



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 45

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, and Dean: Monday 22nd February 2021

www.hmhb2016.org.uk



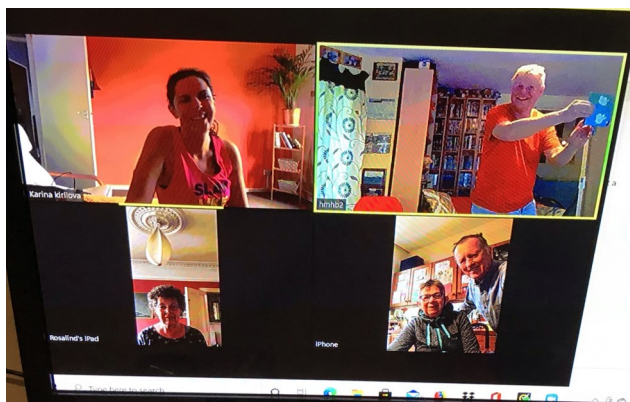
**“Every person that you meet
knows something you don’t,
so learn from them.”**

Welcome to the 45th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first forty-four (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.



**HMHB has finally embraced Zoom.
We have had so many things to do,
but Sunday 14th was a Zumba session.**

**Thanks to Karina (you can see her contact
details on our online classes page 23).**

We sweated, laughed, and ached!!

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:

Please get vaccinated!!! HMHB supports 100%.

I am down to have my first jab on Tuesday 23rd February (although age 54, I have underlying health issues), and will be straight there. Please, when offered the vaccine, take it. If you are worried about it, don't sit back and refuse it, instead speak to your local medical practice or health organisations. It can save your life.

Alleged microchip in vaccine.

Amazingly, some believe this. It came about because in July 2020, Formula 1 star Lewis Hamilton shared a video on Instagram that featured a TV interview with Microsoft co-founder Bill Gates, who funds vaccine research. In it, Mr Gates dismisses unfounded claims that a potential vaccine would involve injecting people with microchips so that they can be tracked. Who seriously believes this? But a video, posted by an account named "Kingback", took this footage and added a laughing emoji and the words "I remember when I told my first lie". Amazingly, this was what Hamilton shared with his 18 million followers. He later admitted



he hadn't seen the comment, said he was not anti-vaccine, and deleted the post. But the damage was done. The microchip conspiracy theory keeps coming up and the Gates Foundation has naturally called it 'false'. It is funding research into technology that could store information about whether someone has had a particular vaccine or not. But this would not involve implanting microchips or tracking people, according to scientists involved in the study. We even had one of our walkers mention it. Please don't listen to fake news!!!

Rumour that a Spanish Flu vaccine in 1918 killed 50 million

Actually, there was no vaccine for Spanish flu at the time. While scientists both in Britain and the US experimented with a basic bacterial vaccine, they were not, according to historian and author Mark Honingsbaum, anything like the vaccines we know today. Honingsbaum says this is because "no-one knew that the influenza was a virus". The two main causes of death were the initial flu infection as well as sufferers' lungs filling with fluid as a result of the immune system's response to the virus.

Recent Survey

The good news: a survey found a substantial majority of people in favour of a COVID-19 vaccine, with 72% willing to be vaccinated. But this isn't enough to be truly considered a consensus: 16% of the population are very unsure about receiving a COVID-19 vaccine, and another 12% are likely to delay or avoid getting the vaccine. One in twenty people describe themselves as anti-vaccination for COVID-19. Astonishing!!!

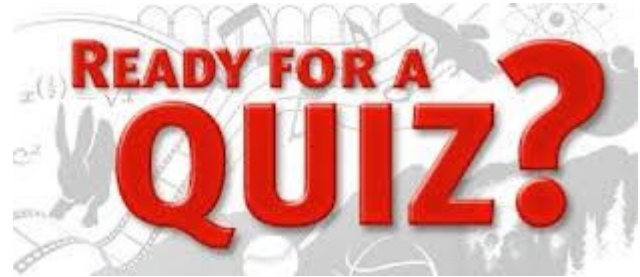
Vaccine hesitancy has implications for us all. The fewer the people who are vaccinated, the greater the number of people who will get seriously ill. The signs are concerning: we may be close to a tipping point, when suspicion of vaccination becomes mainstream. Already we've seen conspiracy theories about the virus achieve significant traction. Is COVID-19 vaccine hesitancy about to follow in their wake?

In the survey, one in five people thought vaccine data are fabricated and another one in four people did not know whether such fraud is occurring. Why does this matter? Vaccine hesitancy has implications for us all. The fewer the people who are vaccinated, the greater the number of people who will get seriously ill. Also, we don't yet know how many people will need to be vaccinated to achieve full herd immunity, but an estimate of 80% has been suggested. So please, when offered, get vaccinated. We need to get back to life!!!!

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)

Sport

Since 1930, only thirteen countries have played in the Football World Cup Final. 8 teams have won it and 5 teams have only been runners up. Can you name all 13 countries?



Pop Music:

What is the girl's name in these song titles? We will give you the initial.

- | | |
|----------------------|-------------|
| a. Barry Manilow: | "M" |
| b. Michael Jackson: | "B J" |
| c. Elton John | "N" |
| d. The Beach Boys | Help Me "R" |
| e. Kool & The Gang | "J" |
| f. Rod Stewart | "M M" |
| g. The Knack | My "S" |
| h. Neil Sedaka | Oh "C" |
| i. Tina Turner | Proud "M" |
| j. The Police | "R" |
| k. The Beatles | Lady "M" |
| l. Derek And Dominos | "L" |

Film:

These films all won the Oscar for Best Visual Effects? Can you name them from the initials and the year and star?

- | | | |
|----------|----------|--------------------|
| 1. 2010: | "I": | Leonardo Di Caprio |
| 2. 2008: | "TCCOBB" | Brad Pitt |
| 3. 1981: | "ROTLA" | Harrison Ford |
| 4. 1971 | "BAB" | Angela Lansbury |
| 5. 1988 | "WFRR" | Bob Hoskins |
| 6. 1993 | "JP" | Sam Neill |
| 7. 2013 | "G" | Sandra Bullock |
| 8. 1966 | "FV" | Raquel Welch |
| 9. 1996 | "ID" | Will Smith |
| 10. 1959 | "BH" | Charlton Heston |
| 11. 1997 | "T" | Leonardo Di Caprio |
| 12. 2000 | "G" | Russell Crowe |
| 13. 2018 | "FM" | Ryan Gosling |
| 14. 2009 | "A" | Sam Worthington |
| 15. 1983 | "ROTJ" | Mark Hamill |
| 16. 1965 | "T" | Sean Connery |

History

In which year did the following events occur? Let's see how close you can get?

1. Google was founded
2. Shakespeare died.
3. First iPhone released
4. The Eiffel Tower opened to the public
5. The Magna Carta signed
6. Henry the Eighth was born
7. Michael Jackson died
8. First Christmas Card sent
9. Badminton becomes an Olympic sport
10. Spain launched their Armada
11. The first episode of 'Friends' aired
12. Vatican City is an Independent country
13. The first Football F A Cup Final



The World

According to the World Happiness Report 2020, what were the top 15 happiest countries?

We realise this is total guesswork, but maybe see how close you can get.

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

MIND-SET: Changing Mindset about Judgement

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.

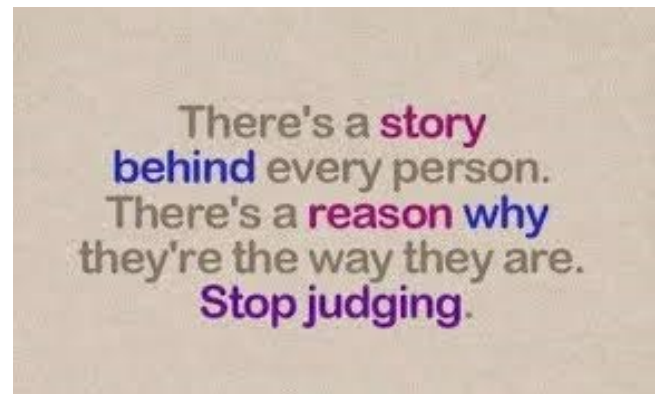
Judgement covers three topics, and our mind-set can be pivotal in how we deal with them.

- How we judge other people.
- How we think people judge us.
- How we judge ourselves.

Others

If anyone says that they do not judge other people, I would really question that. I do not mean badly. But we all do it. If we see someone walking down the street, depending on how they are dressed, they walk, how they may be talking to themselves, how old they are, how fat they may be, we are constantly making judgements. And that is natural.

When we put someone down by judging them negatively, it makes us feel a little better about ourselves. Likewise, when we put someone up on a pedestal by judging them positively, it can make us feel smaller, less than unworthy.



According to a study published in the “Journal of Neuroscience”, the brain immediately determines how trustworthy a face is before it’s fully perceived, which supports the fact that we make very fast judgments about people. That is famously quoted for job interviews.

Researchers at Dartmouth College and New York University showed a group of participants photos of real people’s faces, as well as computer-generated faces that were meant to look either trustworthy or untrustworthy. It’s been shown in the past that people generally think that faces with high inner eyebrows and prominent cheekbones are more trustworthy, and the opposite features are untrustworthy, which the researchers were able to confirm.

In a second part of their experiment, the researchers showed a separate group of participants the same images but for only about 30 milliseconds while they were in a brain scanner. They then did something called “backward masking,” which consists of showing a participant an irrelevant image or “mask” immediately after quickly showing them a face. The procedure makes the brain incapable of processing the face.

Even though the patients were not able to process the faces, their brains did. The researchers focused on activity in the “Amygdala”, a part of the brain responsible for social and emotional behaviour, and found that specific areas of the amygdala were activated based on judgments of trustworthiness or non-trustworthiness. This, the researchers conclude, is evidence that our brains make judgments of people before we even process who they are or what they look like.

MIND-SET: **Judging can be good and bad**

It is not always a negative reaction. How often do we say:

That person is really good looking.

I wish I could play football like that.

I wish I could sing like that.

They seem like such a nice person.

They seem so happy.

All of these are positive judgements. But what does it say about us? Are we actually pleased for them, or are we a tad jealous? If one of our relatives or friends has some good luck, does a little section of our minds wish it had happened to us? Of course, and again that is natural.

How do we measure our own lives and happiness? Is it about how much money we have? Is it about success in our working lives? Maybe it is around beauty and looks, or even popularity? We all want to be liked. Maybe we measure it around our family and friends.

It is said we judge people by our own standards. Let's look at a few examples.

If you measure your life by your family relationships, then it is said you will measure others by the same standard. In other words, how close their family is to them. If they are distant from their family or don't call home enough, you may possibly judge them as deadbeats, ungrateful, or irresponsible, regardless of their lives or their history.

If you measure your life by how much fun and partying you can have, then it is said you will measure others by the same standard, in other words how much fun and partying they have. If they prefer to stay home and watch "Doctor Who" reruns every weekend (nothing wrong with that!!!), you may possibly judge them as inhibited, scared of the world, lame and soulless, regardless of their personality or needs.

If you measure your life by how much you have travelled and experienced, then it is said you will measure other people by the same standard, in other words how worldly they've become. If they prefer to stay home and enjoy the comforts of routine, then you may possibly judge them as incurious, ignorant, unambitious, regardless of what their aspirations really are.

You see what I mean?

Is judging others a way of making us feel good about ourselves?

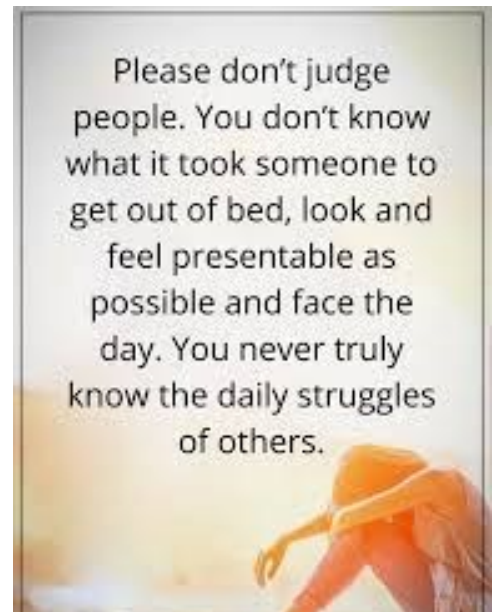
"Well, I would never dress like that, I have more class!!"

"She always seems to want to talk, and that makes me feel uncomfortable, as I listen to people."

"They never seem to be happy, and complain all the time. I could never do that."

"He is always late. That's so rude. Why can't they be on time like I am."

All these are us making ourselves feel better. Their actions are there for our benefit!!!!



MIND-SET:

How can I stop judging negatively?

Being negative can be detrimental to you.

If you are constantly being negative about life and people, it can make people not want to be around you. You may even think you are keeping your negative thoughts to yourself, but keep a closer eye on it. It seeps into your conversations and behaviour and people can smell it. Guaranteed. You will start getting that reputation.

Being judgemental can also affect you. It ruins your mood, it makes you miserable, and it keeps you in a grey world where most things suck. In reality, they don't suck, but that's how you see it. More importantly, you've probably burst a few happy bubbles of people around you. Sometimes it's a passing comment you made that you forgot five seconds later but others will remember it for a long time because it hurt them. A few years ago, when I had put on weight (yet, again), a friend jokingly called me "Sumo". It destroyed me inside.

However, if you can be more positive, that can lead to other changes.

- Others like people who see the possibilities in the world and the good in people. It's good to have people like these around you. It creates more positivity. You must know that yourself.
- It will help you try new things, plant new opportunities out of which new growth will sprout. You'll enjoy the process and mistakes will turn into lessons rather than failures.
- Being positive will naturally improve your own happiness.

**HOW TO STOP
JUDGING PEOPLE
AND BE
MORE POSITIVE**

So how can we do that?

See the good in others

As soon as you catch yourself judging someone, stop! Ask yourself, what positive can I find about them?

Example: Rather than judging someone for their outfit, tattoos, piercings (for example), ask yourself; "I wonder what story is behind it." Or even think; "Wow, I admire them for having the courage to go ahead with it". It can really help you turn your perception around and become curious rather than judgmental. It's a great exchange.

Until you get to know someone, don't make assumptions about their character. Give them the benefit of the doubt. People dress, look, act, talk, walk in all kinds of ways. Sometimes they just don't know any better, other times they have a good reason for it. If you knew the reason, you'd understand. You might not agree, but you'd understand. Just because someone is different from you, it does not make them strange.

Look inwards

As soon as you catch yourself judging someone, ask yourself:

- "Why am I judging this?"
- "Where does this come from?"
- "What previous experiences do I have that make me feel negative about this?"

It's a great way to introspect and understand yourself a bit better. Sometimes you'll find out that it's actually your parents talking, or you have been influenced by something from when you were younger. Once you realise you are judging someone without actually knowing who they are, you can make changes to your mind-set. It is a great skill to develop.

MIND-SET:

Use that mind-set around judgement

Be Compassionate

Next time you judge someone, look at them and think for a moment about what they may have been through, what their life is like, what challenges they may have. Be real, everyone has struggles. This exercise will help you develop better compassion for others. There is not enough of it in the world.

I remember when I was younger having to catch a bus to school, and an old lady used to catch the bus a few stops after. There were quite a few of us lads on the bus. The lady had one of the worst wigs ever, but we used to inwardly laugh - I am thankful that we did not do it to her face. That would have been cruel. But, kids are like that. This is where bullying in schools, colleges, universities, and maybe even the workplace can have an effect on us. I am so happy she did not know, as it would have probably hurt her feelings, and maybe affected her mentally. It's a good lesson. We all have feelings. How would we feel if someone made fun of us? Or judged us unfairly?



Why not find out the truth?

If you're bold, and it is something you are able to do, next time you judge someone, go and find out whether you're right or wrong. Have a chat with that person. Find out who they are, what they are up to, what their story is. Most often than not you'll be amazed. Our Izzwalkz group is a great example of how conversation can help bring laughter and happiness.

Many people yearn proper, deeper conversation. They want someone to be genuinely interested in them, to get to know them, to share who they are and have a "deep and meaningful" talk for a change. When you get to know someone and their story, you will understand why they are the way they are. I'm often so amazed by what people have been through, what they accomplished, how they see the world and themselves.

A great example from HMHB comes from our Izzwalkz Thursday walks that happened before lockdown. We had a guy come along and, with his knowledge, we nicknamed him "optimist dave" because he was the opposite. It always seemed everything had gone wrong for him every week. But he was such a nice guy, and I'm so proud that our walkers had no clique, and we always welcomed everyone in, made sure they were involved in conversation, and left the walk with a smile on their faces.

One week, when I was away from the walk attending a meeting, I got a call. Dave was on the walk and he had just got a part-time job, first for a while. And he wanted to tell me how wonderful the walks had been for his depression, that he knew he could appear a bit down, but because we had all loved him it had made a world of difference. It had spurred him on, and he wanted to thank me for the opportunity and the kindness we had all shown him. I honestly had a tear in my eye. A few kind words can be all that is needed.

**We all judge people, and quite often unfairly.
We look at appearance, age, gender, sexuality, race.
Many times, we judge because of events that have happened to us.
Or when we have heard things, and don't even know the truth.
It's about time we all relaxed a tad, and gave people a chance.
Think about what you do? Can you do better?**

NUTRITION:

Nutrition Tips During The Pandemic

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.

I have been using advice here, in this pack entry, from the World Health Organisation. Don't forget, HMHB do not have any nutritional qualifications, we are just talking about how things have helped us in the past as we overcame serious problems, and how we would have liked people to help us.

As countries are taking stronger measures to contain the spread of COVID-19, self-quarantine and the temporary closing of businesses may affect normal food-related practices. Healthy individuals, as well as those showing acute respiratory disease symptoms, are being requested to stay at home, and isolate. In some countries, restaurants and take-away offers are being limited and some fresh items are becoming less available. Obviously here in the UK, we have been in a lockdown for many weeks.

Good nutrition is crucial for health, particularly in times when the immune system might need to fight back. Limited access to fresh foods may compromise opportunities to continue eating a healthy and varied diet. It can also potentially lead to an increased consumption of highly processed foods, which tend to be high in fats, sugars and salt.



Don't panic buy

Multiple cases of over-purchasing have been observed throughout the United Kingdom. Panic buying behaviour may have negative consequences, such as an increase in food prices, overconsumption of food and an unequal distribution of products. It is therefore important to consider your own needs, as well as those of others. Assess what you already have at home and plan your intake. You might feel the need to purchase large amounts of foods, but make sure to consider and utilise what is already in your cupboards, as well as foods with shorter shelf life. This way you can avoid food waste and allow others to access the food they need.

Use Fresh Ingredients

Being able to get fresh ingredients that have not been in contact with pesticides and other artificial substances, as well as avoiding processed foods, are excellent ways of eating better and improve your health. Fresh ingredients also retain a lot more nutritious value compared to processed foods that have been adulterated and, in many cases, exposed to preservatives and other such chemicals. A lot of frozen vegetables and fruits are good, as they are frozen so quickly they retain many of their nutrients.

Nothing gives more flavour to your food than fresh ingredients. As time goes on, preserved food loses its taste, but ingredients that are fresh with no preservatives provide the authentic taste that every single ingredient has. When you buy your vegetables and fruits, advice says you should eat them within a time frame of 48 hours for a much better result in flavour and nutrition, even if they can be kept for longer. Obviously, this may not be so easy for people who are isolating and getting foods delivered.

There can be a cost issue. It is true that not always fresh ingredients are cheaper than processed ones, but in the long term, your health can be damaged by low-quality food and eventually you will pay much more in medicines and/or treatments. And if you have a space that allows you to plant your veggies and fruits, you can save even more money! Why not look at your local market stalls, as prices there can be very good.

NUTRITION:

Cooking during lockdown

Home-cooked is best

During regular daily life, many individuals often say they do not have the time to prepare home-cooked meals. Spending longer periods of time at home may now offer the possibility to make those recipes you previously did not have time to make. Many healthy and delicious recipes can be found online. Take advantage of the wealth of freely available information, and experiment with the ingredients you can access, but remember to keep in mind the principles for healthy eating.

Restaurant meals are often heavy on butter and salt, while packaged food is typically loaded with sodium and additives. Dishes made at home, however, tend to be more nutritious and contain fewer calories. That's because when you cook for yourself, you control which ingredients you use and their quantities.

Many people rush through or multitask during meals, which means they're probably not thinking about what they're consuming. But when you're sitting down to a plate of food you've prepared, chances are you'll eat more mindfully, noticing each flavour and component you included in your dish.

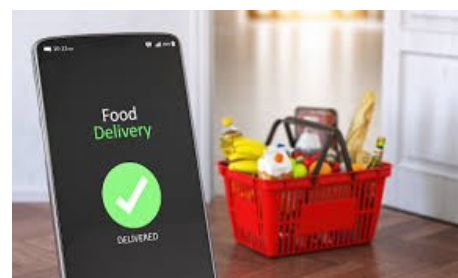


It is said that people may discover even more powerful cognitive benefits from making a meal. Cooking is a good, stimulating activity to help people stay busy and use their minds. Learning new skills and tasks, like preparing a new recipe, can stave off cognitive decline. What's more, cooking can help build self-confidence for anyone.

Our own Lazza (me) has been cooking a new dish each week for our recipe page, one which he has never cooked before. The results have stunned me. I never thought I could dish up the quality that I have.

Use A Food Delivery

Although home-cooked meals should be prioritized, some cities and countries have rather advanced delivery systems for ingredients and ready meals, and many businesses are now starting to offer this service. Some solutions include “contact-less” options, where no human interaction is required, thus supporting self-quarantine and isolation measures. These should be prioritised, particularly from reliable businesses following strict food hygiene requirements. For food delivery and transportation, it is important to keep food at safe temperatures (below 5 °C or above 60 °C). Keeping in mind that these services might be overwhelmed, you may want to consider exploring what is available in your area.



I know of a couple of our users who are currently getting their weekly shop delivered, due to isolation issues. Be aware that one or two of your orders may get changed for similar items on occasions. There are other benefits. These food delivery services can save a lot of time and money. Now you don't need to hustle for going outdoors, masked up, standing in queues, waiting for your turn. Besides this, it also reduces the traveling expenses. Despite that, the food delivery services also provide a lot of offers to attract users, which enhances its affordability.

NUTRITION:

More nutritional guide through the pandemic

Don't forget food safety

Food safety is a prerequisite for food security and a healthy diet. Only safe food is healthy food. When preparing food for yourself and others, it is important to follow good food hygiene practices to avoid food contamination and foodborne diseases.

The key principles of good food hygiene include:

- Keep your hands, kitchen surfaces, and utensils clean
- Separate raw and cooked food, especially raw meat and fresh produce
- Cook your food thoroughly
- Keep your food at safe temperatures, either below 5°C, or above 60°C
- Use clean water and raw materials



By following these five key recommendations for safer food, you can prevent many common foodborne diseases.

Watch your salt intake

The availability of fresh foods may decrease and it may therefore become necessary to rely more on canned, frozen, or processed foods. Many of these foods contain high levels of salt. The World Health Organisation recommends consuming less than 5 g of salt per day. In order to achieve this, prioritise foods with reduced or no added salt. You may also consider rinsing canned foods such as vegetables and beans, to remove some of the excess sodium. Be aware that pickled foods often contain high levels of sodium too.

In many countries, 50–75% of the salt intake comes from the foods we eat, rather than what we add ourselves. Given that you might be consuming enough salt already, avoid adding extra salt when cooking and to your meals at the table. Experiment with fresh or dried herbs and spices for added flavour instead.

There are effects of eating too much salt

You may notice that you feel more bloated or puffy than usual. This happens because your kidneys wish to maintain a specific sodium-to-water ratio in your body. To do so, they hold on to extra water to compensate for the extra sodium you ate.

A salt-rich meal can also cause a larger blood volume to flow through your blood vessels and arteries. This may result in a temporary rise in blood pressure. That said, not everyone may experience these effects. For instance, research suggests that people who are salt resistant may not experience a rise in blood pressure after salt-rich meals. A person's sensitivity to salt is thought to be influenced by factors like genetics and hormones. Aging and obesity may also amplify the blood pressure-raising effects of high salt diets.

Eating a salty meal can also cause you to have a dry mouth or feel very thirsty. Encouraging you to drink is another way in which your body tries to correct the sodium-to-water ratio. The resulting increase in fluid intake can cause you to urinate more than usual. On the other hand, failing to consume fluids after eating high amounts of salt may cause your body's sodium levels to rise above a safe level, resulting in a condition known as "Hypernatremia". This can cause water to leach out of cells and into your blood, in an attempt to dilute the excess sodium. If left untreated, this fluid shift can result in confusion, seizures, coma, and even death. Other symptoms of hypernatremia include restlessness, breathing and sleeping difficulties, and decreased urination.

NUTRITION:

Cooking during the Pandemic.

Watch your sugar intake

The World Health Organisation recommends that ideally less than 5% of total energy intake for adults should come from free sugars (about 6 teaspoons). That is added sugar. If you crave something sweet, fresh fruit should always be the priority. Frozen fruits, canned fruits in juice rather than syrup, and dried fruits with no added sugar are also good options. When other dessert options are chosen, try and ensure that mostly they are low in sugar and consume small portions. Watch out for low fat options, as these are often high in added sugars. Limit the amount of sugar or honey added to foods and avoid sweetening your beverages.

I would say though that having a cake or dessert is not going to make you fat, in the same way an apple is not going to make you lose weight. It is what you do on a consistent basis, with the odd lovely, creamy, tasty treat now and then.

We used to think the only problem with sugar was its effect on our teeth. But extra sugar means extra calories and eating too many calories could lead to obesity, which raises your risk of heart disease and other conditions. To avoid those extra calories we need to watch out for free sugars.

Free sugar is what we call any sugar added to a food or drink. Or the sugar that is already in honey, syrup and fruit juice. These are free because they're not inside the cells of the food we eat. The sugars found in fruit, vegetables, and milk do not seem to have a negative effect on our health, and they come with extra nutrients, such as fibre.

But when fruit is turned into fruit juice, the sugars come out of their cells and become free sugars. The fibre is lost and it's easier to consume extra sugar without realising. You wouldn't eat four oranges in a row but you might drink their juice in one glass of orange juice without feeling full.



Watch your fat intake

The World Health Organisation recommends limiting total fat intake to less than 30% of total energy intake, of which no more than 10% should come from saturated fat. To achieve this, opt for cooking methods that require less or no fat, such as steaming, grilling or sautéing instead of frying foods. If needed, use small amounts of unsaturated oils like rapeseed, olive or sunflower oil to cook foods. Prefer foods that contain healthy sources of unsaturated fats, such as fish and nuts. To limit saturated fats, trim excess fat from meat and poultry and choose skinless options. Reduce foods such as red and fatty meats, butter and full-fat dairy products, palm oil, coconut oil, solid shortening and lard.

Avoid trans fats as much as possible. Read nutrition labels to ensure that partially hydrogenated oils are not listed in the ingredients. If food labels are not available, avoid foods which commonly contain trans fats such as processed and fried foods, like doughnuts and baked goods, including biscuits, pie crusts, frozen pizzas, cookies, crackers and margarines that include partially hydrogenated fat. If in doubt, minimally processed foods and ingredients are better choices. Make sure treats are treats, not norms!!!

We have covered most of these throughout these packs.
The World Health Organisation is just repeating HMHB information. :-)
Isolating does not mean you have to start eating unhealthily.
Let's all come out of lockdown with a better knowledge on nutrition.

Essential Nutrition: HMHB look at Vitamin K

**In earlier packs we looked at the various vitamins.
Here we add more information about these essential nutrients.**

Vitamin K is a lipid (fat) soluble vitamin. How vitamin are soluble determines how each vitamin acts within the body. The fat soluble vitamins are soluble in lipids. These vitamins are usually absorbed in fat globules (called chylomicrons) that travel through the lymphatic system of the small intestines and into the general blood circulation within the body.



Vitamin K is a vitamin found in leafy green vegetables, broccoli, and Brussels sprouts. The name vitamin K comes from the German word "Koagulationsvitamin."

Several forms of vitamin K are used around the world as medicine.

Vitamin K1, "Phytonadione", and Vitamin K2, "Menaquinone", are available in North America. Vitamin K1 is generally the preferred form of vitamin K because it is less toxic and works faster for certain conditions.

Vitamin K is most commonly used for blood clotting problems or for reversing the blood thinning effects of "Warfarin". It is also used for many other conditions, but there is no good scientific evidence to support most of these other uses.

It possibly helps with weak and brittle bones, "Osteoporosis". Taking a specific form of vitamin K2 seems to improve bone strength and reduce the risk of fracture in most older women with weak bones. But it doesn't seem to benefit older women who still have strong bones. Taking vitamin K1 seems to increase bone strength and might prevent fractures in older women. But it might not work as well in older men. Vitamin K1 doesn't seem to improve bone strength in women who have not gone through menopause or in people with Crohn disease.

The two forms of vitamin K (vitamin K1 and vitamin K2) are "likely safe" for most people when taken appropriately. Vitamin K1 10 mg daily and vitamin K2 45 mg daily have been safely used for up to 2 years. Most people do not experience any side effects when taking vitamin K in the recommended amount each day. But some people may have an upset stomach or diarrhoea.

As we said earlier, Vitamin K can interact with Warfarin - another reason to ensure if you do take a multi-vitamin, or any kind of supplement, it is best to check with your doctor first.

Vitamin K is used by the body to help blood clot. Warfarin (Coumadin) is used to slow blood clotting. By helping the blood clot, vitamin K might decrease the effectiveness of warfarin. Be sure to have your blood checked regularly. The dose of your warfarin (Coumadin) might need to be changed.

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.

Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.

NUTRITION: Lazza's Kitchen

Pineapple Upside-Down Cake

**Lazza is still trying out new recipes
Today - he makes his first ever Upside-Down from scratch**

The origins of the pineapple upside down cake date back hundreds of years, when people would cook on cast-iron skillets over open fires. When they wanted a sweet treat, they would line the bottom of the pans with fruit, and pour batter on top. When the cake was ready, the pan was flipped over, revealing the gorgeous pattern of caramelized fruit on the top.



170g softened unsalted butter
100g brown sugar
200g granulated sugar
½ teasp Cinnamon
Pineapple wedges or rings
2 large eggs
1 teasp vanilla extract
2 teasp baking powder
200g plain flour
125g of plain yoghurt or sour cream (I used yoghurt)

Preheat oven to 180C/350F.

Spread around 50g of the butter over the bottom of a 9in cake tin.

Scatter the brown sugar and the cinnamon evenly on top of the butter.

Arrange the pineapple however you choose in an even layer on top of that.

In a bowl - whisk the butter and granulated sugar (I also added a little squeeze of lemon) until light and fluffy.

Add the two egg yolks (keep the whites) and vanilla, and whisk in.

Now add the baking powder.

Gradually add the flour until all whisked, then add the egg whites and yoghurt.

Spoon mixture into tin and bake 35-40 minutes. Rest for 10 minutes.

Turn out, pineapple on top, onto serving dish. Enjoy.



**Can I claim this as one of my fruit per day??
Clutching at straws, but what is not to love
about fruit and sponge.**

**The pineapple and brown sugar caramelised
into the sponge.**

Slices will be handed out to walkers.

**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 music acts from the 1980s in the pictures below.
Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Staying physically active through lockdown

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 had restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting these as soon as we possible can.

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.

As COVID-19 cases continue to emerge throughout the UK, Europe, and the world, many healthy individuals are being requested to stay at home in self-quarantine and isolate. In some countries, including the UK, fitness centres and other locations where individuals are normally active, continue to remain temporarily closed. We hope that the government does reopen them as soon as possible, for both physical and mental health reasons. We miss our sessions at Better.



Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. I know myself just how sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being, and quality of life of individuals. Isolation and self-quarantine can also cause additional stress, and challenge the mental health of citizens. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.

Both our National Health Service and the World Health Organisation recommends 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity, physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and with limited space.

Take short active breaks during the day. I do not believe anyone who says they do not have any time for this, and I am my own worst enemy as I admit I have not been doing this myself. Maybe try some online classes (check out page 23 here), walk more, stand up more, but also find time to relax.

Lazza's weightloss challenge

I would like to thank everyone for their continuing support.

I needed to take time and reassess. My body injuries have played on my confidence.

It's all about getting back into the best routine possible.

This lockdown has not helped, but I cannot use that as an excuse.

More news on all this will follow at the end of the month. :-)

EXERCISE/FITNESS:

Let's try some home exercises you can do quickly

We would like to thank the World Health Organisation Europe for the photos accompanying these exercises.

Knee To Elbow

- Stand nice and tall.
- Alternately, lift each leg, and at the same time bring the opposite elbow down to touch the knee.
- Don't worry if you cannot actually touch, it is the movement that is important.
- This is an excellent CrossFit exercise for targeting the lower abdominals and overall core area.
- Go at your own pace. Maybe do for 30 seconds, have a small rest, then repeat another two or three times.
- Try and get your knees as high as possible.



Plank

We have covered this one a few times, but it strengthens your spine, rhomboids, lats, trapezius, core, quads, glutes, hamstrings, shoulders, and triceps when done properly.

- Get into press up position (most people like to rest on their elbows, as shown in picture).
- Keep the hips at the level of the head. Hold for 20–30 seconds (or more, if possible), rest for 30–60 seconds, and repeat up to 5 times.
- If difficulty getting down to the floor, you can do this against a wall, but remember that your stance is very important.



Back Extensions

- Lie face down on the floor.
- Touch your ears with your fingertips and lift your upper body, keeping the legs on the ground. Lower the upper body again.
- Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.

Doing back extension exercises is a great way to tone your lower back and core. These moves will also strengthen the muscles in your bum, hips, and shoulders. This can help improve posture and low back pain so you can do everyday activities with ease.



EXERCISE/FITNESS:

More exercises for home lockdown

Squat

We have covered squats a lot, as they are such a fantastic exercise, with many variations, but let's look again at the basic squat.

- Stand straight. Push your bum behind you and lower down into the squat position, as if sitting in a chair. Don't worry if you cannot go very low.
- It is important to ensure you can always see your toes (I have to say I do not think this lady is totally correct in the photo - the knees should never be further forward than your toes).
- Stand back up, and keep repeating.



Side Knee Lifts (not very imaginatively named)

- From your standing position, touch your knee with your elbow, lifting the knee to the side, alternating sides.
- Find your own pace. Do not worry if you cannot go very fast, or if you cannot actually touch the elbow on the knee.
- Try to perform this for 1–2 minutes, rest for 30–60 seconds, and repeat up to 5 times.

This exercise builds strength in your hips, glutes, and abs, all of which help you to build a strong core that can support your body through any movement. Also builds back strength. This helps to improve and maintain a good posture to prevent back injury and pain.



Superman

You can do this exercise standing up, but it is better on all fours.

- Place your hands under your shoulders, and knees under your hips.
- Lift one arm forward and the opposite leg back, alternating sides.
- Perform this exercise 20–30 times (or more), rest for 30–60 seconds, and repeat up to 5 times

This exercise should be part of the schedule of anyone worried about lower back pain, which should be just about anyone who works at a desk most of the time. As well as strengthening your lower and upper back, this move also works your glutes and hamstrings, and increases your core strength.



EXERCISE/FITNESS:

Further benefits of regular running

The Bridge

- On your back, plant your feet firmly on the ground with your knees over the heels.
- Slowly lift the hips as much as it feels comfortable, hold at the top for three to five seconds, then slowly lower them again.
- Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.

This exercise isolates and strengthens your gluteus (bum) muscles - the gluteus maximus, medius and minimus - and hamstrings, which are the main muscles that make up the posterior chain.



Chair Dips (you can be directly on the floor if too difficult - this is a tough one).

- Hold onto the seat of a chair (possibly have chair resting against a wall to stop it slipping), with your feet about half a meter away from the chair.
- Bend your arms as you lower your hips to the ground, then straighten the arms. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times.

Also called tricep dips, as they focus on these muscles on the back of your upper arms.



Child's Pose

- With the knees on the ground, bring your hips to your heels.
- Rest your tummy on your thighs and actively stretch your arms forward.
- Breathe normally. Hold this position for 20–30 seconds (or more).

Child's Pose is a beginner yoga pose that stretches the muscles of the low back, as well as the inner thighs. For those with tight back and hip muscles, this will, of course, feel like work.

It is also shown to lift stress and anxiety as it helps to relax your body.



**It has been great to get back to actual exercises in these packs.
These are all basic ones (well, maybe the chair dips are tougher).
But all can be done at home during isolating and lockdown.
Or in the local park once the weather becomes a bit nicer.
I will definitely be doing more, as I have slipped the last few weeks. :-)**

HEALTH / ROUTINE

What is a pulled muscle?

I decided to focus on a couple of personal subjects this week. The first being “pulled muscles”. Sadly, for me, I went and tweaked a muscle at the base of my back doing our first online Zumba session last Sunday morning. I actually felt it go but, stupidly, carried on regardless to the end. By Sunday night, I could not even pick up a cup from the table, and getting into bed took quite a few minutes.

Gladly, I am typing this on Thursday evening (18th), with some freeze gel working on the affected area, and the muscle is recovering quickly.

But what is a pulled muscle?

What it boils down to medically is a “sprain” or a “strain”.

Sprain: a torn or twisted ligament (tissue that connects the joints): common in wrists, knees, ankles, thumbs.

Strain: overstretched or torn muscle (known as pulled muscle): common in knees, feet, legs, back. So it appears I had a back strain!!!



The NHS says: for the first couple of days, follow the 4 steps known as “RICE” therapy to help bring down swelling and support the injury:

- **Rest:** stop any exercise or activities and try not to put any weight on the injury.
- **Ice:** apply an ice pack (or a bag of frozen vegetables wrapped in a tea towel) to the injury for up to 20 minutes every 2 to 3 hours.
- **Compression:** wrap a bandage around the injury to support it.
- **Elevate:** keep it raised on a pillow as much as possible.

To help prevent swelling, try to avoid heat (such as hot baths and heat packs), alcohol and massages for the first couple of days. When you can move the injured area without pain stopping you, try to keep moving it so the joint or muscle does not become stiff. (not sure where “deep heat” stands with this!!!).

It's likely to be a sprain or strain if:

- you have pain, tenderness or weakness – often around your ankle, foot, wrist, thumb, knee, leg or back
- the injured area is swollen or bruised
- you cannot put weight on the injury or use it normally
- you have muscle spasms or cramping – where your muscles painfully tighten on their own.

You do not have to visit your doctor if worried. Speak to a pharmacist about the best treatment for you. They might suggest tablets, or a cream or gel you rub on the skin.

Painkillers like paracetamol will ease the pain and ibuprofen will bring down swelling.

But you should not take ibuprofen for 48 hours after your injury as it may slow down healing.

I am sure I will be back to normal in a few days. Yay!!!

HEALTH / ROUTINE

What are Pins and Needles?

I am sure most of us have experienced the feeling of “pins and needles” in our lives. But do you actually know what is happening?

It does have a medical name: “Paraesthesia”. Maybe you fell asleep with your arm pinned under you. Or you kept your legs crossed too long.

It may seem weird, but paraesthesia usually is painless and harmless. But sometimes it can be a sign of a more serious medical problem.

So what are these symptoms?

You'll usually feel paraesthesia in your hands, arms, legs, or feet. But it can happen in other areas of the body as well.

People with paraesthesia could feel:

- Burning
- Prickling
- Itching
- Tingling.

Paraesthesia happens because of pressure on a nerve. When that pressure is gone, for example you uncross your legs, the feeling goes away.



But in some cases, it doesn't go away. Or if it does, it comes back regularly. That's called “Chronic Paraesthesia”, and it can be a sign of a medical condition or nerve damage.

Several things can cause chronic paraesthesia, including:

- An injury or accident that caused nerve damage.
- A stroke or mini-stroke, which is when blood flow to your brain is cut off and causes damage.
- Radiculopathy: a compressed nerve root.
- Neuropathy: nerve damage
- A pinched nerve (often in your neck, shoulder, or arm) from injury or overuse
- Sciatica: pressure on the sciatic nerve, (which goes from your lower pelvis to your buttocks and legs), a common problem during pregnancy that typically causes numbness and pain in your back or legs.

Several things can raise your chances of paraesthesia, including:

- “Carpal Tunnel Syndrome”: when the small tunnel that goes from your wrist to your lower palm gets too narrow. That narrowing causes pressure on your median nerve. Pain and numbness in your forearm, wrist, hand, and fingers can follow. Carpal tunnel syndrome can be the result of repetitive movements.
- Type 1 Diabetes
- Type 2 Diabetes
- Multiple Sclerosis
- Low levels of some Vitamins, especially Vitamin B12, which is important for nerve health.

It is possible that medications you are taking can aggravate symptoms. This includes chemotherapy, HIV treatment, some antibiotics, and medications for seizures.

If you have any worries, speak to your doctor.

HEALTH / ROUTINE

Why do people get Dizzy?

Many parts of your body, including your eyes, brain, inner ear, and nerves in your feet and spine, work together to keep you balanced. When a part of that system is off, you can feel dizzy. It can possibly be a sign of something serious, and it can be dangerous if it makes you fall.

Don't worry if it is just once or twice. However, if you feel that your dizziness has become a problem, then your doctor will look at all your symptoms and overall health to figure out what's going on and how to treat it.

Get medical attention immediately if you're dizzy and you faint, fall, or can't walk or have any of the following:

- Chest pain,
- A really bad headache
- Head injury
- High fever
- Irregular heart rate
- Seizures
- Shortness of breath
- Stiff neck
- Sudden change in speech, vision, or hearing
- Vomiting
- Weakness or numbness in your face
- Weakness in your leg or arm



Vertigo?

Does it feel like you're spinning or the room is moving around you? That's a classic sign of a particular type of dizziness called "Vertigo". It's more than feeling off-kilter and usually gets worse when you move your head. This is a symptom that there is an issue in the inner ear or part of the brainstem governing balance. The most common kind is "benign paroxysmal positional vertigo", or BPPV.

Your inner ear is a complicated system of canals filled with fluid. These let your brain know how your head is moving. With BPPV, tiny bits of calcium in part of your inner ear get loose and move to places they don't belong. The system doesn't work the way it should and sends your brain the wrong signals. It's often caused by the natural breakdown of cells that happens with age. A head injury can cause it, too.

Dizziness can be a sign of a problem with your blood flow. Your brain needs a steady supply of oxygen-rich blood. Otherwise, you can become lightheaded and even faint. Some causes of low blood flow to the brain include blood clots, clogged arteries, heart failure, and an irregular heartbeat. For many older people, standing suddenly can cause a sharp drop in blood pressure. It's important to get medical help immediately if you're dizzy and faint or lose consciousness.

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

**We try and add entries every week. Please log on to have a read.
We will be adding information as often as possible.**



Why not try an exercise class!!!

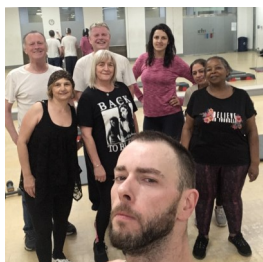
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

HMHB is partaking on Sundays, so why not join us.

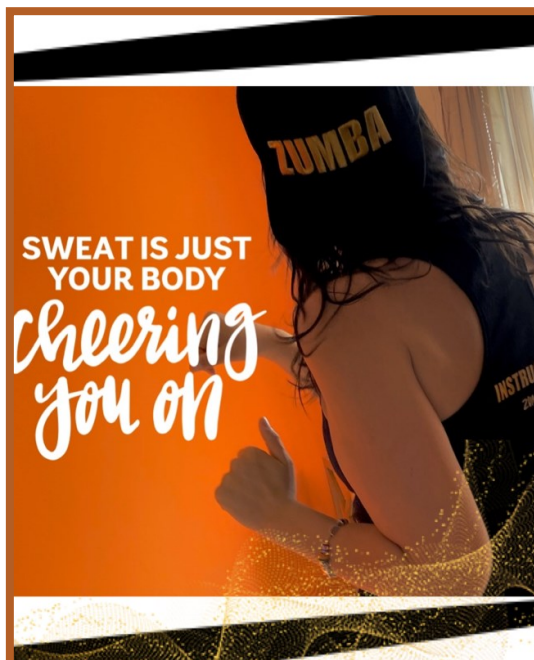
Karina is based in Islington, but her online classes are fabulous.

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:

People can become judgmental due to their pride, their hurt and anger at being wronged, and a lack of love for others. Three ways to overcome being judgmental include self-reflection, forgiveness, and seeing the whole person. Sometimes, without thought or notice, we judge people as a reflection of what we feel or think about ourselves.

We all do it, so why not think about why you do it yourself? Are you unfair? Can you do better? It's something we can all improve.

Never judge someone
without knowing the
whole story. You may
think you understand,
but you don't.

Nutrition.

This lockdown can make us all change our behaviours, especially about what we eat. But it is more important than ever to try and stick to a healthy diet, as that boosts our immune system, can help us stay focused, and stop us from creating other problems in the future.

So, let us all take heed of what we are eating and drinking, the make up of that food, and make healthy changes. It is your body, and your responsibility to look after it.

Lockdown eating insights

Exercise



Lockdown and isolation can lead to sedentary routines, and growing issues around fitness.

So it is vital that we all do more around exercise.

We have suggested several different exercises that cover our legs, arms, and core, and are all very easy to do at home, or in the local park. We have covered several of them before. Squats and Planks are two terrific movements that can bring significant benefits.

I admit that I have slacked off in 2021, but will be getting right back on it this week. Follow my lead, and get active.

Health.

This week we looked at three common health issues that many of us experience.

I recall playing cricket for my school and straining my back, which I did again this week performing Zumba. But I learnt a lot just doing my research for this pack.

We also had a glance at pins and needles - which I know I have had when getting in awkward positions in bed on occasions, and then covered the subject of dizziness, which can be a signpost for other health issues.

Naturally, if you have any health concerns do contact your local medical practice. :-)



**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 + 80s Bands from Page 15

See if you can beat your family and friends

Pop Music:

What is the girl's name in these song titles?

How did you do?

- | | | |
|----|-------------------|----------------|
| a. | Barry Manilow: | Mandy |
| b. | Michael Jackson: | Billie Jean |
| c. | Elton John | Nikita |
| d. | The Beach Boys | Help Me Rhonda |
| e. | Kool & The Gang | Joana |
| f. | Rod Stewart | Maggie May |
| g. | The Knack | My Sharona |
| h. | Neil Sedaka | Oh Carol |
| i. | Tina Turner | Proud Mary |
| j. | The Police | Roxanne |
| k. | The Beatles | Lady Madonna |
| l. | Derek And Dominos | Layla |

History

In which year did the following events occur?

How close did you get?

1. 1998 Google was founded
2. 1616 Shakespeare died.
3. 2007 First iPhone released
4. 1889 Eiffel Tower opened to the public
5. 1215 The Magna Carta signed
6. 1491 Henry the Eighth was born
7. 2009 Michael Jackson died
8. 1843 First Christmas Card sent
9. 1992 Badminton becomes Olympic sport
10. 1588 Spain launched their Armada
11. 1994 The first episode of 'Friends' aired
12. 1929 Vatican City is Independent country
13. 1872 The first Football F A Cup Final

Film:

These films all won the Oscar for Best Visual Effects? Did you name them all?

- | | | |
|-----|-------|-------------------------------------|
| 1. | 2010: | Inception |
| 2. | 2008: | The Curious Case of Benjamin Button |
| 3. | 1981: | Raiders Of The Lost Ark |
| 4. | 1971 | Bedknobs And Broomsticks |
| 5. | 1988 | Who Framed Roger Rabbit? |
| 6. | 1993 | Jurassic Park |
| 7. | 2013 | Gravity |
| 8. | 1966 | Fantastic Voyage |
| 9. | 1996 | Independence Day |
| 10. | 1959 | Ben Hur |
| 11. | 1997 | Titanic |
| 12. | 2000 | Gladiator |
| 13. | 2018 | First Man |
| 14. | 2009 | Avatar |
| 15. | 1983 | Return Of The Jedi |
| 16. | 1965 | Thunderball |

Sport

The 14 teams played in Football World Cup Final are:

Winners: Brazil, Germany, Italy, Argentina, France, Uruguay, England, Spain.

Runners Up: Netherlands, Czechoslovakia (now split), Hungary, Sweden, Croatia.

Note: Germany was also as West Germany in 6 finals

QUIZ ANSWERS

List of 1980s Bands - from Page 15

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

- | | | | |
|----|---------------------------|----|----------------------|
| 1 | Tears For Fears | 2 | Depeche Mode |
| 3 | Human League | 4 | A-Ha |
| 5 | Frankie Goes To Hollywood | 6 | Genesis |
| 7 | Spandau Ballet | 8 | Simple Minds |
| 9 | Erasure | 10 | Culture Club |
| 11 | Bananarama | 12 | Fine Young Cannibals |
| 13 | A B C | 14 | The Jam |
| 15 | Ultravox | | |

The World

15 happiest Countries:

Finland, Denmark,
Switzerland, Iceland, Norway,
Netherlands, Sweden,
New Zealand, Luxembourg,
Austria, Canada, Australia,
UK, Israel,
Costa Rica

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 us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

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