system.
- Mercury can be especially harmful to fetuses, infants, and children because their bodies are still developing.
- PCBs can cause cancer and other harmful health effects.

According to the NHS:

A healthy, balanced diet should include at least 2 portions of fish a week, including 1 of oily fish.

That's because fish and shellfish are good sources of many vitamins and minerals. Oily fish, such as salmon and sardines, is also particularly high in long-chain omega-3 fatty acids, which can help to keep your heart healthy. Most of us should have more fish in our diet, including more oily fish.

There is different advice for women who are pregnant or breastfeeding, and children and babies.

Fish that is steamed, baked or grilled is a healthier choice than fried fish. Frying can increase the fat content of fish and shellfish, especially if they're cooked in batter.

To ensure there are enough fish to eat now and in the future, we should try to eat a wide variety of fish

Fish is a wonderful source of high-quality protein. Fatty species also pack heart-healthy omega-3 fatty acids. What's more, it has numerous benefits, including vision protection and improved mental health in old age. Fish is easy to prepare. It's your choice.

NUTRITION: Vitamins

Where are the missing letters and numbers?

Vitamins

“A **vitamin** is an organic molecule (or related set of molecules) that is an essential for life micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet”

Over the last weeks we have covered all the recognised Vitamins:

The fat soluble: Vitamins A, D, E, K

The water soluble: Vitamins B1, B2, B3, B5, B6, B7, B9, B12 and Vitamin C



So what happened to Vitamin B4, B8, B10 & B11: and Vitamins F, G, H, I and J? It's a good question. Well, none ended up as “essential for life”.

Vitamin F: Known today as the essential fatty acids, including Omega 3 and Omega 6 varieties.

Vitamin G: The American name for British Vitamin B2. Eventually it was agreed for scientific accuracy there should be one name, we now refer to it as Riboflavin.

Vitamin H: H is one that got named under the German rule, it stands for ‘Haut’, German for skin. It came from it's medical use in which it's thought to aid and strengthen. It's now called B7 or Biotin.

Vitamin I: was said to have a role in digestion, and has since been identified with various members of the B Complex group.

Vitamin J: Didn't make the cut as it was discovered to be beneficial to guinea pigs but unnecessary for humans (seriously).

Plus:

Vitamin L: so named for its primary role in rat lactation. Better known as Anthranilic acid. L1 is now closely regulated by the DEA: as one of the primary compounds is irresponsibly used by humans as a powerful recreational sedative. It falls into that intriguing category of substances that are potentially fatal for human consumption.

Vitamin M: is now called B9 or Folic Acid.

Vitamin N is thought to have been Thioctic acid/ Alpha Lipoic Acid, as it was said to help ‘burning mouth syndrome’.

Vitamin O was the original name for Carnitine, an amino acid.

Vitamin P was a name given to the compounds called Flavonoids, which has been clinically proven to contribute more to the pigmentation of plants than to any matter of human well-being.

Vitamin Q is an antioxidant called Coenzyme Q, or otherwise written as Q10.

Vitamins R, S, T, U, V, W, X, Y and Z either turned out to be inessential (like Vit. B4, B8, B10, and B11) to human health (Vitamin S is thought to contribute to the growth of chicks and Vitamin T heals insect wounds) and thus failed to clear the vitamin threshold, or never existed.

NUTRITION: Lazza's Kitchen

Chocolate Coconut Macaroons

**Lazza is still trying out new recipes
Today - his first Coconut Macaroons**

Most historians are inclined to believe that the macaroon originated in Italy, probably Venice, and was transported to France by sailors where it was further refined by French pâtissier techniques. The consensus is that the word "macaroon" comes from the Italian word ammaccare which means to crush.

A macaroon is coconut based, whereas a macaron is meringue based



- 3-4 sheets of rice paper
- 100g desiccated coconut
- 100g caster sugar
- 2 (medium-sized) egg whites
- 1tbsp plain flour
- 1 pinch of salt
- 1tsp vanilla extract
- Dark chocolate

1. Preheat oven to 160C/fan.
2. Line a baking tray with greaseproof paper and then the rice paper
3. Mix the desiccated coconut, sugar, flour, salt, vanilla extract and egg whites together in a bowl. The mixture should be 'gloopy' and sticky.
4. Spoon the mixture into rounded 'dollops' onto the rice paper and cook in the oven, on the middle shelf, for 16-20 minutes until the macaroons are lightly golden brown. Allow to cool.
5. Melt the dark chocolate over hot water or in the microwave, then drizzle over the macaroons



**Yep, it is quite a simple
recipe - made 9 (ate 2 before
pic)
But these treats were
delicious.**

Give them a try.

**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 the first time I had ever cooked Coconut Macaroons**



HMHB's Name Game Page (a tough one for you)

All these people are on the cover of the Sgt. Pepper Album

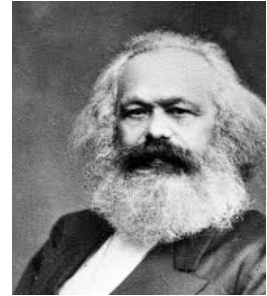
Answers at bottom of quiz page answers (page 21)



1



2



3



4



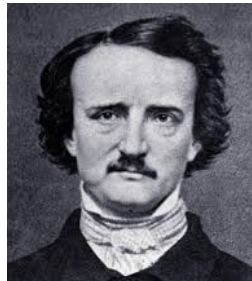
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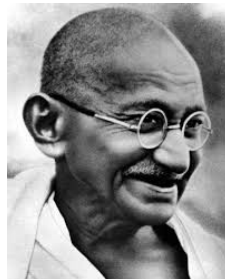
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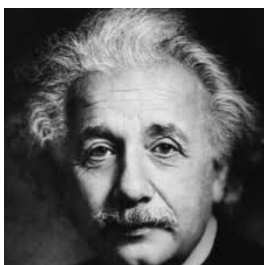
10



11



12



13



14



15

EXERCISE/FITNESS - Where to exercise

“If you still look cute after working out, you didn’t go hard enough”

These days you can do exercise sessions at home on your own, or following an online class or video. Zoom fitness has taken off massively. Many Personal Trainers are online.

Or, any time you pass a park these days you seem to come across an exercise class, or people working on their own. I can get exhausted and sweaty just watching them.

Finally, most gyms have reopened their doors to the general public, following official guidelines, and are looking to get people fitter and healthier.

But which are best? Which one would work best for you? Where should you be exercising?

Well, that depends on quite a few factors.

- How long will you be exercising?
- Which type of exercises you are doing.
- Will you be on your own?
- What kind of day is it, weather-wise?
- What are your fitness goals?



Over the previous packs, we have been at pains to demonstrate that you can do all your necessary exercises away from a gym. A gym does have some great advantages, and we will cover that on a different page. But, ultimately, it does not really matter where you exercise, as long as you do something, somewhere.

But let’s look at a few places anyway.



Outdoors - According to the School of Built Environment in Edinburgh, strolling through an outdoor green space quiets the mind and lessens brain fatigue.

- ◇ **You'll work out longer.** Whether you are in your favourite park or mountain bike along a remote wooded trail, the distractions of your surroundings take your mind off the work of working out. As a result, you'll end up going a lot farther than you would have if you'd been walled in. You can press 'stop' on a treadmill, but you can't turn back time after you've walked or jogged three or more miles.
- ◇ **You'll zap more calories.** Research shows that exercisers burn 10 percent more calories when they walk or run outdoors than they do when they hoof it inside on a treadmill at the same speed. When you're caught up in your environment, you're less focused on how tired you are or how much your muscles ache. The University Wisconsin-La Crosse did a study where subjects rode through a virtual countryside and raced against other people, and found they exercised 12 percent harder because they were distracted.

EXERCISE/FITNESS: Places to Exercise
Outdoors or at home

More reasons to exercise outdoors.

- [illegible]

Exercising at Home:

For home workouts - the positives

- No monthly gym fees required.
- Can be inexpensive (basic equipment such as an exercise mat, dumbbells and a stability ball can be purchased cheaply).
- Saves time by eliminating traveling to and from the gym.
- Convenience — your training facility is always available whenever you feel like exercising. No queuing to use your favourite piece of gym equipment



There can be some negative connotations to working out from your own home

- It can become boring
- You are easily distracted
- You can become demotivated
- Is the space big enough for what you need to do?
- Do you have any useful equipment?
- You may not have enough knowledge around exercise
- Doing exercises correctly is an issue

Whether you are outdoors or indoors, the most important thing is to keep going. It's far too easy to give up on your own, so find someone else to work alongside (even groups) We covered equipment in the last issue, and that can make it more fun. But push yourself out of your comfort zone, and build a solid routine for regular exercise.

EXERCISE/FITNESS: Places to go.

Pros and Cons of using a local Gym

Healthy Minds, Healthy Bods has been so fortunate. We have built a terrific relationship with Better Gyms in Islington and Camden. Before the pandemic, we had three FREE studio sessions: at the Highbury Leisure Centre in Islington, the Sobell Centre in Islington and Pancras Leisure Centre in Camden. And we are hoping they can restart as soon as possible.

I, personally, have had a gym membership for many years, off and on. I do like the environment, but there are good and not so good points about using one.

The biggest benefit of joining a gym is the fact that you will get access to many different exercise machines and equipment. Cardio machines like exercise bikes and trainers, rowing machines and treadmills, as well as strength training equipment such as barbells, dumbbells, and squat racks are a few things available to you only when you join a gym. Buying most of this equipment yourself would cost you thousands and would also require a large room, so it is convenient to be able to use all of these machines for a relatively small fee.



Also, when you join a gym, trained professionals and gym staff will be available to you if you are struggling to use any equipment or do any type of exercise. Some gyms also offer services such as personal trainers if you wish. You can injure yourself performing an exercise incorrectly.

Some gyms are very basic, but if you join a good gym, you may also find facilities as a sauna or swimming pool which is perfect after a workout. Even if you don't do a rigorous session, going to the gym and chill in the pool or sauna is still an option.

Finally, you can get really motivated. When you're working out at home, it's easy to get distracted by other things. People don't even want to work out when they can simply eat and chill. But if you go to the gym, you will see lots of people really pushing themselves hard, and this can act as a strong motivation and encourage you to work hard as well. You don't want that guy next to you running faster than you, right?

What are the cons?

There is a general lack of privacy when changing. Some people can feel they are being looked at and judged when they are overweight. It is also possible to go when places are crowded, and you can bump into people with bad hygiene. Honestly, nobody cares!!! They are looking after their own health. So, don't worry. But the biggest reported issue is membership fees, that can be quite high. You have to balance it out to what your targets are, and how badly you want to be healthy and fit. Your body is a miracle, and it is your responsibility to look after it.

HMHB Conclusion

Everyone is different, but we know that everyone needs to exercise. Find a place where you feel comfortable, but also a place where you will push yourself. We like gyms, because you can focus on what you are doing, and have a lot of different equipment.

But it is your choice.

You have one body, and one life. Look after them both. There ain't no sequel for us.

HEALTH / ROUTINE - Hormones/Endorphins

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

www.healthymindshealthybods.blogspot.com

**"If you were able to believe in Santa Claus
for around 8 years,
you can believe in yourself
for at least 5 minutes."**

As we have completed these packs, we have often mentioned the “happy” and “reward” hormones the body releases when we do exercise, or treat ourselves, or something nice happens. But what exactly are these hormones, and how many others are there?

Maintaining homeostasis (a nice word) within the body requires the coordination of many different systems and organs. Communication between neighbouring cells, and between cells and tissues in distant parts of the body, occurs through the release of chemicals called hormones. Hormones are released into body fluids (usually blood) that carry these chemicals to their target cells. At the target cells, which are cells that have a receptor for a signal or ligand from a signal cell, the hormones elicit a response. The cells, tissues, and organs that secrete hormones make up the Endocrine system. Examples of glands of the Endocrine system include the adrenal glands, which produce hormones such as epinephrine and norepinephrine that regulate responses to stress, and the thyroid gland, which produces thyroid hormones that regulate metabolic rates.



There are three main types of Hormone

Lipid hormones are derived from cholesterol and thus are structurally similar to it. The primary class of lipid hormones in humans is the steroid hormones. Chemically, these hormones are usually ketones or alcohols; their chemical names will end in “-ol” for alcohols or “-one” for ketones. Examples of steroid hormones include Estradiol, which is an Oestrogen, or female sex hormone, and Testosterone, which is an Androgen, or male sex hormone. These two hormones are released by the female and male reproductive organs, respectively. Other steroid hormones include aldosterone and cortisol, which are released by the adrenal glands along with some other types of androgens. Steroid hormones are insoluble in water, and they are transported by transport proteins in blood.



HEALTH / ROUTINE - Hormones

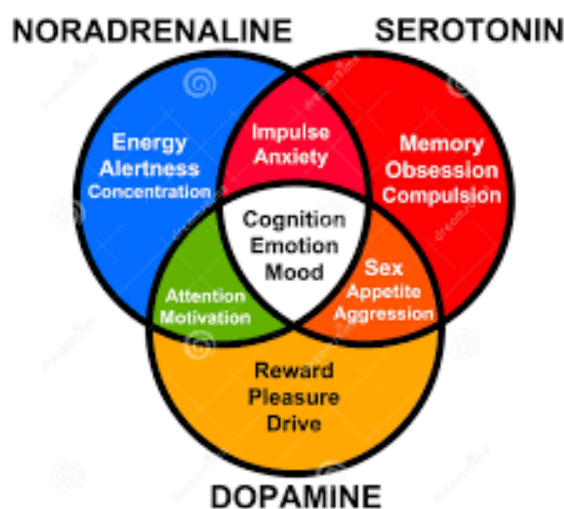
Amino acid-derived hormones are relatively small molecules that are derived from the amino acids tyrosine and tryptophan. If a hormone is amino acid-derived, its chemical name will end in “-ine”. Examples of amino acid-derived hormones include epinephrine and norepinephrine, which are synthesized in the medulla of the adrenal glands, and thyroxine, which is produced by the thyroid gland. The pineal gland in the brain makes and secretes melatonin which regulates sleep cycles. The body produces melatonin just after it gets dark, peaking in the early hours of the morning and reducing during daylight hours. Melatonin acts on receptors in your body to encourage sleep,

Peptide Hormones:

“The structure of peptide hormones is that of a polypeptide chain (chain of amino acids). The peptide hormones include molecules that are short polypeptide chains, such as antidiuretic hormone and oxytocin produced in the brain and released into the blood in the posterior pituitary gland. This class also includes small proteins, like growth hormones produced by the pituitary, and large glycoproteins such as follicle-stimulating hormone produced by the pituitary.”

Hormones serve to communicate between organs and tissues for physiological regulation and behavioural activities such as:

1. Digestion
2. Metabolism
3. Respiration
4. Tissue Function
5. Sensory Perception
6. Sleep
7. Excretion
8. Lactation
9. Stress Induction
10. Growth and development
11. Movement
12. Reproduction
13. Mood Manipulation



Certain hormones are known to help promote positive feelings, including happiness and pleasure. These “happy hormones” include:

Dopamine. Also known as the “feel-good” hormone, dopamine is a hormone and neurotransmitter that’s an important part of your brain’s reward system. Dopamine is associated with pleasurable sensations, along with learning, memory, motor system function, and more.

Serotonin. This hormone (and neurotransmitter) helps regulate your mood as well as your sleep, appetite, digestion, learning ability and memory.

Oxytocin. Often called the “love hormone” oxytocin is essential for childbirth, breastfeeding, and strong parent-child bonding. This hormone can also help promote trust, empathy, and bonding in relationships, and oxytocin levels generally increase with physical affection like kissing, cuddling, and sex.

Endorphins. Endorphins are your body’s natural pain reliever, which your body produces in response to stress or discomfort. Endorphin levels also tend to increase when you engage in reward-producing activities, such as eating, working out, or having sex.

What is available to you

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 currently in Latvia, but still doing online sessions, so email her for times, but do realise you may have to convert slightly depending where in the world you are..



yummymummyzumba@gmail.com



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



HMHB is delighted to be 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

Review of Challenges and Targets

Mind-set:

This week we talked about triggers that can affect our mind-set, thought process and confidence. We all go through bad patches, and some affect us more than others. But being able to recognise them as they come along, and having a plan of action of how to deal with them, is important.

Think about what maybe causes you to have a bad day. Are there things you can do?



Nutrition.

This week we took a glance at Seafood, which has been in our diets for thousands of years. It's fairly easy to catch, and has essential nutrients in abundance. It is recommended to have at least two portions of oily fish a week for the Fatty Acids. It has many benefits too. I know fish, crustaceans and molluscs are not to everyone's taste, but why not do your own research. If you do like seafood, do you always eat the same? Why not try something new?



Exercise



So where do you exercise? The best thing is to mix it up. Getting outdoors is fabulous, as it is shown that being in nature can actually improve your mood, and enhance your training.

Working from home can be fun, as long as you can stay motivated, and not distracted.

We do like gyms, as you can focus your energy and use equipment.

But ultimately, find somewhere to exercise regularly. That is vital. Look after your body.

Health.

Do you ever wonder why you feel what you do? Hungry?

Sleepy? Grumpy? Sweaty palms? Pull back the

curtain...hormones may be responsible for those feelings.

Hormones control a whole host of our body functions.

Technically, we can't 'control' hormones, but we can certainly do things to influence them. Foods we choose to eat or drink can cause our hormone levels to go up or down. Extra weight can also have a significant impact on the way hormones work.

Another reason we all need to have a healthy lifestyle.



**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 + Actors from Page 13

See if you can beat your family and friends

Science

What do these chemical symbols represent?

- | | | |
|----|--------------------------------------------------|------------------------|
| a. | H₂O | Water |
| b. | NH₃ | Ammonia |
| c. | NaCl | Sodium Chloride (Salt) |
| d. | H₂SO₄ | Sulphuric Acid |
| e. | C₁₀H₁₄N₂ | Nicotine |
| f. | C₆H₁₂O₆ | Glucose |
| g. | HCl | Hydrochloric Acid |
| h. | CO₂ | Carbon Dioxide |
| i. | CHCl₃ | Chloroform |

Geography

In which cities are these famous places:

- | | | |
|----|----------------------|--------------|
| a. | Taj Mahal | Agra |
| b. | Burj Khalifa | Dubai |
| c. | Colosseum | Rome |
| d. | St Basil's Cathedral | Moscow |
| e. | The Shard | London |
| f. | Flatiron Building | New York |
| g. | Parthenon | Athens |
| h. | The Louvre | Paris |
| i. | Forbidden City | Beijing |
| j. | CN Tower | Toronto |
| k. | St. Peter's Basilica | Vatican City |
| l. | The Blue Mosque | Istanbul |
| m. | Anne Frank House | Amsterdam |
| n. | Brandenburg Gate | Berlin |

Literature:

In which books did these famous characters appear?

- | | | |
|-----|----------|---------------------------------------|
| 1. | AF | To Kill A Mocking Bird |
| 2. | HAL 9000 | 2001; A Space Odyssey |
| 3. | TS | The Adventures of Huckleberry Finn |
| 4. | MR | Trainspotting |
| 5. | HG | Breakfast at Tiffany's |
| 6. | S&N | Animal Farm |
| 7. | TAD | Oliver Twist |
| 8. | WD | Peter Pan |
| 9. | MH | Great Expectations |
| 10. | CA | Moby Dick |
| 11. | PQ | Harry Potter & the Philosophers Stone |
| 12. | MD | Pride and Prejudice |
| 13. | R&P | The Lord of the Flies |
| 14. | ED | The Count of Monte Cristo |
| 15. | B&R | The Wind in the Willows |

12 official Disney Princesses

Snow White; Cinderella; Aurora (Sleeping Beauty); Ariel (The Little Mermaid); Belle (Beauty and the Beast); Jasmine (Aladdin); Pocahontas; Mulan; Tiana (The Princess and the Frog); Rapunzel (Tangled); Merida (Brave); Moana (Moana).

There are reasons why ones from Frozen and others are not considered. Talk to Disney!!

QUIZ ANSWERS

Sgt. Pepper Faces: - from page 13

1 Oscar Wilde; 2 Diana Dors; 3 Karl Marx
4 Tony Curtis; 5 Bob Dylan; 6 Fred Astaire
7 WC Fields; 8 Edgar Allan Poe; 9 Johnny Weissmuller
10 Shirley Temple; 11 Mahatma Gandhi
12 Marlene Dietrich; 13 Albert Einstein
14 Sonny Liston; 15 Bette Davis
Congratulations if you got them all: I am impressed!

Television: Doctor Whos

William Hartnell; Patrick Troughton
Jon Pertwee; Tom Baker; Peter Davison
Colin Baker; Sylvester McCoy; Paul McGann
John Hurt; Christopher Eccleston;
David Tennant. Matt Smith; Peter Capaldi
Jodie Whittaker

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

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 ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk** you can contact us through the site

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well