



# Healthy Minds, Healthy Bods

## Health Pack: Number 19

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Prepared by: Lazza, Luke and Dean: Monday 24th August 2020*

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



**“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love.  
When you learn to tap this source, you will truly have defeated age.” Sophia Loren**

***Welcome to the 19th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).***

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

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

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



**Lazza visited the offices of UKActive  
27th April 2018**

**UKActive is a not-for-profit industry association, promoting the interests of commercial fitness gyms and community leisure centres, with more than 3500 organisations in membership**

**We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms**

## **PRINTED COPIES CAN BE POSTED TO YOU**

**We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding we can do this, for a limited number. So you need to speak with us as soon as possible. Please connect through our website contact page.**

**Thanks to everyone who reads these packs.**

**Currently, we do all of this as volunteers.  
HMHB really needs seed funding to cover salaries and overheads.**

**If you are or know a business to help sponsor, or know grants to cover this, please get in touch.**

**If you can, share on social media our fundraiser  
[www.gofundme/hmhb2016](http://www.gofundme/hmhb2016)**



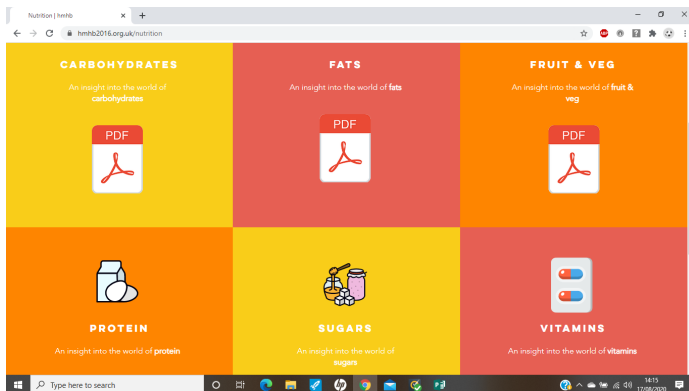
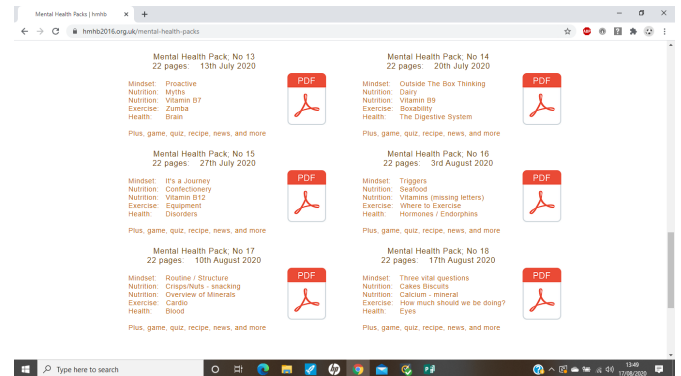
## NEWS PAGE:

### New Pages and Updates on our Website

We, at Healthy Minds Healthy Bods, are very proud of our website - created by our fantastic friend, Kacper, who is currently about to start his fourth and final year in University up in Edinburgh. He is going to take time to fully concentrate on that this year, but he has worked very hard over the last three months inserting new pages and updates onto our site.

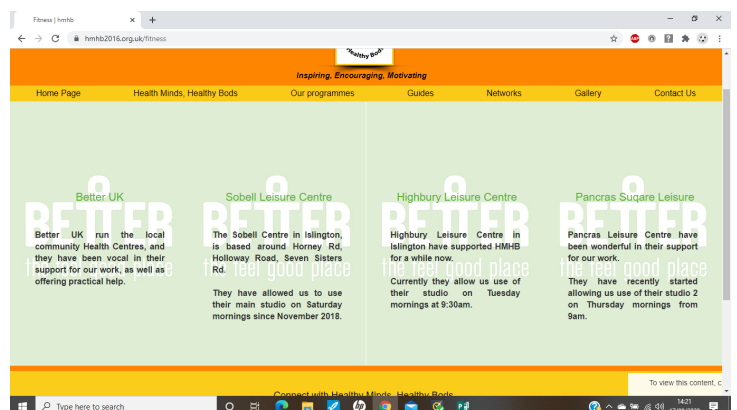
We have been adding our packs onto our Mental Health Pack page - a photo opposite. We have currently updated that page so the details of each pack are also listed, as that makes it easier for people to decide which ones to read.

Any website should be easy to negotiate, and work as a way to wet the appetite of the reader, and encourage them to search more.



HMHB has a new “Guides” page— and so far we have started including ones on various exercises, as well as aspects of nutrition. These are also in PDF form and can be downloaded, and we are delighted to be offering this service. We have deliberately called them “simple guides” as that is how we would have wanted them to be if offered to us.

We have a new “Networks” page, that includes companies and organisations we work with on HMHB, Ajani, Izzwalkz and Fitness. and by right clicking on each entry, you can then open up their website in a different window too, which is very clever and I have to learn how to do that. We felt it was important to demonstrate just how much we value all our friends and what they do for us. Networking is valuable to a project like us.



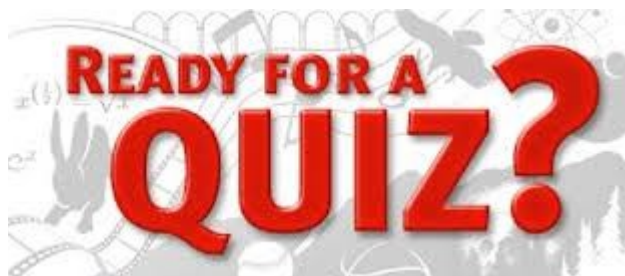
We have other new pages and features, but instead of me listing them all out, why not have a look around our website and become more familiar with us. There are sections on our history and our mission, lots of photos, and on the footer you get access to reports that show some of the incredible feedback we have managed to get from our wonderful users. Thanks so much for your support and friendship, everyone.

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think**  
**Answers are on page 21 (no peeking)**

**Sport: Professional Football in UK**

In the top four English leagues, and the top four Scottish league, there are 12 teams that start with the letter A.

How many can you name?



**Music**

How old do you think these singers are? See how close you can get to their real ages.

- a. Madonna
- b. Harry Styles
- c. Harry Connick Junior
- d. Ozzy Osbourne
- e. Boy George
- f. Bruce Springsteen
- g. Adele
- h. Gladys Knight
- i. Eminem
- j. Elton John

**Geography**

In which bodies of water (oceans, seas etc.) are these Islands?

1. Madagascar
2. Isle of Man
3. Hawaii
4. Sicily
5. Jamaica
6. Canary Islands
7. Isle of Wight
8. New Zealand
9. Sri Lanka

There are five recognised Oceans on the planet. Can you name them all?

**Television:**

These are the letters for the top 15 UK TV comedy shows of all time (according to screenrant website).

Can you name them all? Take your time.

1. CCFGHILMNNNOOPRSSTTUIYYY
2. BEEEEHINNRRSTTW
3. AEFLORSTTWWY
4. AAACDEGINNSTVY
5. CEEFFHIOT
6. AABCDDEKLR
7. ADEFHLLNNOOOORSSSY
8. ABEMNR
9. AABBEFLLOOSSTUUUY
10. BDEEMNORTUU
11. BEGHHHIMOOSTTY
12. ABEIILLNRTTT
13. ACDEPS
14. AERSTX
15. AAACEEEEGIKNNPPPPRSU

I'm not saying I agree with the list; So no moaning at me if your favourite show is not on there. :-)



**Films:**

Pierce Brosnan appeared as James Bond in four films.

Can you name them in date order?

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

## MIND-SET: The thought process

*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.*



**“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.”**

“Thought (also called **thinking**) is the mental process in which beings form psychological associations and models of the world. Thinking is manipulating information, as when we form concepts, engage in problem solving, reason, and make decisions. Thought, the act of thinking, produces more thoughts. A thought may be an idea, an image, a sound or even control an emotional feeling” - Wiki

Our brains are truly remarkable. The information they are processing every second of every day is totally mind blowing. And it is where we make all our decisions. Some of them good, and some of them not so good. That makes us like every other living being on this planet. We will get things wrong from time to time.

When we are down, we tend to make poorer decisions than when we are happy. We decide the outcomes of future events with more negativity than normal. We adjust our behaviour to be more lethargic, and we choose to change good habits, maybe even using substances like drugs, alcohol or food to help us through, even though we know these are not good ideas.

So why does our changing think? And can we find ways to adjust our thought process so when the next problem arises we treat it differently? This is also around the “mind-set” issues we have already covered in these packs. It may feel like an impossible task, but we can all do it.

There are actually a lot of different recognised thought processes, and we are going to look at a few of them in more depth in the next couple of pages. But, ultimately, it is down to us as individuals to recognise when we are thinking poorly, and teach ourselves to remain calm and look at how we can create a more positive response to these situations.



I love this Halloween photo from the 31st October 2017.  
Hand-crafted pumpkin by PT Dean with our fantastic SHP Ajani group.  
Remembered fondly.



## MIND-SET:

### Which thought process are you?

How we approach a problem can be very different depending on our mental and physical health. Are we looking for a quick answer, or a definitive answer, or just trying to work out the probable outcomes?

What kind of logic are we going to use?

As you can see from the pic, we could use “deductive logic”, where we analyse all the evidence and the conclusion at the end is accurate. That can be useful for practical problems.

Inductive logic also uses evidence, but also means you have

to accept some variables that you may have to guess, and therefore the outcomes will probably happen but there is some chance they will not.

Abductive logic uses a lot of guesswork, with many variables, and then you come up with your best guess.



Let's show an example of Abductive Reasoning - as this is the one we are most interested in. Because as a result of this one, that is where we can make good or poor choices, depending on our emotions or mood.

Let us say, you have a cough, a fever of 101 degrees Fahrenheit, a runny nose, chills, an aching body, nausea and diarrhoea. You have had these symptoms for five days. Given this information, your best guess is that you have influenza, or the flu. But you are not completely certain. This is an example of abductive reasoning. You could be wrong.

Daily decision-making is also an example of abductive reasoning. Let's say you're stuck in traffic on a busy road and see ambulance and police lights about a half mile ahead. There is an exit road coming up and you could take some backroads and then get back on this road a bit further ahead after the accident. You listen to the traffic report on the radio. You look and see if the exit looks congested. Taking all the information at hand, you make the decision to stay on the road and wait for the accident to clear. You made the best decision you could given all of the observations. It may turn out to be the wrong decision. But you have done your best.

Accurate thinking is important because we know today that your thoughts, the beliefs, interpretations and assumptions you make about yourself and the world around you, can shape your feelings and actions.

For example, if a friend passes you by on the street without saying hello, your reaction to that event will depend on how you choose to interpret it. If you come to believe that your friend has intentionally ignored you, then you are likely to feel certain feelings (such as anger, surprise, disappointment, or confusion). Later, when you meet again, you are also likely to behave in certain, perhaps hostile, ways based on your belief that they ignored you on purpose.



However, if instead you come to believe that your friend did not notice you passing by, or that he did not recognize you because you had lost weight recently, or that he had lost his eyesight in a terrible accident (unlikely), then you are probably going to feel and behave differently upon your next encounter. The event itself (your friend ignoring you) is not as important to your subsequent feelings and behaviour as is your interpretation of the event. And we can get that badly wrong sometimes!!!

## MIND-SET:

### How can I improve my thought process?



**“Thinking is skilled work.  
It is not true that we are naturally endowed  
with the ability to think clearly and logically,  
without learning how,  
or without practicing.”**

What can you do to improve your thinking skills?

- **Ask Basic Questions:** What do you already know? How do you know that as fact? What are you actually trying to solve or prove? What is the desired outcome? What are you overlooking?
- **Question assumptions:** How many items have been invented despite people saying they were impossible? From Isaac Newton to Einstein, people have pushed boundaries. That can happen in your life too. Do you assume outcomes before trying to achieve them? “there is no point asking that person out as they are bound to say no”. “I wont join that football team as I am probably not good enough”. Instead, go out and try. You still may not succeed, but at least you gave it a go.
- **Be aware of how you currently think.** Do you do any research or just believe what you are told? I know someone who wont go and see a film with Tom Cruise in because he does not like him as a person. Does that matter for a movie? A critical thinker is aware of their “cognitive biases” and personal prejudices and how they influence seemingly “objective” decisions and solutions.
- **Try Reversing the problem.** The “chicken and egg problem” is a classic example of this. At first, it seems obvious that the chicken had to come first. The chicken lays the egg, after all. But then you quickly realize that the chicken had to come from somewhere, and since chickens come from eggs, the egg must have come first. Or did it? Even if it turns out that the reverse isn’t true, considering it can set you on the path to finding a solution. (actually I gave the solution in a previous pack!!!)
- **Think for yourself.** Research is great, but ultimately it is your decision. Trust yourself, but also understand that you will not get it right every time, and that is okay.

**There are many different types of thought process, and it is worth a bit of research, so you can judge exactly where you are on that ladder.**

**Your emotions and mood will definitely affect how you react to situations, and you will make good and poor decisions around them.**

**Think about how you make decisions and you can change the way you think so you can improve.**

### **Lazza’s weight-loss journey**

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

**His target is to lose 1 lb a week**

**His final goal is 76.2 kg / 12st.**

**Sunday August 23rd, he is 91.6 kg / 14st 5.94 lb**

**In week 16; 0.0 kg / 0.0 lb**

**16 weeks: Overall loss: 6.9 kg  
1st. 1.21 lb**

**No movement. So I must improve. Going to treat this week as if I started again. Really pushing!!**

## NUTRITION: Spreads

**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 remember coming home from school when I was little, heading into the back-room to watch the telly (Play School, Blue Peter, Jackanory, Rhubarb and Custard etc.), and my mum calling out to me to come and get my sandwiches for tea - we had tea then, not dinner (that was lunch!!!) - although I think it was called dinner at weekends (very confusing for a young child).

Anyway, we used to get Jam (jelly in the US) or Peanut Butter, lemon curd, or ham, or cheese etc.

I never used to think about the contents of the sandwich. However, these days there are more and more spreads we can add - all kinds of nuts are now “butters”, chocolate spreads, pastes, etc. Are they good for us?



According to Wiki:

“A **spread** is a food that is spread, generally with a knife, onto foods such as bread and crackers. Spreads are added to food to enhance the flavour or texture of the food, which may be considered bland without it. Butter and soft cheeses are typical spreads.

A **sandwich spread** is a spreadable condiment used in a sandwich, in addition to more solid ingredients. Butter, Mayonnaise, Mustard, and Ketchup are typical sandwich spreads, along with their variants such as Thousand Island Dressing (yummy), Tartare Sauce and Salad dressing.

Spreads are different from Dips, such as Salsa, which are generally not applied to spread onto food, but have food dipped into them, instead.

Common spreads include dairy spreads (such as cheeses, creams, and butters, although the term "butter" is broadly applied to many spreads), margarines, honey, plant-derived spreads (such as jams, and hummus), yeast spreads (such as marmite), and meat-based spreads (such as Pate).”

**Looking forward  
to getting back to  
our indoor fitness  
sessions with  
Better Gyms.**

**These pics taken at  
Pancras Leisure Centre  
19th March 2020**





## NUTRITION: Jams and Peanut Butter

I am a big fan of Peanut Butter, and I always have to get the crunchy one, of course.  
But, we need to be aware that they are not all the same, and some are much better than others.

Peanut Butter holds a lot of essential nutrients, and nuts are a good source of Protein anyway.  
Most PBs have: Vitamins B1, B2, B3, B5, B6, B9, and E, as well as Calcium, Iron, Magnesium, Manganese, Zinc, Phosphorous, Potassium, and Sodium, and are good sources of dietary fibre.



You need to look at the Peanut content. For it to be spreadable, you do need some oil. But you want a peanut content of 98-99% really. I buy Whole Earth - which is more expensive - but that is because it has less oil and more peanuts. They can also be high in sugar or salt too. Be aware.

### Bottom Line on Peanut Butter:

Choose wisely. There are a lot of good things about peanut butter, but also a few negatives.  
It's fairly rich in nutrients and a decent protein source. It's also loaded with fibre, vitamins and minerals, although this doesn't seem as significant when you consider the high calorie load.  
On the other hand, it's a potential source of aflatoxins, which are associated with harmful effects in the long run. Moderate consumption of peanut butter is unlikely to have any major negative effects as long as you are avoiding large consumption of foods like high sugar fizzy drinks, trans fats and other highly processed junk.



**JAM:** I do like a blob of Jam, in cakes, croissants, and puddings.

None of us are silly though, we know it is made with a huge amount of sugar - it can be 50%.

Jam, (or sometimes called "preserves" -which contains pieces of fruit too) are eaten all over the world, but are recommended in small doses, due to the sugar. Most fruits can be made into jams, and I quite like finding the more exotic flavours.

- Jams do not contribute to the cholesterol and fat content of your body. Jam helps maintain a healthy weight when following recommended serving sizes.
- By adding sugar and pectin (depending on the type of pectin) some jams only have to cook at boiling for as little as ten minutes instead of two and a half hours. This helps retain the natural nutritional value of the fruit while ensuring shelf stability. This is why choosing a jam that utilizes fresh fruits, healthy ingredients and proper production is an important health decision.
- Pectin is a substance contained in all fruits. During the heating process of making jams, this substance gets modified. The modified pectin can help reduce your chance of developing cancer, as well as: improve the health of hair, skin, and fingernails; decrease bone loss; reduce constipation and diverticulitis and help the body form red blood cells.
- Jam is a concentrated source of nutrition when made with fully ripened fruits

## NUTRITION: Spreads

### Chocolate Spread, Marmite, Honey

I'm not going to lie, I do like a bit of Nutella. I never actually tried it till around five years ago, and do not buy it often, as I would try and finish off the pot far too quickly.

The problem with this product, which is marketed as a chocolate and hazelnut spread, is that it is over 50% sugar and palm oil. It has cocoa solids and is only 13% hazelnuts, and has skimmed milk and other ingredients. Chocolate at room temperature is a solid, and therefore would not spread on anything, hence the palm oil. Whey is also added and is commonly used in spreads to prevent the coagulation of the product, because it stabilizes the fat emulsions.

The makers were actually sued in the US for claiming Nutella was "part of a nutritious breakfast", as it clearly is not, and had to pay out a multi-million dollar figure.

The problem is it is delicious. Just again, be aware of the sugar and fat content. Have as a treat.



It is a food spread made from yeast extract invented by German scientist Justus von Liebig and originally made in the United Kingdom. I did not know this, but it is a by-product of beer brewing.

Marmite is rich in B vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>9</sub>, B<sub>12</sub>. The sodium content of the spread is high and has caused concern, although it is the amount per serving rather than the percentage in bulk Marmite that is relevant. The main ingredient of Marmite is yeast extract, which contains a high concentration of glutamic acid. Marmite is not gluten free, as it is made with wheat, and although it is thoroughly washed, it may contain small quantities of gluten. Marmite should be avoided if a person takes a MAOI antidepressant, such as phenelzine (Nardil) or tranylcypromine (Parnate), as yeast extracts interact adversely with these types of medications due to their tyramine content.

Honey is a sweet, viscous food substance made by honey bees and some related insects. The variety of honey produced by honey bees is the best-known, due to its worldwide commercial production and human consumption. Honey is collected from wild bee colonies, or from hives of domesticated bees.

Honey gets its sweetness from the monosaccharides fructose and glucose, and has about the same relative sweetness as sucrose (table sugar). It has attractive chemical properties for baking and a distinctive flavour when used as a sweetener. Interestingly, most microorganisms do not grow in honey, so sealed honey does not spoil, even after thousands of years.

Honey is used in medicines, and is well worth researching, as there are many different kinds. It has been revered for thousands of years. The food of Zeus and the twelve God of Olympus was honey in the form of nectar and ambrosia.



**Your life is your life. You are responsible for your nutrition and diet.**

**We all love spreads of some kind to add taste to our foods.**

**But think about the calories during the day. Think about the sugar content especially.**

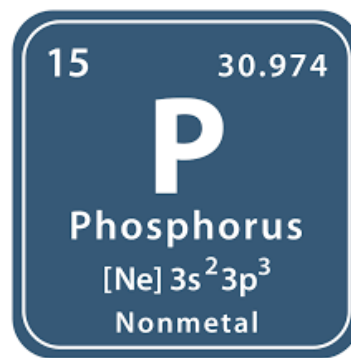
**You cannot blame anyone else. Have treats. But look after your body.**

## NUTRITION: Minerals

### Phosphorous

#### 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.**



- Phosphorus is the second most plentiful mineral in your body.
- Your body needs phosphorus for many functions, such as filtering waste and repairing tissue and cells.
- Most people get the amount of phosphorus that they need through their daily diets. In fact, it's more common to have too much phosphorus in your body than too little.
- Kidney disease or eating too much phosphorus and not enough calcium can lead to an excess of phosphorous.
- However, certain health conditions (such as Diabetes and Alcoholism) or medications (such as some antacids) can cause phosphorus levels in your body to drop too low.
- Phosphorus levels that are too high or too low can cause medical complications, such as heart disease, joint pain, or fatigue.

It does many things for you:

1. keeps your bones strong and healthy
2. helps make energy
3. moves your muscles
4. builds strong teeth
5. manages how your body stores and uses energy
6. reduces muscle pain after exercise
7. filters out waste in your kidneys
8. grows, maintains, and repairs tissue and cells
9. produces DNA and RNA — the body's genetic building blocks
10. uses vitamins such as vitamins B and D, as well as minerals like Iodine, Magnesium, and Zinc.
11. maintains a regular heartbeat
12. facilitates nerve conduction

Food sources include:

Meat and Poultry; Eggs  
Fish: Milk and dairy products  
Whole Grain;  
Potatoes: Garlic  
Carbonated drinks (phosphoric acid is used to produce the carbonation)

**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?**

**Some medications can lower phosphorous levels. Be aware.**

## NUTRITION: Lazza's Kitchen

### Fish Pie

**Lazza is still trying out new recipes  
Today - he cooks Fish Pie for the first ever time**

**In earlier times, fish was eaten to honour the Roman goddess Venus. Romans were fond of eating fish but when they invaded Britain they were disrespected for the amount they consumed. At that time in Britain, seafood was mainly consumed on Fridays.  
The Fisherman's Pie recipe was thus brought to Britain by these invaders**



750g to 1kg Potatoes (peeled and halved)  
400ml Milk (plus splash for mash)  
25g Butter (plus knob for mash)  
25g Plain Flour  
Onions diced  
Fish Pie Mix (I used two from Iceland)  
I added a couple of packs of prawns too  
1 large teaspoon of English Mustard  
Handful of frozen sweetcorn  
Handful of frozen peas  
Handful of grated cheese (I used Red Leicester)

1. Boil the potatoes till they are tender, then using the splash of milk and knob of butter, mash them into a lovely big blob - you can add some seasoning if you wish of course - it's your mash
2. Add the butter, plain flour and onions to a new saucepan and heat it gently until the butter has melted, making sure you stir regularly.
3. Gradually whisk in the milk - use a balloon whisk if you wish - as you want to make sure there are no large lumps
4. Bring to the boil and stir until thickened - you need to make sure that it does not stick to the bottom of your saucepan.
5. Take off heat and stir in the fish mix, mustard, prawns, the sweetcorn, the peas, and some chives if you fancy too.
6. Pour into your dish and add the mash on top - and then sprinkle over the cheese.
7. After heating the oven to 200C, cook for 25 to 30 mins (approx.) until golden and bubbling.
8. Tuck in and enjoy.



**My mum used to make an  
amazing Fish Pie.  
I think she would have been  
proud of me.  
It tastes delicious.  
I stun myself once more**

**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 dish to prepare.**





## HMHB's Name Game Page

Name these Pixar characters and their first films?

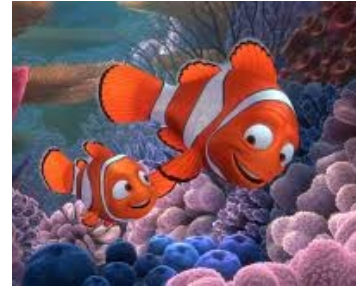
Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



## EXERCISE/FITNESS - Kettlebells

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 become slightly breathless or break out into a sweat. 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.

I really hope that by now we have started to inspire you to be more active. We have shown various routines, explained how your body reacts to exercise, as well as why you need to do it. We have looked at how much you should do, various places to do it in, and even how working with someone else is a great way to motivate you to do more.

We will look at a strength training piece of equipment here, called the Kettlebell, but you can use a household object as a replacement if you cannot afford one.

As you can see from our photo, Healthy Minds Healthy Bods has recently been able to purchase three Kettlebells, thanks to a grant from the National Lottery Communities Covid Funding. We have got three weights (2kg, 3kg, 4kg), but you can get them for much heavier weights too (they can be expensive as they get larger).

The kettlebell is normally a cast iron or cast steel ball (although ours seem to be some kind of tough plastic type material) with a handle attached to the top (resembling a cannonball with a handle). It is used to perform many types of exercises, including ballistic exercises, that combine cardiovascular, strength, and flexibility training. Ballistic training involves a form of training where you involve moving weights to maximise the benefits. We will show an example on the next page.

By their nature, typical kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders, and increase grip strength. The basic movements, such as the swing, snatch, and the clean and jerk, engage the entire body at once.

Unlike the exercises with dumbbells or barbells, kettlebell exercises involve large numbers of repetitions in the sport, and can also involve large reps in normal training. Kettlebell exercises are in their nature holistic; therefore they work several muscles simultaneously and may be repeated continuously for several minutes or with short breaks. This combination makes the exercise partially aerobic and more similar to high intensity interval training rather than to traditional weight lifting

**PATIENT: THE PROBLEM IS THAT OBESITY RUNS IN OUR FAMILY.**  
**DOCTOR: NO, THE PROBLEM IS THAT NO ONE RUNS IN YOUR FAMILY.**



## EXERCISE/FITNESS:

### Swinging the Kettlebell

A kettlebell swing is a specific exercise that you can do with the kettlebell. You start out with your legs and feet spread slightly more than shoulder width apart. Hold the kettlebell's handle with the kettlebell in between your legs, which means that you have to be crouched over slightly as well as bent at the knees.

Then, start to lift the kettlebell upwards and outwards, using your legs, core, and arms to generate the force necessary to get the kettlebell up. The ending position will have your arms outstretched in front of you and slightly above your head, holding the kettlebell, with your legs straight. Then, once you have done this, simply lower it back down, going through the same process which you went through to lift it up in the first place.

Lazza demonstrates to the right. (do note, he has a couple of bad knees so is not able to squat lower, but if you can that is good. Also note, he keeps his head up to maintain a straight back, which is very important.)

One of the biggest benefits that come along with doing kettlebell swings is that they provide you with a full body workout which trains almost every single muscle in your body from top to bottom. The kettlebell swing is a very efficient exercise that you can do with the kettlebell.



Just to make things clear, the first stage of the swing, where you start to swing it upwards, requires your **legs, glutes, hips, and lower back** to generate the force required to lift the kettlebell. Then, once the swing is in progress and you are in the process of lifting it up, your **abdomen and abs** contract to keep the force going, thus training your core. Then as you are reaching the upright position of the swing, your **arms, shoulders, wings, lats, and chest** engage in order to get it to the position where it is over your head.

Then on the way down all of that happens in reverse. As you can see, a kettlebell swing is amazing for training every single muscle in your body. Of course, the end result of all of this is that you will end up with stronger muscles after just a short period of time. Obviously, we all want stronger muscles because they help to increase physical performance in sports, they make everyday life easier, and they look great too.

Anybody, man and woman, young and old, can do the kettlebell swing. This is because a kettlebell comes in many different weights. During our sessions at the gyms before lockdown, we were fortunate enough to be able to use Kettlebells in the studios. We use them from 1kg all the way up to 16kg (which is heavy I can say). As long as you do not overstretch yourself - as some people always want to push themselves too far - using Kettlebells is fine.

My first ever experience was when I was on a bootcamp a few years ago. I will admit, I did not actually like them, but that was because I was not using them properly. Form is very important. If you bend over you can put strain on your back, and that is what I was doing. Now, I am happy using them.

**There are other swinging Kettlebell exercises too. Why not look them up**

## EXERCISE/FITNESS:

### Kettlebell Holds



*“It’s not about perfect.  
It’s about effort,  
and when you implement that effort into your life  
every single day,  
that’s where transformation happens.  
That’s how change occurs.  
Keep going.  
Remember why you started.”*

You don’t have to swing the kettlebell though. It is clearly used as a weight too. For example, I squat with the bell on the floor, and then stand bringing the weight up to below my chin. With a nice large handle you can use both hands to hold the kettlebell too.

Many individuals who exercise, or are new to the fitness world, feel strength training is only associated with more experienced athletes. This couldn't be further from the truth. There are too many physical, health, and mental benefits to leave strength training out of your workout schedule.

- Not only does strength training increase your physical work capacity, it also improves your ability to perform activities during your normal daily routine. You will be able to work harder and longer with the proper weight training activities.
- It improves bone density. One of the best ways you can control bone loss as you age is to add strength training into your workout plan.
- It promotes fat-free body mass with decreasing sarcopenia. The lean muscle mass that we all work so hard for decreases with age. If we don't add strength training to our routine then it will turn into fat.
- It Increases the strength of connective tissue, muscles, and tendons. This leads to improved motor performance and decreased injury risk.
- It improves your quality of life as you gain body confidence. Strength training will not only make you strong, but will also help with managing your weight.
- Has you burning more calories throughout the day. Your body works harder to maintain muscle over fat. Strength training can boost your metabolism so you burn more calories throughout the day.
- Weight training doesn't have to be boring. Switching up your routine to keep your body guessing is the perfect way to receive strength gains and to decrease boredom. Switch up your routine by using the machines, free weights, bars, bands, and even your own body weight. And of course, if you can, a good Kettlebell.

### HMHB Conclusion;

**It is important to understand the basics of strength training and why you should incorporate this activity into your training program. Once you know all of the benefits you will receive from these exercises, you will want to start right away so you can improve your quality of life and burn those extra calories.**

**Kettlebells are a great way to add fun and equipment to your routines.**

**Research, as there are lots of ways to use them.**

## HEALTH / ROUTINE - Heart Attack

**HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.**  
**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)**

A heart attack (myocardial infarction or MI) is a serious medical emergency in which the supply of blood to the heart is suddenly blocked, usually by a blood clot.

A heart attack is a medical emergency. You must call 999 and ask for an ambulance if you suspect a heart attack. A lack of blood to the heart may seriously damage the heart muscle and can be life threatening.



Symptoms of a heart attack can include:

- Chest pains; the chest can feel like it's being pressed or squeezed by a heavy object, and pain can radiate from the chest to the jaw, neck, arms and back (It's important to know that not everyone experiences severe chest pain. This is particularly the case with many women. The pain can often be mild and mistaken for indigestion.)
- Shortness of breath
- Feeling weak or lightheaded, or both
- An overwhelming feeling of anxiety

It's the combination of symptoms that's important in determining whether a person is having a heart attack and not the severity of chest pain.

Coronary Heart Disease is the leading cause of heart attacks.

CHD is a condition in which the major blood vessels that supply the heart get clogged with deposits of cholesterol, known as plaques. Before a heart attack, one of the plaques bursts (ruptures), causing a blood clot to develop at the site of the rupture. The clot may block the supply of blood to the heart, triggering a heart attack. This is why it is important to look after your cholesterol levels.

Complications of a heart attack can be serious and possibly life threatening. These include:

- Arrhythmias; these are abnormal heartbeats. One type is where the heart begins beating faster and faster, then stops beating (cardiac arrest)
- Cardiogenic shock; where the heart's muscles are severely damaged and can no longer contract properly to supply enough blood to maintain many body functions
- Heart rupture; where the heart's muscles, walls or valves split apart (rupture)

**There are five main steps you can take to try and prevent a heart attack from happening.**

**Don't smoke - or quit smoking immediately. Please!!**

**Get to a healthy weight. You are more prone if overweight or obese.**

**Unless advised, do at least 150 minutes of moderate intensity exercise every week (minimum)**

**Eat a healthy diet, including wholegrains and at least 5 portions of fruit and vegetables a day.**

**Moderate your alcohol consumption**

**All the above greatly reduce the risk of a Heart Attack.**

## HEALTH / ROUTINE - Stroke

A stroke is a serious life-threatening medical condition that happens when the blood supply to part of the brain is cut off.

Strokes are a medical emergency and urgent treatment is essential. The sooner a person receives treatment for a stroke, the less damage is likely to happen.

If you suspect that you or someone else is having a stroke, phone 999 immediately and ask for an ambulance.



The main symptoms of stroke can be remembered with the word FAST:

- **Face** the face may have dropped on one side, the person may not be able to smile, or their mouth or eye may have dropped.
- **Arms** the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in one arm.
- **Speech** their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.
- **Time** it's time to dial 999 immediately if you see any of these signs or symptoms.

Like all organs, the brain needs the oxygen and nutrients provided by blood to function properly. If the supply of blood is restricted or stopped, brain cells begin to die. This can lead to brain injury, disability and possibly death.

There are 2 main causes of strokes:

**Ischaemic;** the blood supply is stopped because of a blood clot; accounts for 85% of all cases  
**Haemorrhagic** where a weakened blood vessel supplying the brain bursts.

Apparently it is possible to have a “mini-stroke”, where the blood supply is temporarily interrupted, and this is called a Transient Ischaemic Attack. Treat this urgently as it can be a precursor of a full stroke.

Look after yourself, as these conditions can increase your stroke risk:

1. **High Blood Pressure** (hypertension) - a healthier lifestyle can help
2. **High Cholesterol** - a healthier lifestyle can help
3. **Irregular Heart Beats**
4. **Diabetes** - weight control can help

On the previous page we detailed at the bottom changes you can make in your daily routine that could help prevent heart attacks. They are the same for Stroke. Both Heart Attack and Stroke can lead to ongoing conditions, around movement, speech, and daily care. Some people need a long period of rehabilitation before they can recover their former independence, while many never fully recover and need ongoing support after their stroke. And you can start making changes today!!!!

**I know we bang on about it, but a healthy lifestyle can help prevent illnesses.  
It is your responsibility to do all you can to look after your body.  
If you don't create a healthy routine, your body can get damaged.**



## What is available to you

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

Karina is part of our weekly Sobell Fitness sessions.

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



[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



### ACTIVE WITHIN

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

[www.activewithin.com](http://www.activewithin.com)



### HMHB is delighted to be part of the “Walk With A Doc” network.

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



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

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

[www.walkwithadoc.org](http://www.walkwithadoc.org)

## Review of Challenges and Targets

### Mind-set:

This week we looked at the Thought Process, and it may be easier with a thinking cap like the pic, but sadly we do not have one. We have to try and solve problems by using as much information as possible. However, if we are feeling down or stressed, we do tend to rush in and make poorer decisions.

So how can you improve your own thinking process. Do you know how you come to solve a problem? Have a think about what you can be doing better.



### Nutrition.

At some stage, we all have sandwiches, and we all use spreads. That does include butters, but we were more interested in the sweet and savoury kinds, and their sugar and fat content.

Nothing should be excluded from your diet, and if you fancy some jam or peanut butter then go for it. But do think about calorie content, as well as the saturated fat and sugar amounts. As we have constantly said, it is all about being sensible. And sometimes, spending a bit of extra money, especially around peanut butter, you get a better quality product.



### Exercise



At HMHB we love using equipment, as it makes sessions more fun, and it can take your mind of the actual exercise itself.

Kettlebells can be a great asset - but you can use household stuff to replicate them if need be.

You can swing them, hold them, move them, and even use them to balance on. A great whole body piece of equipment. They are not that expensive if buying one, and if it can boost your health, why not???

### Health.

Heart Attacks and Strokes are similar as they both involve a lack of blood reaching an important organ of your body; the heart and the brain.

The implications of both can naturally be severe, and even fatal, and therefore if you can change anything around your daily routine that can reduce the risk, surely that is a no brainer!! Well, you can. They are listed. The issue is: will you actually do it. Don't wait for the problem to happen, take action now!!!



**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 + Pixar from Page 13

See if you can beat your family and friends

### Music

How old are these singers?

Did you get close?

a.	Madonna	62
b.	Harry Styles	26
c.	Harry Connick Junior	52
d.	Ozzy Osbourne	71
e.	Boy George	59
f.	Bruce Springsteen	70
g.	Adele	32
h.	Gladys Knight	76
i.	Eminem	47
j.	Elton John	73

### Geography

In which bodies of water (oceans, seas etc.) are these Islands?

1.	Madagascar	Indian Ocean
2.	Isle of Man	Irish Sea
3.	Hawaii	Pacific Ocean
4.	Sicily	Mediterranean Sea
5.	Jamaica	Caribbean Sea
6.	Canary Islands	Atlantic Ocean
7.	Isle of Wight	English Channel
8.	New Zealand	Pacific Ocean
9.	Sri Lanka	Indian Ocean

Five oceans? Atlantic, Arctic, Pacific, Indian, and Southern (Antarctic) - all joined up of

### Television:

Here are the television shows deciphered.

(according to screenrant website).

How did you do?

1. MONTY PYTHON'S FLYING CIRCUS
2. THE INBETWEENERS
3. FAWLTY TOWERS
4. GAVIN AND STACEY
5. THE OFFICE
6. BLACKADDER
7. ONLY FOOLS AND HORSES
8. MR. BEAN
9. ABSOLUTELY FABULOUS
10. OUTNUMBERED
11. THE MIGHTY BOOSH
12. LITTLE BRITAIN
13. SPACED
14. EXTRAS
15. KEEPING UP APPEARANCES

### Sport: Professional Football in UK

English: Arsenal, Aston Villa, AFC Bournemouth  
AFC Wimbledon, Accrington Stanley;

Scottish: Aberdeen, Alloa Athletic, Arbroath  
Ayr United, Airdrieonians, Albion Rovers  
Annan Athletic

### List of Pixar Characters and their films – from Page 13

Mike Wazowski (Monsters Inc.):	Mater (Cars)
Nemo and Marlin (Finding Nemo);	Andy (Toy Story)
Edna (The Incredibles)	Remy (Ratatouille)
EVE (WALL-E)	Russell (Up)
Merida (Brave)	Riley (Inside Out)
Spot and Arlo (The Good Dinosaur)	Miguel (Coco)
Syndrome (The Incredibles)	Lotso (Toy Story 3)
Flik (A Bug's Life):	

Well done if you got them all. A true animation fan

### Films:

**Pierce Brosnan**  
**As James Bond**

Goldeneye  
Tomorrow Never Dies  
The World is Not Enough  
Die Another Day

QUIZ ANSWERS

# THE LAST PAGE

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

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

You can text HMHB: **07964 430456**

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

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

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

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

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

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

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

**We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for 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 reach further and do more.**



*Cripplegate Foundation*  
*Helping since 1500*

**Be Safe, Be Active, Be Well**