



Healthy Minds, Healthy Bods

Our six month celebration issue

Health Pack: Number 26

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Prepared by: Lazza, Luke and Dean: Monday 12th October 2020

www.hmhb2016.org.uk



**"Friends come and go, like the waves of the ocean,
but the true ones stay, like an octopus on your face."**

Welcome to the 26th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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

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

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



**It's week 26 which means its our
SIXTH MONTH ANNIVERSARY
YAY!**

**Thank you everyone who reads these packs,
and hopefully enjoys them.**

**Thank you to all the organisations we
contact and promote them too.**

You are all AMAZING!!!!

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:

Why do Covid and other viruses have no cure?

Speaking with many of our users, people are talking about the vaccines being prepared around the world, and they think there will be a miracle cure for the Covid 19 virus. But that is not so.

At the moment, the best we can do at our hospitals is offer “supportive care” - and this does save lives. People who have to be hospitalised with severe symptoms from the Coronavirus are given medicine to bring down the fever and fluids to keep them hydrated, generally by intravenous drips. Some may be required to be connected to a ventilator, which will help them breathe. But do note, they cannot actually cure Covid 19.



There are no drugs that will attack the virus, at time of typing (1st Oct). The immune system is on its own.

But do not worry. For the vast majority of people who get Covid 19, our Immune systems will deal with it. Many will not even know they had it, displaying no symptoms. The body's natural barriers against disease causing intruders, like our skin, the mucous and hairs in our noses, the acid in our stomachs, are part of our “innate” immune system. The “adaptive” immunity develops over a lifetime of contact with pathogens and vaccines. Vaccination safely teaches our adaptive immune systems to repel a wide range of diseases, and thus protect ourselves and others. There is currently no vaccine for coronavirus, and we may not see one for many months or longer. So, for now, our immune systems must adapt unaided to this potentially deadly threat.

Remember viruses are not bacteria, so antibiotics will not help. We have only been able to develop treatments for a handful of viruses in the last few decades - we think of HIV and the Flu - but the arsenal is minimal. The main difficulty is that viruses are technically not alive, instead they depend on the “machinery” inside human cells to reproduce. So the doctors have to be careful. Any drug has to target just the virus and, as Covid is in a parasitic cycle, the drug could actually harm the cell and therefore the patient too. They have to target the sickness, and find out exactly what the virus is doing. This is why it takes a long time to produce a vaccine.

A few of the enzymes used by various viruses are distinct enough from their human counterparts that they can be targeted without harming the patient. That is how antiviral drugs work against HIV, for example. But it does not eliminate the virus, it just keeps it under control. HIV has no cure at the moment, nor does Covid. It was reported once that a man was cured of HIV, but they put that down to a blood transfusion, not medication.

Another problem is that certain classes of viruses are fundamentally different from each other, unlike bacteria that are all related to each other. Think of it as bacteria are similar to each other as various kinds of cars. Viruses, on the other hand, can be as distinct from each other as cars and boats. So developing a new drug requires a commitment of time and resources. They have experimented with current remedies. Remdesivir was a drug produced to deal with Ebola, did not work well, and now tried against Covid its results are unclear.

People talk about the Flu. Yes, antiviral drugs can lessen the duration of the flu, but only if given early on. With severe symptoms, they are of little use. We just need to remain patient, but there will be no miracle cure!!!!

Sorry it sounds so negative, but I had questions myself, and wanted to share my research.

A vaccine will take quite a while, so we need to learn to live with this and be safe.

Wear masks when told, respect social distancing, but also live your lives.

NEWS PAGE:

HMHB wish to thank our friends: Six months of Packs

Little did I imagine, back in April, that we would still be producing these packs in October. Not only that, the first issue was just 10 pages, and now we produce 22 pages each time (I have uploaded a new 22 page revised version of our first Issue to our website; do check it out).

This issue is slightly bigger as we have had a look back at our various main topics of Mind-set, Nutrition, Exercise/Fitness and Health/Routine, as well as our recipes.

We also wanted to acknowledge some of our brilliant networking organisations who have promoted the packs so wonderfully, as well as help us produce them. I hope I cover everyone. Please forgive little me if I have left you out.



Firstly, none of this is possible without funding. You can imagine the time, effort, research, and all the obvious overheads that come with producing a pack like this. So we thank the London Community Response Fund and Islington Giving, overseen by Cripplegate. I hope I have worded that correctly. They showed us a lot of faith at the end of April, and we are so thankful. Since then we had a small grant from the National Lottery Community Fund at the end of August, and that means we can carry on with these weekly health packs to Christmas.

We also want to say a great hello and thanks to Islington Council, and our local councillors. Their support has been superb. We are just a small project at the moment, with big ambitions, so knowing we have had their backing is crucial.

We distribute by email, delivery and post. And I know we have reached far and wide. Not only Islington, Camden, Haringey and Hackney, but also our friends Walk With A Doc in the US, who promoted us worldwide. Thanks guys!!!

We reach many organisations: Help On Your Doorstep, Age UK (in three London boroughs), Mind, Better Lives, Hackney CVS, Eagle Project, Hillside, multiple community centres, Healthwatch (in four London boroughs), Highbury Roundhouse (who called us up specially to say how welcome the packs are), The DWP Job Centres in four London boroughs (with whom we are hoping to do physical and mental health intervention in the near future), Healthy Generations, the Arc Centre, all the Mutual Aid groups in Islington, and many more. Knowing you are all promoting us is incredible.

We would love people to check out the packs they have not seen. All are in PDF form on our website, and we have to thank Kacper for his fantastic work getting our website set up, and ensuring we keep it up to date.



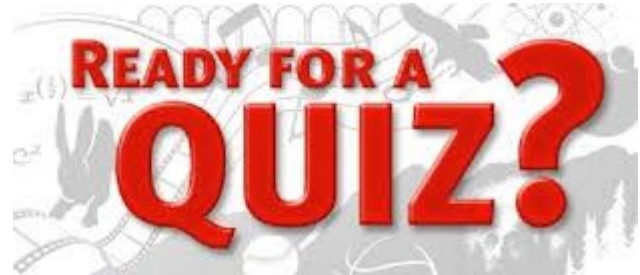
Finally, I would like to thank my colleagues Luke and Dean. HMHB would not be where it is today without you guys. We all deserve success. Let's hope seed funding actually comes. Fingers crossed!!!

All packs in PDF form at:
<https://www.hmhb2016.org.uk/mental-health-packs>

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

Media

Can you name the top ten UK newspapers by circulation, as at August 2020? This includes different versions at the weekend.
 Not as easy as you may think.



History

In which year of the 20th Century did these things happen? See how close you can get.

- a. Ball Point Pen invented by Biro
- b. Vaccine for Polio
- c. The Portable Calculator
- d. The Jet Engine by Whittle
- e. Dolly, the first cloned sheep
- f. The bra was invented
- g. First modern Helicopter by Sikorsky
- h. The kidney dialysis machine
- i. Birdseye with frozen food
- j. First heart pacemaker
- k. Penicillin discovered
- l. Cats eyes for roads

Geography

In which countries are these African cities?

1. Mogadishu
2. Dakar
3. Khartoum
4. Timbuktu
5. Tripoli
6. Lagos (biggest city)
7. Algiers
8. Casablanca
9. Mombasa
10. Kinshasa (2nd biggest city)
11. Dar Es Salaam (6th biggest city)
12. Accra
13. Harare

Film:

Can you name the famous Directors of these films:

1. Rope: Marnie
2. Citizen Kane: The Lady from Shanghai
3. How the West was Won: Stagecoach
4. Goodfellas; Taxi Driver
5. It's a Wonderful Life: Mr Smith goes to Washington
6. Schindler's List: Jurassic Park
7. The Maltese Falcon: The African Queen
8. Annie Hall: Sleeper
9. Pulp Fiction: Jackie Brown
10. The Da Vinci Code: Willow
11. Interstellar: Inception
12. Alien: Blade Runner
13. American Sniper: Gran Torino
14. The Shining: A Clockwork Orange
15. Edward Scissorhands: Alice in Wonderland
16. True Lies: The Abyss



The World:

Of the fifty states of the US (yes, 50 not 52, look it up),
 12 of them begin with a vowel.

Can you name all 12.

A clue:
 None begin with an "e"

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

MIND-SET:

Building A Growth Mind-set Mentality

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.



““What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficult, and every difficulty has an opportunity.”

You need to challenge your brain if you want it to grow. That is the Growth Mind-set. Put it like this. You could go to the gym, lift some weights, look in the mirror and see no change, and give up. Or you can go to the gym and watch someone lift weights and do nothing. Either way, you make no progress. Finally, you can realise that change takes time, and you can keep going to the gym and see change gradually. Ultimately, you need to be proactive for change to occur. You need to keep going, stay focused and not give up, even if it feels like you are getting nowhere.

Always “start”.

One of the hardest things is actually to push yourself to start. When you have a fixed mind-set, you probably won't even start trying to learn something new. Why try if you weren't born with the ability? And if you *do* start, you likely won't stick with it if it seems challenging because the task at hand is simply not a skill that you have.

The first growth mind-set activity you need to do is to take that critical first step. And, this isn't just making moves toward things that you are passionate about or really want to know how to do. Part of this is getting out there and trying new things so you can uncover your passions and truly find out what's right for you. You have to locate your untapped potential. You may already know what fascinates you, but if you don't know everything that is out there, you're strongly limiting yourself. Take that first step.

Once you start learning something new, compete with the person you were last week. Continue to have this competition with yourself to keep growing and improving from where you were at the very start. And it is okay to start small. It's even important to do so when you're trying to learn something new. You have to get out of your head, which just requires dipping in your toes. Just go for it. You can do so much if you try!!!



**This was our second Izzwalkz walk.
2nd December 2016**

**It does not feel like nearly four years.
Here we are outside
Highbury Grange Medical Practice.
Amazing support for us.**

MIND-SET:

More ways towards that Growth Mind-set

Think back to previous success

We all judge ourselves badly at times. We think about all the things we cannot do, not what we could possibly achieve.

However, think about all of the skills that you have built throughout your life and how you have advanced them. No matter what your mind-set is, surely you can think of something that you were not good at doing when you started it, but you eventually got the hang of it.

For example, think about your first day at your last job. Did you show up having the routine and work flow that you have today? Or did you have to go through some trial and error in order to learn how to be good at what you do? You probably had to “practice” your job by showing up each day and facing various problems that you had to work to solve. The same goes for school and how you have developed with some subjects.

Think about what this process was like: whether it is your current job or something more basic such as driving a car, riding a bike, or learning how to cook a simple meal. When we are born we have no skills (except crying loudly and pooping into nappies). Everything you can do now, you have learnt. Praise yourself!



Be proactive with finding opportunity

Nothing will happen unless you go out and look for it. But sometimes that means going outside of your comfort zone to achieve your goals, and this can be daunting. But you need to believe you can and persevere. For example, some people may decide they want to learn a new language. Maybe they are planning a holiday to Spain for the following summer and want to be able to use this skill. They may go online and try a few lessons, find it a bit difficult (fate) and stop. But they need to keep going, even if tough. That's the growth mind-set kicking in. Eventually, if they keep trying, it is inevitable they will improve. Will you be fluent? No, of course not. But that was not the target.

And that is another trick. Have an exact target to aim for, in this case the holiday. Don't say, I want to learn a new language. Say, I want to learn a new language because Then you will try harder. It is the same principle whatever new skill you are learning. Also understand there will be obstacles. There may be others learning with you, and they are better than you. Does that matter?? The only person important is you.

Be Focused

It is sometimes called “grit”. Cultivating grit. Your grit defines your perseverance to meet your goals. It is the amount of effort you are willing to put forth to accomplish something and your willingness to keep moving, no matter how difficult things get, when the reward is far away. In order to have a growth mind-set, you *have* to cultivate grit. We have mentioned it before. What are you prepared to sacrifice? What will you do?

To develop grit, you must find something that you're interested in learning and do anything it takes to improve that skill every day. You also have to believe it's possible to make progress, greatly improve, and succeed, as long as you're putting in the necessary work.



“Don't worry about failure. Worry about the chances you miss when you don't even try.”

MIND-SET:

Growing that Growth Mind-set Mentality



If you're not making mistakes, you're doing something wrong. Which means you're making a mistake. Which means you're fine. I don't know

Learn from your mistakes, and others

No one is immune to making mistakes; we are human, after all! I have made so many (I'm literally shaking my head as I type this thinking of some of them). But if we simply apologize and carry on as before, we're in danger of repeating the same errors.

When we don't learn from our mistakes, we inflict unnecessary stress on ourselves and on others, and we risk losing people's confidence and trust in us. And that also is right if we see others making them.

You can't learn anything from a mistake until you admit that you've made it. So, take a deep breath and admit to yours, and then take ownership of it. Inform those who need to know, apologise if you need to, and tell them that you're working on a solution. Also, understand others around you will make errors too.

Saying "sorry" takes courage, but it's far better to come clean than to hide your error or, worse, to blame others for it. In the long run, people will remember your courage and integrity long after they've forgotten the original mistake. If, however, they hear of it from another source, your reputation will suffer and you may not get another opportunity to learn.

Next, you need to analyse your mistake honestly and objectively. Ask yourself the following questions:

- What was I trying to do?
- What went wrong?
- When did it go wrong?
- Why did it go wrong?

Then do all you can to put it right. Life is a constant journey of ups and downs, rights and wrongs.

Listen to criticism and advice.

This is a tough one for many of us, but it is vital as we learn. I recall our first ever Ajani course. Feedback was terrific for our content, and we were on a real high. But, one person suggested we make a small change, as they felt it would have been better. We could have stuck to our guns and just carried on. Instead, the three of us talked and realised that the person was spot on. We adjusted the following course, and it was much better, and the feedback even more encouraging. And because of that, we are constantly looking to improve and adapt.

It's easy to think we know it all. That we can struggle through. And that is our mental health too. It can be seen as a weakness to ask for help or advice when we have problems and issues, but in fact it is a terrific strength. Knowing that we cannot handle something does not mean we can never handle it.. We just cannot at that particular time. You have control of your actions. Choose wisely.

**Developing that Growth Mind-set involves a lot of effort.
But it is worth it. Life is full of challenges and we need to push ourselves.
These were just a few suggestions of how to look at how you think.
Why not research this a bit more? It's your life, and your choice.**

NUTRITION:

Six Month Nutrition Review of Health Packs

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.

We have covered so many subjects around the subject of nutrition in these packs and, of course, promote a healthy diet. It affects so many facets of our lives: from mental health, our physical health: and can help lower the risk of many debilitating health conditions, such as cardiovascular disease, stroke, and some cancers. It also helps us control our weight, as obesity issues can lead to health complications.

Our main focus in these packs has been to make people aware of the “essential nutrients” we need from our diets in order to stay alive and keep our bodies functioning.

- 1) **Protein** - Chemically, protein is composed of amino acids, which are organic compounds made of carbon, hydrogen, nitrogen, oxygen or sulphur. Amino acids are the building blocks of proteins, and proteins are the building blocks of muscle mass . Proteins are macronutrients, meaning they are one of the three main ways the body obtains energy, or calories.
- 2) **Carbohydrates** - these are the sugars, starches and fibres found in fruits, grains, vegetables and milk products. Carbohydrates are also macronutrients. They are called Carbohydrates because, at the chemical level, they contain carbon, hydrogen and oxygen. We need these natural sugars in our diets, but need to limit the amount of added sugar. Don't cut carbs from your diet. Your brain works on glucose, for example.
- 3) **Fats** - Fats are substances that help the body use some vitamins and keep the skin healthy; they are also the main way the body stores energy. Fats are the third macronutrient. In food, there are many types of fats; saturated, unsaturated, polyunsaturated, monounsaturated, and trans fats. We need to limit the amount of saturated and trans fats (bad) in our diets, and include more unsaturated (good).
- 4) **Vitamins** - “A vitamin is an organic molecule that is an essential 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”. There are four fat soluble vitamins: A, D, E, K: and nine water soluble vitamins: B1, B2, B3, B5, B6, B7, B9, B12 and C. We looked at them all individually in our packs. Check them out.
- 5) **Minerals** - Minerals are those elements on the earth and in foods that our bodies need to develop and function normally. Those “essential for health” include calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, chromium, copper, fluoride, molybdenum, manganese, and selenium. There are also other “trace elements”. Naturally, our body cannot create these, and the only way to get them is through our diets. We are looking at them individually in our packs.
- 6) **Water** - Your body uses water in all its cells, organs, and tissues to help regulate temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water.



**Check out our packs for all our nutrition information.
I have learnt so much myself. It's a fascinating and varied subject.
You control your food and drink intake. Make healthy choices!!!**

NUTRITION:

Optimal Nutrition

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.

“Optimal nutrition involves balancing of feed ingredients and nutrients to meet the requirements of the animal for basic maintenance of physiological function, for growth, and for reproduction/lactation”

That’s quite a definition. And is obviously written to not just include humans, but also the animal kingdom. I can imagine farmers using it so they can produce the healthiest animals.

For humans it means us having all the right products from food and drink to enable us to keep our bodies in peak condition. That obviously includes the six essential nutrients we reviewed on the previous page: but also Antioxidants, Electrolytes, Fibre, etc. And it is for all ages.



Optimal nutrition for infants in the first year of life is essential to attain normal trajectories of growth and development.

“Optimal nutrition is a key determinant of successful aging as food is not only critical to physiological well-being but also contributes to social, cultural, and psychological quality of life. The process of aging affects nutrient needs; requirements for some nutrients may be reduced while requirements for others may be increased. Mounting evidence indicates nutrient requirements may differ alongside the myriad of changes associated with advancing years.

Older adults are a diverse group and have unique nutrient needs and the process of aging occurs at different rates in different people. In general, the main health risk for younger population groups is weight gain and being overweight, whereas in advanced age, older adults are vulnerable to eating too little energy with associated weight loss.

Physical function changes with aging. Characteristically, both lean body mass and Basal Metabolic Rate (BMR) - the rate at which the body uses energy while at rest to maintain vital functions such as breathing and keeping warm - tend to decline with age, concurrent with body composition changes slowly over time. There is a decrease in skeletal muscle, smooth muscle, and muscle that affects vital organ function. A loss of cardiac muscle for example, may reduce cardiac capacity. Gastric atrophy has an increased prevalence in older people; levels of hydrochloric acid secretion are reduced and may contribute to impaired absorption of nutrients such as calcium, iron, and vitamin B12. Use of multiple medications (polypharmacy) may also cause diminish nutrient absorption. In addition, there is a reduction of antibodies, hormones, and enzymes, as well as a decline in bone density. Along with the reduction in skeletal muscle, total body water tends to decrease and body fat may increase proportionally. These changes in body composition affect the body’s metabolism, nutrient intake, absorption, storage, utilization and excretion of nutrients, and overall nutrient requirements. As BMR declines proportionately with the decline in muscle tissue, an older person’s energy requirement per kilogram of body weight tends to be reduced. An overall decline in food intake may compromise dietary variety which is positively associated with nutritional quality and positive health outcomes.”

NUTRITION:

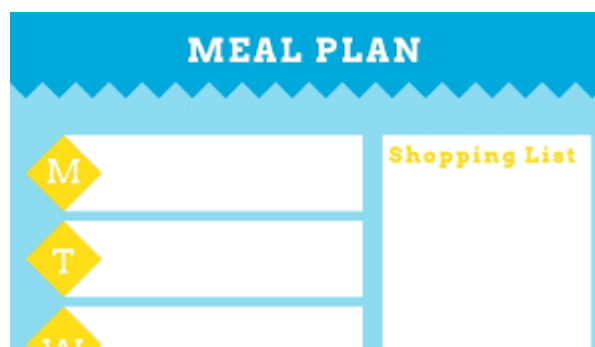
Create an Eating Schedule of Optimal Nutrition

There are some ways you can try and affect your routine so that you give yourself the best opportunity of using nutrition to boost your health.

Eating Schedule and Diary

This could be controversial, and we at HMHB are just providing information. Everyone is different, but we have researched, and more and more “experts” are coming to the same conclusion. What you eat matters most. The make up of your meals, of nutrients and calories greatly affect your overall health. But, more and more, researchers are finding when you eat also affects your risk for obesity and several other serious, and seriously common, health problems. Even if you’re eating healthy foods, they say that eating five or six times a day is a problem.

They suggest some easy-to-follow, not-extreme rules that could help you dodge weight gain while lowering your risk for cardiovascular disease, diabetes, and other deadly health issues. Also, keep a diary of meals.



Even if you’re careful about what you eat and your total calorie intake, snacking between meals can keep your blood sugar levels elevated, which can increase your risk for weight issues and metabolic diseases like diabetes. When you’re always eating, the message you’re sending to your body, at an endocrinological level, is that it needs to stay in a state of increased metabolism, which promotes fat storage. Setting aside your weight status, eating all the time may also harm some “intercellular regenerative processes” that protect you from disease, including cancer.

The experts recommend that if you’re not overweight, stick to three meals a day, and try to keep them within a 12-hour window. Based on the clinical studies conducted, they think 12 hours, not the 6 or 8 you hear, is an appropriate amount of restriction.

If you ARE overweight or obese, they recommend a two-meals-plus-one-snack approach to eating. They suggest either lunch or dinner for your snack-sized meal, and to keep it to around 100-200 calories, and limit your intake of proteins and added sugars. Depending on your current eating habits, making the switch may be difficult at first. But stick with it for 30 days, and you should find it easier to maintain.

In a recent study at the University of Pennsylvania, one group of healthy 20-somethings spent 8 weeks eating all their meals inside that 8am-to-7pm window. A second group ate later in the day: between noon and 11pm. After taking a break, the groups switched schedules.

When eating during the early shift, the study participants lost weight and improved their blood sugar, cholesterol, and triglyceride levels. Just the opposite happened when the same people ate later in the day, even though the study team made sure the participants’ diets and exercise habits stayed the same. What they found was that eating later and closer to bed was associated with adverse changes to the subjects’ weight and metabolism.

Why is eating later a problem? It likely has something to do with your body’s circadian rhythms and the hormones they regulate. In oversimplified terms, your body just may not manage food as well when you eat it later in the day.

NUTRITION:

Optimal Nutrition: Portion Sizes and Hydration

Portion Sizes

There are increasing concerns that larger portion sizes may encourage over-eating and contribute to the high obesity rates seen across developed countries. Furthermore, there appears to be confusion from the consumer perspective about how much of a product should be eaten, and the recommended daily portion size of many common foods, e.g. breakfast cereals, pasta, meat, fish and pulses. Several discrepancies have been noted between the advice given by food manufacturers, non-governmental organisations and health-care professionals.

Most countries, including several in the European Union (EU), employ the pyramid design or an image of a plate divided into different sized sections. These indicate what proportion of meals (or the daily diet) should be devoted to different food groups, e.g. dairy, fruits/vegetable, protein foods. Countries using these methods include Sweden, the UK, and more recently the US. Such dietary recommendations are often based on proportions of total food or energy intakes, not on specific quantities, making them suitable for healthy people with a wide range of calorie requirements. (pic. Left is actual serving. Right is recommended serving - which would you have?)



It is recognised that portion sizes have increased greatly. We are eating more. And that is totally under our control. Think about breakfast cereals - who all normally recommend a serving size of 30g. I cannot think of anyone who does not have considerably more than that. We are then ingesting larger amounts of calories than we realise.

There is a big difference between recommended portion size and what is actually served up on our plates. It is something we all need to control, and can have significant ramifications for our weight and health.

Hydration

You should drink plenty of fluids such as water, diluted squash and fruit juice to stay hydrated. The key is to drink regularly throughout the day (at least 6-8 glasses - or 2 litres).

If you're active, or if the weather is particularly hot, there's a greater risk that you will become dehydrated. To stay hydrated, you should increase your fluid intake.

If you, your child, or someone you are caring for is ill, particularly with a fever, vomiting or diarrhoea, there's a high risk of becoming dehydrated, so it's important to start replacing fluid as soon as possible.

If you are finding it difficult to keep water down because you're vomiting, try drinking small amounts at a time to stay hydrated.

Good hydration prevents: Urinary Tract Infections (UTIs): Headaches: Constipation: Dizziness: Confusion: Kidney Stones: Pressure Ulcers/Skin Conditions: Poor Health - and prevents death!!



We have covered many different subjects surrounding nutrition so far.

Optimal Nutrition has to be the aim of most of us.

A healthy diet will help look after your body and its functions.

It's your choice, and responsibility. What will you do?

NUTRITION: Minerals

Selenium

Minerals:

In the context of nutrition, a mineral is a chemical element required as an “essential for life” nutrient by living organisms to perform functions necessary for life.



- Selenium is a trace mineral, which your body needs in small amounts.
- Selenium is an essential mineral, meaning it must be obtained through your diet .
- Selenium is a powerful antioxidant that fights oxidative stress and helps defend your body from chronic conditions, such as heart disease and cancer. Antioxidants are compounds in foods that prevent cell damage caused by free radicals. Free radicals are normal by products of processes like metabolism that are formed in your body daily. They get a bad name, but free radicals are essential for your health. They perform important functions, including protecting your body from disease. However, things like smoking, alcohol use, and stress can cause an excess of free radicals. This leads to oxidative stress, which damages healthy cells.
- Higher blood levels of selenium may protect against certain cancers, while supplementing with selenium may help improve quality of life in people undergoing radiation therapy. Selenium may help lower heart disease risk by reducing inflammation and oxidative stress in your body. Oxidative stress and inflammation have been linked to atherosclerosis, or the build up of plaque in arteries. Atherosclerosis can lead to dangerous health problems like strokes, heart attacks, and heart disease.
- A diet rich in selenium may help prevent mental decline and improve memory loss in people with Alzheimer's disease . One small study found that supplementing with one selenium-rich Brazil nut per day improved verbal fluency and other mental functions in patients with mild cognitive impairment. What's more, the Mediterranean diet, which is rich in high-selenium foods like seafood and nuts, has been associated with a lower risk of developing Alzheimer's disease.
- Selenium is important for the proper functioning of your thyroid gland. In fact, thyroid tissue contains a higher amount of selenium than any other organ in the human body. This powerful mineral helps protect the thyroid against oxidative damage and plays an essential role in the production of thyroid hormones. A healthy thyroid gland is important, as it regulates your metabolism and controls growth and development.
- Selenium is crucial for the health and proper functioning of your immune system. Higher levels of selenium may help boost the immune systems of people with HIV, influenza, tuberculosis, and hepatitis C. It has been suggested that it could also help with Covid.

Minerals are just another “essential for life” nutrient you need to get from nutrition.

It's your responsibility to make sure you get enough!!!

Why not research this Mineral even more this week?

Maintaining an adequate Selenium intake is important for your overall health,

NUTRITION: Lazza's Kitchen

A review of what has gone on so far

**Lazza decided to start a new hobby - cooking real food.
Let's take a look back and ask him how it has gone.**

I really wanted to introduce a recipe page into the packs, and it started back in issue 3. My first thought was to ask guest chefs every week. But then we would lose a little control over our content.

I then came up with the idea having a go myself. We had mentioned in a pack about trying out a new hobby, and that lockdown was a great time to learn a new skill. So I thought I would lead by example and give it a go. I had mostly been a "pierce film lid" kind of guy before. Of course I had cooked, but typically using supermarket sauces and packets, and I had never baked. It was time to let myself loose.

I try and do savoury and sweet dishes, and am always stunned at how well they come out.
Here are a few of my own favourite dishes I have cooked:



**From various packs:
Fruit Crumble
Tomato Soup
Bakewell Tart
Fruit Pie
Banoffee Pie
Coffee and Walnut Cake
Custard Tart.
mostly desserts!!!!
All were delicious.**



It has been a real eye opener discovering I can make things I never thought possible. The Bakewell Tart, for instance, tasted even better than the shop ones, as did the custard tart. I have made several of both since. But, I am most proud of the coffee and walnut cake. I had never used cake tins before, and I felt like I was on the Great British Bake Off - although I am not sure I would have got any handshakes from Paul.

So why not try out some of our recipes. All are on our website recipe page, or just create some dishes yourself. Yes, I have done quite a few sweet desserts, but treats are fine. Life is too short for you never to try something new. There are plenty of main meals in there too.

"A person who never made a mistake, never tried something new"

**"If you want something you have not got,
then you've got to do something you've never done."**

NUTRITION: Lazza's Kitchen

Luxury Rice Pudding

**Lazza is still trying out new recipes
Today - he cooks a proper Luxury Rice Pudding**

“The earliest rice pudding recipes were called whitepot and date from the Tudor period; one of the earliest recipes was written down by Gervase Markham in 1615. Rice pudding is traditionally made with pudding rice, milk, cream and sugar and is sometimes flavoured with vanilla, nutmeg, jam and/or cinnamon.

It can be made in two ways: in a saucepan or by baking in the oven.”



200g Pudding Rice
410g can Evaporated Milk
800ml Whole Milk
150ml Double Cream (extra thick)
40g Golden Granulated Sugar
1 teaspoon vanilla essence
Ground Nutmeg
Butter for the bowl

- Preheat oven to 150c.
- This is a very simple recipe.
- Make sure you rub butter around the bowl (see pic)
- Add the rice and sugar into the bowl, and mix together
- Add the milk and evaporated milk and again give a good stir
- I added some double cream, and then gently whisked the mixture
- Add the vanilla essence and whisk again
- Shake the ground nutmeg generously over the top
- Carefully pop the dish into the oven.
- After 45 minutes, slide the shelf out and give another stir
- Check again after an hour and a quarter, should be a nice skin on top.
- You may have to leave a further ten or fifteen minutes
- At end, rice swollen, with pools of creamy liquid around.
- Enjoy on its own, or add more cream, jam, or fruit.



**One of my favourite puddings
growing up. I always made it
plain before.**

**This first luxury one is so
creamy and delicious.
Honestly, it's heaven in my
mouth. Give it 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 a great and tasty pudding to prepare.**



HMHB's Name Game Page - trickier than you think
What are these buildings called and in which city are they?
Answers at bottom of quiz page answers (page 27)



1



2



3



4



5



6



7



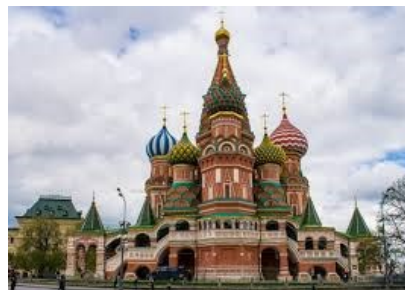
8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Six Month Exercise/Fitness Review of Health Packs

At HMHB, we love all of our accessible exercise sessions, and are currently chatting with Better Gyms to get them back up and running, especially with the colder, wetter Autumn months now here.

We have covered so much in our packs, and have even had guest contributors too.

The basic exercise is, of course, walking, and our wonderful US based friends, Walk With A Doc, helped us out in Pack 12. Our Izzwalkz initiative, to provide access to free friendly group walking, started back in November 2016, and we worked in partnership with Highbury Grange Medical Practice, who are absolutely terrific. We then joined the WWAD network in 2018 (more details on them on page 23).



We have covered Stretching, Core, Legs, Upper Body, Circuit Training, Cardio, Boxability (our own name for our boxing based exercise sessions) as well as Chair exercises, Zumba, Yoga, Pilates and much more. Do check out the packs, all in PDF form on our website, with content details.

Basically, we just want people to improve their physical fitness by being more active. Getting outdoors is crucial, and we have run a daily outdoor session on Highbury Fields since April, just to inspire people to push themselves harder. It has been very successful. We all need to do more.

We have to thank Karina for being our Zumba leader, and those outdoor Sunday sessions are so much fun. We are all moving in different directions as we dance, I think, but that matters not.

The packs have looked at how much exercise we should be doing, and where to do it. Group exercise is important, as is finding the motivation to do it on your own.

HMHB has seen how exercise impacts on our daily lives, and our bodies. We rarely think about our organs and systems, but exercise provides more oxygen to the body, it pumps blood harder and moves nutrients around better. It strengthens your muscles and bones. Balance helps older people too.



Just a few pictures
of our amazing
friends and users as
we go about
exercising with
HMHB.

EXERCISE/FITNESS

Do a Tabata with HMHB

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

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

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area.

I, personally, have used both Clissold Park and Highbury Fields so far.

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

TABATA

During the last 26 weeks, we have promoted many different types of exercises, and here we are going to ask you to join us in a Tabata exercise session. This is a type of High Intensity Interval Training (HIIT). I know that can sound scary. "Can I do high intensity?", I can hear you ask yourself. Yes, is my reply. We do this type of exercise with our outdoor group on Highbury Fields which has some people in their 60s, 70s, and 80s.



Tabata is named after Professor Izumi Tabata, who conducted a study into the effects of HIIT on aerobic and anaerobic fitness, and how it compared to steady-state training. The original study used highly trained athletes, divided into two groups. One did five sessions of steady-state training a week (a cardio workout that is a continuous, steady effort), while the other did four HIIT workouts plus one steady-state workout.

The HIIT involved 20-second bursts of very intense exercise followed by ten seconds of rest, repeated eight times for a total of four minutes. This four-minute blast was preceded by a five-minute warm-up and followed by a two-minute warm-down, with all the exercise done on a stationary bike. During the intense sections the athletes had to maintain a pace of over 85RPM or they were disqualified. At the end of the study, both groups saw rises in their VO2 Max (basically, how efficiently the body can use oxygen), but those who had used the Tabata protocol also improved their anaerobic fitness.

Since then Tabata training has come to mean any workout which is broken up into a set time of exercise work coupled with a set amount of seconds of rest, repeated for a number of times.

The great thing is, you have control of the amount of exercise. You can decide how many exercises to do, the number of sets, and the amount of time. You could choose five exercises, for 30 seconds work and 15 seconds rest, repeated five times. Or eight exercises, for 20 seconds work and 10 seconds rest, repeated ten times. The choice is yours!!!

Try and choose different types of exercise: arms, legs, core, cardio. Give your whole body a work out. In the next couple of pages we are going to set you a six exercise Tabata to do.

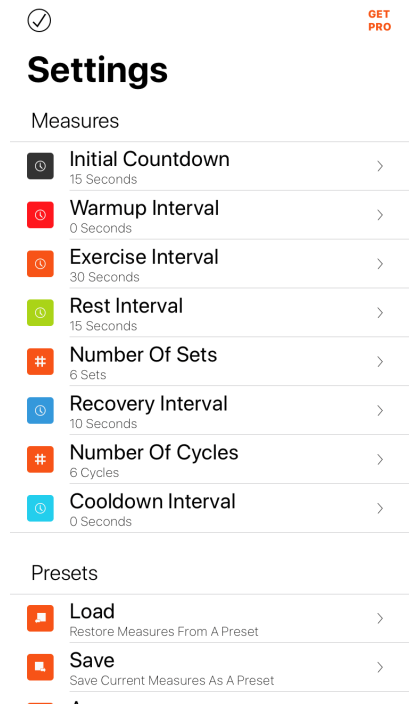
EXERCISE/FITNESS:

Come and Tabata with HMHB!

You can find “Tabata” timer apps online if you have a phone that can do that. You can use them to choose the amount of exercise and the times. If you cannot download a timer, obviously you can use a clock with a second hand, or watch (or even count down under your breath if necessary)

Opposite is a screenshot from my mobile for one such APP. I just went to the app store and typed in “Tabata” in the search. The one I downloaded is FREE, and was called “Tabata HIIT Interval T..”

In the settings bit, you can change the amounts.
 Initial Countdown, gives you time to get ready. Here is 15 secs
 Warm Up Interval. I don’t use this. So 0 seconds (but do stretch first)
 Exercise Interval. How long we exercise. Here 30 seconds
 Rest Interval: Rest between exercises: Here 15 seconds
 Number of Sets: How many of each exercise: Here 6 sets.
 Recovery Interval: Time between sets: Here 10 seconds
 Number of Cycles: How many different exercises: Here 6 cycles
 Cooldown Interval: I do not use this: So 0 seconds. (but do stretch after)



Therefore, for our Tabata, we are going to do:
 6 exercises (cycles): We are going to repeat each exercise 6 times (sets).
 We are going to exercise for 30 seconds, rest 15 seconds, exercise 30 seconds, rest 15 seconds etc. till we have done it six times (sets).
 Then before the next exercise we get an additional 10 seconds (recovery) rest. I hope that makes sense.
 The whole session, including exercise and rests, lasts 28 minutes 15 seconds. However, you are only exercising for 18 minutes of that. Six sets at 30 seconds is three minutes. Six exercises at 3 minutes each is 18 minutes.

These are the six basic exercises we hope you will try:

Squats

- Start standing with feet just wider than hip-width apart, toes pointed slightly out.
- Clasp hands at chest for balance. Initiate the movement by sending the hips back.
- Push bum out behind you, as you bend knees.
- Lower down as far as possible with chest lifted in a controlled movement.
- Press through heels to stand back up to starting position. Repeat.



Crunch

- Lie down on your back. Plant your feet on the floor, hip-width apart.
- Bend your knees and place your arms across your chest.
- Contract your abs and inhale. Exhale and lift your upper body.
- Keep arms crossed over chest. Do not put behind neck.
- Inhale and return to the starting position.



EXERCISE/FITNESS:

More Tabata exercises with HMHB.

Press Up

- Start in a standard press up position. You can do on knees if you want.
- Place each hand as wide as is comfortable.
- The wider apart your hands are the harder you will work out your chest.
- Slowly lower your chest towards the floor.
- Ensure your abs are tight and your spine is in neutral position.
- Slowly push back up to the start position.



Lunge

- Stand with feet hip-width apart, engage your core.
- Take a big step forwards, or you can do backwards, or to the side.
- Activate your glutes as you bend front knee to lower your body.
- Back knee comes as low as you can.
- Drive front heel into the floor to return to starting position.
- Repeat on the other side.



Plank

- Start on the floor in press up position.
- You can be on hands, or on your forearms with elbows on floor.
- For more stability, bring your feet wider than hip-distance apart.
- Maintain a straight line from heels through the top of your head,.
- Look down at the floor, with gaze slightly in front of your face.
- Now, tighten your abs, quads, glutes, and hold for the time.



Sprints

- This is a nice simple exercise
- Staying on the spot, sprint for the time of the exercise.
- Try and get your knees as high as possible.
- Swing your arms too, this helps with the exercise
- Try and maintain a constant speed throughout.
- Think about your breathing as you sprint.



So these are your six exercises.

So, you start with six sets of squats: work 30 seconds, rest 15 seconds in between.

Then have a ten second additional rest before you move onto the Press ups. Repeat the exercise 30 seconds and rest 15 seconds for six sets before again the additional ten seconds. Repeat for all the exercises above too. You have worked your Core, Legs, Arms and done Cardio. A basic all round body exercise session.

There are many different kinds of High Intensity Interval Training exercises.

HMHB has actually invented a couple of our own.

Most importantly, try exercises that work the whole body, and make it fun.

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

HEALTH / ROUTINE

Six Month Health/Routine Review of Health Packs

What a massive subject, and six months in we have probably only scraped the surface.

At HMHB, we are happy to demonstrate that our emotional health, physical health and mental health are all intrinsically linked. We have not even delved into existential health, relational health or environmental health as yet.



Ultimately, these packs are saying we are all responsible for our health. Our bodies are a miracle of nature.

Bones, muscles, tendons, ligaments, with organs and systems, a liquid that is unique for living organisms, controlled by a lump of grey and white matter called the Brain - and how does that exist???? - our bodies are, quite frankly, freaky!!!

Our health is determined by many factors, and we have tried to cover many topics so far.

We have looked at some of the organs of the body, as well as some of the systems. The fact they all have their own jobs to do, and continue to work for years and years, is astonishing.

We have also looked at various disorders or illnesses, and how we can try and do things to lower the risk of suffering from these ailments.

So much boils down to the same set of answers:

1. **Communicate with people.** Learn to listen, but also understand that there are people around who can help you have a great life. There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!
2. **Stay active.** The link between exercise, and maintaining a fit and strong body, to your overall good health is well documented. Exercise strengthens your heart and improves your circulation. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels.
3. **Eat Well.** Your body needs a mix of nutrients in order to stay healthy and function well, Many are labelled "essential for life". You can only get these through your diet. A diet that's good for your physical health is also good for your mental health.
4. **Drink sensibly.** We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings. The same goes for illegal substances (drugs), and using food as a crutch.
5. **Have some "me" time.** It's not being selfish. It's having self love. A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Don't you deserve some relaxation??

Check out our packs for all the health subjects covered so far.

HEALTH / ROUTINE

Seasonal Affective Disorder (S.A.D)

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

I thought it would be a good subject to look at now that summer has finished, autumn is with us, and winter approaches. I know a couple of people who have self-diagnosed with this, and they are probably right. I don't think I have it, but I am definitely a warm weather person, already missing the sunshine.

Seasonal affective disorder (SAD) is a mood disorder subset in which people who have normal mental health throughout most of the year exhibit depressive symptoms at the same time each year, most commonly in winter, but it is also found in people in the summer.

It is no longer classified as a unique mood disorder but is now a specifier, called "with seasonal pattern", for recurrent major depressive disorder that occurs at a specific time of the year. Although experts were initially sceptical, this condition is now recognized as a common disorder.

Research on SAD began in the United States in 1979 when Herb Kern, a research engineer, had noticed that he felt depressed during the winter months. Kern suspected that scarcer light in winter was the cause and discussed the idea with scientists at the NIMH (National Institute of Mental Health) who were working on bodily rhythms. They were intrigued, and responded by devising a lightbox to treat Kern's depression. Kern felt much better within a few days of treatments, as did other patients treated in the same way.

Sufferers may exhibit any of the associated symptoms, such as feelings of hopelessness and worthlessness, thoughts of suicide, loss of interest in activities, withdrawal from social interaction, sleep and appetite problems, difficulty with concentrating and making decisions, decreased libido, a lack of energy, or agitation. Maybe I do have it!!!

Symptoms of winter SAD often include oversleeping or difficulty waking up in the morning, nausea, and a tendency to overeat, often with a craving for carbohydrates, which leads to weight gain. Yep, that's me. SAD is typically associated with winter depression, but springtime lethargy or other seasonal mood patterns are not uncommon. Although each individual case is different, in contrast to winter SAD, people who experience spring and summer depression may be more likely to show symptoms such as insomnia, decreased appetite and weight loss, and agitation or anxiety.

You should consider seeing your GP if you think you might have SAD and you're struggling to cope. Your GP can carry out an assessment to check your mental health. They may ask you about your mood, lifestyle, eating habits and sleeping patterns, plus any seasonal changes in your thoughts and behaviour



HEALTH / ROUTINE

Coping with S.A.D.

The exact cause of Seasonal Affective Disorder isn't fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days.

The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly, which may affect the:

- **production of melatonin** – melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher than normal levels
- **production of serotonin** – serotonin is a hormone that affects your mood, appetite and sleep; a lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression
- **body's internal clock (circadian rhythm)** – your body uses sunlight to time various important functions, such as when you wake up, so lower light levels during the winter may disrupt your body clock and lead to symptoms of SAD.

It's also possible that some people are more vulnerable to SAD as a result of their genes, as some cases appear to run in families.

A range of treatments are available for SAD. Your GP will recommend the most suitable treatment programme for you.



The main treatments are:

- **Lifestyle measures:** including getting as much natural sunlight as possible, exercising regularly and managing your stress levels
- **Light therapy:** where a special lamp called a light box is used to simulate exposure to sunlight
- **Talking therapies:** such as Cognitive Behavioural Therapy or counselling.
- **Antidepressant medication:** such as selective serotonin reuptake inhibitors (SSRIs).

A study of people from Iceland, and Canadians of wholly Icelandic descent, showed low levels of SAD. It has more recently been suggested that this may be attributed to the large amount of fish traditionally eaten by Icelandic people, in 2007 about 90 kilograms per person per year as opposed to about 24 kg in the US and Canada, rather than to genetic predisposition. A similar anomaly is noted in Japan, where annual fish consumption in recent years averages about 60 kg per capita. Fish are high in Vitamin D. Fish also contain docosahexaenoic acid (DHA), which helps with a variety of neurological dysfunctions.

Recent research has shown that one in three people in the UK suffers from Seasonal Affective Disorder. According to the findings, women are 40 per cent more likely than men to experience symptoms of the condition sometimes referred to as "winter depression". The research, commissioned by The Weather Channel and YouGov, shows that 29 per cent of adults experience symptoms of SAD at this time of year, ranging from low energy levels, to low self-esteem and anxiety. For eight per cent of people the symptoms are acute, while the remaining 21 per cent suffer a milder form of subsyndromal SAD. Over half (57 per cent) of adults say their overall mood is worse in the winter season compared to the summer season. highlighting the strong links between the weather and wellbeing. Meanwhile, 40 per cent of people suffer from fatigue during the winter months.

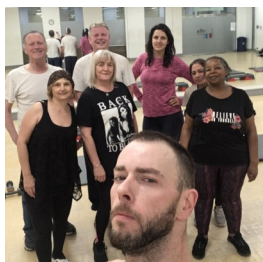
Why not try an exercise class!!!

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

Karina is part of our weekly Sobell Fitness sessions.

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

Please contact her.
They are fun, but also great for your health.



ACTIVE WITHIN

If anyone would like to join in their free classes, you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links

www.activewithin.com

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

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

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

Check out their website for more information.

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

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

www.walkwithadoc.org



PILATES

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

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

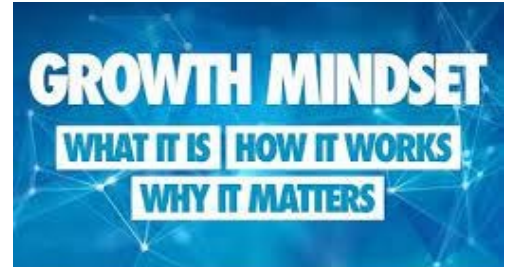
hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

It may feel as if we are constantly repeating ourselves, and I guess in some ways we are, but it is so important for our own personal development that we are always looking to learn and improve. That is the mind-set we all need. It can sometimes feel that this is unachievable, for various reasons. But we have to persevere. You are honestly capable of so much. Trust yourself. Believe in yourself. There are no promises, but nothing happens without action.



Nutrition.

We looked at “optimal nutrition”, which means feeding our body exactly what it needs in order to function properly.

We have covered this in various ways throughout the packs. IT means eating more “clean” food, or unprocessed. Cooking more ourselves instead of buying ready made. Watching over our sugar and fat content, which is vital for health, weight, and our organs and systems. You have ultimate control Why not look into this?



Exercise



I am really hoping you will give our Tabata a chance. You can always reduce the number of sets or exercises or amount of time. That’s one of the beauties of this exercise, you are in control of what you do.

You also can increase too as you get better.

Working your whole body is vital for your overall health.

The problem is often motivation to actually do something. Why not try it with a friend, some mates, or find a local group.

We have people in their 70s and 80s doing it, and they say how much it helps them. It’s your body, and your choice!!

Health.

Seasonal Affective Disorder is a relatively recently accepted diagnosis for depressive symptoms that appear around the same time of each year, normally the colder darker months.

But you do not have to suffer alone. You can seek help.

It is nothing to be ashamed about.

I think many of us feel more stress and anxiety in the winter months, as we yearn for warmth and light. Why not research this yourself, even if you feel great. Someone else around you may be suffering in silence, and maybe you can help?



**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

Quiz Answers from Page 5 + Buildings from Page 15

See if you can beat your family and friends

History

In which year of the 20th Century did these things happen? See how close you got.

- | | | |
|----|-----------------|-----------------|
| a. | Ball Point Pen: | Patented 1938 |
| b. | Vaccine Polio | Approved 1955 |
| c. | Portable Calc | Invented 1967 |
| d. | Jet Engine | Patented 1930 |
| e. | Dolly Sheep | Born 1996 |
| f. | Modern Bra | Patented 1914 |
| g. | Helicopter | Flight 1939 |
| h. | Dialysis | First used 1945 |
| i. | Birdseye Frozen | Credited 1924 |
| j. | Heart pacemaker | Invented 1958 |
| k. | Penicillin | Discovered 1928 |
| l. | Cats eyes | Patented 1934 |

Geography

In which countries are these African cities?

- | | | |
|-----|---------------|------------------|
| 1. | Mogadishu | Somalia |
| 2. | Dakar | Senegal |
| 3. | Khartoum | Sudan |
| 4. | Timbuktu | Mali |
| 5. | Tripoli | Libya |
| 6. | Lagos | Nigeria |
| 7. | Algiers | Algeria |
| 8. | Casablanca | Morocco |
| 9. | Mombasa | Kenya |
| 10. | Kinshasa | Dem Rep of Congo |
| 11. | Dar Es Salaam | Tanzania |
| 12. | Accra | Ghana |
| 13. | Harare | Zimbabwe |

Film:

Can you name the famous Directors of these films:

- | | | |
|-----|--------------|-------------------|
| 1. | R: M: | Alfred Hitchcock |
| 2. | CL: TLFS: | Orson Welles |
| 3. | HTWW: S: | John Ford |
| 4. | G: TD: | Martin Scorsese |
| 5. | IABL: MSGTW: | Franc Capra |
| 6. | SL; JP: | Steven Spielberg |
| 7. | TMF: TAQ: | John Huston |
| 8. | AH: S: | Woody Allen |
| 9. | PP: JB: | Quentin Tarantino |
| 10. | TDVC: W: | Ron Howard |
| 11. | I: I: | Christopher Nolan |
| 12. | A: BR: | Ridley Scott |
| 13. | AS: GT: | Clint Eastwood |
| 14. | TS: ACO: | Stanley Kubrick |
| 15. | ES: AIW: | Tim Burton |
| 16. | TL: TA: | James Cameron |

Media

The top ten UK newspapers as at August 2020?

Metro: The Sun: The Sun On Sunday: Daily Mail:
Mail On Sunday: The Sunday Times: Daily Mirror:
The Times: Sunday Mirror: Daily Telegraph.

QUIZ ANSWERS

List of Buildings and their Cities - from Page 15 (well, it's meant to be tricky)

1 Louvre, Paris: 2 CN Tower, Toronto: 3 St. Peter's Basilica, Rome
4 Royal Albert Hall, London; 5 Taj Mahal, Agra:
6 One World Trade Centre; New York: 7 Guggenheim Museum, Bilbao
8 Taipei 101, Taipei: 9 Parthenon, Athens; 10 Bird's Nest Stadium, Beijing
11 St. Basil's Cathedral, Moscow: 12 Lincoln Memorial, Washington
13 Walt Disney Concert Hall, Los Angeles; 14 Burj Khalifa, Dubai
15 Atomic Bomb Dome, Hiroshima
Congratulations if you got many of these.

The World:

All 12 US states beginning with a vowel:

Alabama, Alaska, Arizona
Arkansas, Idaho
Illinois, Indiana
Iowa, Ohio
Oklahoma
Oregon, Utah

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. 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