



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 39

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, and Dean: Monday 11th January 2021

www.hmhb2016.org.uk



**“If today was the last day of your life,
would you do what you were going to do today?”**

Welcome to the 39th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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

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

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



**This was on the 14th June 2020
Highbury Fields
Our second outdoor Zumba class.
Note the social distancing!!**

**I'm missing that lovely sunshine.
Looking forward to more of these.**

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:

“When can I leave home under the new lockdown?”

I am typing this on Tuesday 5th January, and in England the number of Covid patients in hospitals has increased by nearly a third in the last week to almost 27,000; some 40 per cent higher than the first peak in April.

So, as we are all now aware, a new national lockdown has come into force. The Prime Minister said the increased measures were necessary to bring the virus under control and protect the NHS. Please, everyone stay active, stay safe, be aware.



So when can we leave our homes?

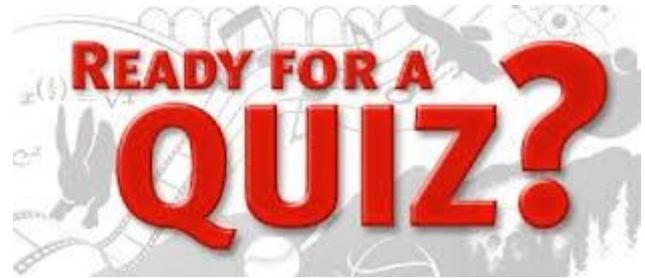
1. **Work:** you can only leave home for work purposes where it is unreasonable for you to work from home.
2. **Volunteering:** you can also leave home to provide voluntary or charitable services.
3. **Essential activities:** you can leave home to buy things at shops or obtain services. You may also leave your home to do these things on behalf of a disabled or vulnerable person or someone self-isolating.
4. **Education and childcare:** You can only leave home for education, registered childcare, and supervised activities for children where they are eligible to attend. Access to education and children's activities for school-aged pupils is restricted. People can continue existing arrangements for contact between parents and children where they live apart. This includes childcare bubbles.
5. **Meeting others and care:** You can leave home to visit people in your support bubble (if you are legally permitted to form one), to provide informal childcare for children under 14 as part of a childcare bubble (for example, to enable parents to work, and not to enable social contact between adults), to provide care for disabled or vulnerable people, to provide emergency assistance, to attend a support group (of up to 15 people), or for respite care where that care is being provided to a vulnerable person or a person with a disability, or is a short break in respect of a looked-after child.
6. **Exercise:** You can continue to exercise alone, with one other person, or with your household or support bubble. This should be limited to once per day, and you should not travel outside your local area. You should maintain social distancing. See exercising and meeting other people.
7. **Medical reasons:** You can leave home for a medical reason, including to get a COVID-19 test, for medical appointments and emergencies.
8. **Harm and compassionate visits:** you can leave home to be with someone who is giving birth, to avoid injury or illness or to escape risk of harm (such as domestic abuse). You can also leave home to visit someone who is dying or someone in a care home (if permitted under care home guidance), hospice, or hospital, or to accompany them to a medical appointment.
9. **Animal welfare reasons:** you can leave home for animal welfare reasons, such as to attend veterinary services for advice or treatment.
10. **Communal worship and life events:** You can leave home to attend or visit a place of worship for communal worship, a funeral or event related to a death, a burial ground or a remembrance garden, or to attend a wedding ceremony. You should follow the guidance on the safe use of places of worship and must not mingle with anyone outside of your household when attending a place of worship.
11. **Weddings, funerals** and religious, belief-based or commemorative events linked to someone's death are all subject to limits on the numbers that can attend, and weddings and civil ceremonies may only take place in exceptional circumstance.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

Geography

Seventeen of the countries in Europe are landlocked (no border with the sea)!!

How many of these 17 can you name?



The World: In which year were the following items invented? See how close you get.

- a. Printing Press
- b. Sewing Machine
- c. Telephone
- d. Car
- e. Television
- f. Camera
- g. Battery
- h. Telescope
- i. Bicycle
- j. Microscope
- k. World Wide Web
- l. Safety Match
- m. Typewriter
- n. Mobile Phone

Music

These are all mega bestselling Albums.

Can you name both the artist and the year it was released?

1. Back to Black
2. Bad
3. True Blue
4. Brothers in Arms
5. Kings Of The Wild Frontier
6. Abbey Road
7. ...But Seriously
8. Be Here Now
9. I Dreamed A Dream
10. Our Version Of Events
11. Divinely Uninspired to a Hellish Extent
12. Back To Bedlam
13. Sgt Pepper's Lonely Hearts Club Band
14. Souper Trouper
15. Thriller
16. A Night At The Opera

Films

Can you name the Alfred Hitchcock films from these stars and the year? I know it's hard!!

1. Janet Leigh/Vera Miles: 1960
2. James Stewart/Kim Novak: 1958
3. James Stewart/Grace Kelly: 1954
4. Tippi Hendren/Rod Taylor: 1963
5. Cary Grant/James Mason: 1959
6. James Stewart/Farley Granger: 1948
7. Sean Connery/Tippi Hendren: 1964
8. Paul Newman/Julie Andrews: 1966
9. Robert Donat/Madeline Carroll: 1935
10. Ray Milland/Grace Kelly: 1954
11. Cary Grant/Grace Kelly: 1955
12. Farley Granger/Robert Walker: 1951



Space

What are the fifteen largest items in the Solar System?

And to make it even harder, can you put these 15 in order of size from biggest to smallest?

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

MIND-SET: Motivation

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

Let's be honest, motivating yourself can be really hard, especially during this lockdown. We feel anxiety and stress, and there is always that feeling of "what's the point?" In fact, trying to sustain your drive through a task, a project, or even a career can sometimes feel like wading through a very muddy field with your shoes sinking into the goo, stopping you from moving forward. We seem to have a natural aversion to persistent effort that no amount of caffeine or inspirational posters can fix.

But effective self-motivation is one of the main things that distinguishes high-achieving professionals from everyone else. Success comes from persistence, consistent, and believing that you can make it to the end. So how can you keep pushing onward, even when you don't feel like it?

To a certain extent, motivation is personal. What gets you going might not do anything for me. And some individuals do seem to have the ability to keep going more than others.



But there are several strategies that seem to work for most people, whether they're trying to lose weight, save for retirement, or implement a long, difficult initiative at work. If you've ever failed to reach an attainable goal because of procrastination or lack of commitment, and who of us hasn't?, I encourage you to think about some of the following.

Create Goals, not chores

We talked about setting 2021 goals in our last pack. And it is worth saying again. This is so important for you all this year. Ample research has documented the importance of goal setting. Studies have shown, for example, that when salespeople have targets, they close more deals, and that when individuals make daily exercise commitments, they're more likely to increase their fitness levels. Abstract vague ambitions, such as "doing your best", are usually much less effective than something concrete, such as bringing in ten new customers a month or walking 10,000 steps a day. As a first general rule, then, any objectives you set for yourself or agree to should be specific.

Goals should also, whenever possible, trigger intrinsic, rather than extrinsic, motivation. Intrinsic motivation comes from within, while extrinsic motivation arises from outside. When you're intrinsically motivated, you engage in an activity solely because you enjoy it and get personal satisfaction from it. When you're extrinsically motivated, you do something in order to gain an external reward. Research shows that intrinsic motives predict achievement and success better than extrinsic ones do. Make it interesting and relevant too.

Everything you do is based on the choices you make. It's not your parents, your past relationships, your job, the economy, the weather, an argument or your age that is to blame. You and only you are responsible for every decision and choice you make.

MIND-SET:

More motivation techniques

Positive Reinforcement

Positive reinforcement is a fundamental principle of human behaviour that says an action is more likely to happen (and continue to happen) when it's followed by something enjoyable or rewarding: (this is similar to our reward part).

- Little kids are more likely to learn how to use the potty if their parents clap and sing songs and cheer profusely whenever they successfully go in the potty rather than somewhere else.
- Employees are more likely to come to management with useful suggestions and feedback if managers listen to that feedback carefully, take it seriously, and offer genuine thanks and appreciation.

You get the idea. We all know the power of positive reinforcement in our lives.

But what we're not as good at is building in positive reinforcement when it doesn't occur naturally or by default. But the ability to build in positive reinforcement mechanisms to our own challenges and goals, a process called artificial positive reinforcement, is a surprisingly simple skill we can all learn.

Suppose you decided that this is the year you finally read the novels of Sherlock Holmes by Sir Arthur Conan Doyle (I fully recommend). You've told yourself since school that one day you'd finally read these books, but so many times you have started and made it to only a few pages or chapters, or to where Sherlock has met John Watson, only to lose interest and fail at your goal once again.

What if you artificially set up a system of reward and positive reinforcement for yourself? I know, it seems silly to reward yourself for reading a book (but this is just an example of a target), but if you want a proven, effective way to keep your motivation up, this will do the trick.

Here's how you might do it:

Pick a small amount of reading you would like to do each evening. Let's say 15 pages. Then choose a small but enjoyable reward. Maybe three Maltesers. (thinking of weight here).



Keep your copies of Sherlock Holmes and your pack of Maltesers on the shelf near your chair or bed. Each time you finish your 15 pages, put the book away and reward yourself with the chocolate. Again, I know this one can seem silly and childish because we associate positive reinforcement with getting kids to do things, but it's just as powerful a principle with adults as kids.

You can also use this with friends who you are supporting as they try and reach their targets. You can praise them when you see them. If they are trying to lose weight for example, ask them how they are doing, and how they look good. Maybe tell them that when they reach different stages you will get them a small present - even something from Poundland can be nice to receive. It's an incentive to keep going.

Give it a shot

MIND-SET:

You can motivate yourself if you try.

Visualise your targets

It is very easy to feel sceptical of the idea of using visualization as a technique for improving performance and motivation. It can appear a little hokey and out there, like something you'd read in a cheap self-help book or hear from a scammy motivational speaker. But the truth is visualization is a very straightforward practice that can powerfully boost motivation. And it has nothing to do with channelling cosmic energies, manifesting your inner purpose, or any other nonsense like that.

Instead, it works on a simple principle of motivation that says the more specific, concrete, and available our mental representation of a goal and its benefits are, the more we'll feel motivated to achieve it.

For example, consider two scenarios for staying motivated to achieve a goal of losing weight:

- Scenario A: The doctor told me it would be good for my health to lose weight. Guess I should try to eat better...
- Scenario B: The doctor told me it would be good for my health to lose weight. And then I imagined how fun it would be if I could exercise with our HMHB outdoor fitness session users at the park without getting instantly winded and fatigued.



Which scenario is going to provide more motivation to lose weight? Yeah, obviously Scenario B. The more detailed our image for the outcome and its benefits, the more motivational pull that outcome will have on us.

No matter what the specifics of our goal, if we make time to visualize and "paint the picture" in our minds of what it will look like to achieve our goal, we'll have more sustained motivation to do the hard work required to get there.

Research has shown that one of the best practical way to add visualization into your routine or plan for change is to commit to a small journaling habit. Get yourself a small notebook and spend 5 minutes a few times a week writing about what it will really be like to achieve your goal and all the possible benefits that might go along with it. This can be for any target or goal. And it will definitely help motivate you to push on and reach your end result with success.

"You must want to be a butterfly so badly, you are willing to give up being a caterpillar."

"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine."

"You can have results or excuses. Not both."

Be Optimistic

NUTRITION:

Your diet can improve your mental health

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 discussed many reasons why we all need to adhere to a healthy diet. For example, last week we showed there are links to help prevent some cancers. And, it is imperative that we get all the right nutrients to enable our metabolism to work properly. But there is also plenty of research to suggest that what we eat may affect not just our physical health, but also our mental health and wellbeing.



Eating well (i.e. a well-balanced diet rich in vegetables and nutrients) may be associated with feelings of wellbeing. One 2014 study found high levels of wellbeing were reported by individuals who ate more fruit and vegetables:

A recent study found that a “Mediterranean-Style” diet (a diet that is high in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and unsaturated fats such as olive oil.) supplemented with fish oil, led to a reduction in depression among participants, which was sustained six months after the intervention.

The importance of good nutritional intake at an early age is explored in multiple studies, including a systematic review in 2014, which found that a poor diet (with high levels of saturated fat, refined carbohydrates, and processed food products) is linked to poorer mental health in children and adolescents. And, let’s be honest, how many children get a good balanced meal every night?

However, there are a range of inequalities that can contribute to the development of mental health problems, and how these factors interact with each other to affect mental health can be complex. Factors such as poorer physical health, and living in poverty, or deprived communities, have been found to be associated with poorer mental health and wellbeing. Both these inequality factors have also been shown to have a complex relationship with poor nutrition.

Experience of a mental health problem may also be associated with poorer diet and physical health. There have been efforts to close the ‘mortality gap’ for people with severe mental health problems, who on average tend to die 10 to 25 years earlier than the general population. A number of factors may contribute to this premature mortality, including dietary and nutritional factors, among other things.

Poor nutrition can lead to physical health problems such as obesity, though there are a number of demographic variables that could affect the direction and/or strength of the association with mental health including severity of obesity, socioeconomic status and level of education, gender, age and ethnicity.

The relationship between obesity and mental health problems is complex. Results from a 2010 systematic review found two-way associations between depression and obesity, finding that people who were obese had a 55% increased risk of developing depression over time, whereas people experiencing depression had a 58% increased risk of becoming obese.

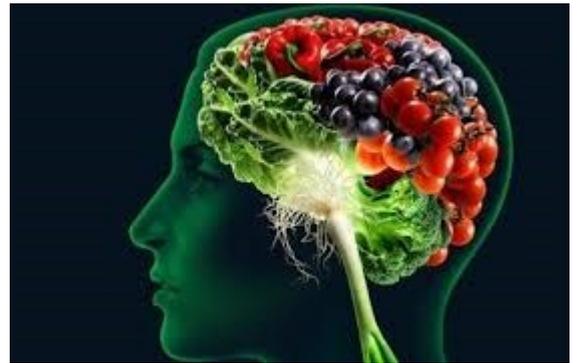
NUTRITION: What is the Connection?

Actually, scientists say that since they don't have all the answers, biologically, behind anxiety and depression, there's no clear reason why changing your diet can change your mood.

But they do know a few things: For example, vitamins in the body help the function of enzymes that enable reactions such as the synthesis of serotonin, which plays an essential role in our happiness.

Meanwhile, too much sugar has been found to decrease a protein called "Brain-Derived Neurotrophic Factor (BDNF)", which is involved in the development of depression and anxiety.

There's also emerging research that suggests that our gut plays an important role in mental health. The microorganisms in our gut can communicate with the brain and several systems that could play a role in depression and anxiety, and the composition of the gut microbiota is influenced by nutrition.



The Director of the "Mood and Anxiety Program" at the University of Pennsylvania, Michael Thase, says that there are a few factors at play here.

"When you treat depression with medication, the actual 'magical' chemical ingredients matter maybe 15 percent. It's really the process of working with a doctor and finding the motivation to recognize the problem and take steps toward fixing it that counts for most of the good," he says.

"You can get that much of the good in a non-medication intervention that includes diet, exercise, and talking to someone," he believes.

"It's really when you start taking care of yourself, which taking control of your diet certainly counts as, you get remoralization," Thase adds. "Your spirits pick up and that is an antidepressant."

Diet is a great way of active self-care and self-love, one of the keys of Cognitive Behavioural Therapy (CBT), which is often used to treat anxiety and depression. Experts believe seeing oneself as worthy of self-care and therefore worthy of being fed with nutritious food is a great step.

For some, nutritional intervention may work wonderfully as a primary treatment. But for others, including people with specific disorders like Bipolar and Schizophrenia, sticking to a specific diet would need to be used as complementary to other treatments, like medication.

In fact, there's a field called "Nutritional Psychology" that's gaining steam.

Thase says: "There is a real movement toward mindfulness and holistic approaches in our culture right now, and in psychiatry, there's a movement toward personalized medicine, in the sense that our patients are the captains of their own ship and their own treatment planning," he explains.

"As people become more interested in alternative therapies like this and continue to see results, you may see more mainstream docs writing prescriptions for healthy foods in the future."

NUTRITION:

So, which foods are we talking about?

Many of these are not going to come as a surprise. It may feel as if we are continually repeating the same things over and over. But sometimes that is the best way. If we start to realise that these foods are around to help us, hopefully we will use them more.

Leafy Greens

If you were to choose the healthiest food of all, the most nutrient-dense item available to us to eat, it would be dark, leafy greens, no contest. Spinach, Kale, Swiss chard. Greens are the first of the G-BOMBS (greens, beans, onions, mushrooms, berries, seeds) that Joel Fuhrman, MD, describes in his book “The End of Dieting”. These are the foods with the most powerful immune-boosting and anticancer effects, and especially good for mental health too.



“These foods help prevent the cancerous transformation of normal cells and keep the body armed and ready to attack any precancerous or cancerous cells that may arise,” he writes. Leafy greens fight against all kinds of inflammation and, according to a study published in March 2015 in “JAMA Psychiatry”, severe depression has been linked with brain inflammation. Leafy greens are especially important because they contain oodles of vitamins A, C, E, and K, minerals, and phytochemicals. So eat more vegetables!!!!

Walnuts

Walnuts are one of the richest plant sources of omega-3 fatty acids, and numerous studies have demonstrated how omega-3 fatty acids support brain function and reduce depression symptoms. A study published in the “British Journal of Psychiatry” is especially interesting. The lead authors ask the question, “Why is the vast part biological research, from genetics to psychopharmacology, concentrated on neurotransmitters, when the mammalian brain is approximately 80 percent fat (lipids), and there is a growing body of research demonstrating the critical role of lipids in brain functioning?”



What’s more, the shift in the Western diet away from these necessary omega-3 fatty acids over the last century parallels the large rise in psychiatric disorders in that time. Just a handful of walnuts a day is good enough. But why not also research other nuts too. Yes, they are high in calories, but health benefits are terrific.

Avocado

You can find them cheap on market stalls, just make sure they are ripe. Avocados are power foods because, again, they contain healthy fat that your brain needs in order to run smoothly. Three-quarters of the calories of an avocado are from good fat, mostly monounsaturated fat, in the form of oleic acid. Studies suggest that oleic acid reduces inflammation and may even have beneficial effects on genes linked to cancer. An average avocado also contains 4 grams of protein, higher than other fruits, and is filled with vitamin K, different kinds of Vitamin B (B5, B6, B9) Vitamin C and vitamin E12. Finally, they are low in sugar and high in dietary fibre, containing about 11 grams each.



NUTRITION: More foods to help with mental health

Berries

Blueberries, raspberries, strawberries, and blackberries are some of the highest antioxidant foods available to us. All experts agree that it is a good idea to have a mix of them. In a study published in the “Journal of Nutritional and Environmental Medicine”, patients were treated for two years with antioxidants or placebos. After two years those who were treated with antioxidants had a significantly lower depression score. Antioxidants are like DNA repairmen. They go around fixing your cells and preventing them from getting cancer and other illnesses.



Mushrooms

Here are two good reasons why mushrooms are good for your mental health. First, their chemical properties oppose insulin, which helps lower blood sugar levels, evening out your mood. Second, they also are like a probiotic in that they promote healthy gut bacteria. And since the nerve cells in our gut manufacture 80 to 90 percent of our body’s serotonin (much more than the brain), serotonin being the critical neurotransmitter that keeps us sane, we can’t afford to not pay attention to our intestinal health.



Onions and Garlic

Eating onions and garlic frequently is associated with a reduced risk of cancers of the digestive tract, say experts. These vegetables also contain high concentrations of anti-inflammatory flavonoid antioxidants that contribute to their anticancer properties. Again, if you consider the relationship between your digestive tract and your brain, it is understandable why a food that can prevent cancers of the gut would also benefit your mood.



Tomatoes

Tomatoes are a fantastic addition to most meals and that is because tomatoes contain lots of Folic Acid and Alpha-Lipoic acid, both of which are good for fighting depression. According to research published in the “Journal of Psychiatry and Neuroscience”, many studies show an elevated incidence of folate deficiency in patients with depression. In most of the studies, about one-third of depression patients were deficient in folate.



Folic acid can prevent an excess of homocysteine, which restricts the production of important neurotransmitters like serotonin, dopamine, and norepinephrine, from forming in the body.

**Our diets influence much more of our lives than we realise.
The nutrients we get help to keep us alive.
Why not do your own research? Especially at this time of pandemic.
What you are eating can have a direct effect on your thinking.
It’s your body. Make the right choices.**

Nutrition: HMHB look at different Foods

Today: Onions

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

How many of our homecooked meals seem to start with an onion being cooked? Whether it be meaty stews or casseroles or vegetarian courses, onions appear to be the base of so many recipes.

The Onion, sometimes known as the bulb onion or common onion, is a vegetable that is the most cultivated of the genus "Allium". It is also related to the garlic, shallot, leek, and chive.

Traces of onions recovered from Bronze Age settlements in China suggest that onions were used as far back as 5000 BC, not only for their flavour, but the bulb's durability in storage and transport. Ancient Egyptians revered the onion bulb, viewing its spherical shape and concentric rings as symbols of eternal life. Onions were used in Egyptian burials, as evidenced by onion traces found in the eye sockets of Ramesses IV.



Pliny the Elder of the first century AD wrote about the use of onions and cabbage in Pompeii. He documented Roman beliefs about the onion's ability to improve ocular ailments, aid in sleep, and heal everything from oral sores and toothaches to dog bites, lumbago, and even dysentery.

While the large, mature onion bulb is most often eaten, onions can be eaten at immature stages. Young plants may be harvested before bulbing occurs and used whole as spring onions or scallions. When an onion is harvested after bulbing has begun, but the onion is not yet mature, the plants are sometimes referred to as "summer" onions.

Additionally, onions may be bred and grown to mature at smaller sizes. Depending on the mature size and the purpose for which the onion is used, these may be referred to as pearl, boiler, or pickler onions, but differ from true pearl onions which are a different species. Pearl and boiler onions may be cooked as a vegetable rather than as an ingredient and pickler onions are often preserved in vinegar as a long-lasting relish.

Onions are available in fresh, frozen, canned, caramelised, pickled, and chopped forms. The dehydrated product is available as kibbled, sliced, ring, minced, chopped, granulated, and powder forms.

Onion powder is a seasoning widely used when the fresh ingredient is not available. It is made from finely ground, dehydrated onions, mainly the pungent varieties of bulb onions, and has a strong odour. Being dehydrated, it has a long shelf life and is available in several varieties: yellow, red, and white.

Most onion cultivars are about 89% water, 9% carbohydrates (including 4% sugar and 2% dietary fibre), 1% protein, and negligible fat. Onions contain low amounts of essential nutrients and have an energy value of 166 kJ (40kilocalories) in a 100g (3.5oz) amount. Onions contribute savoury flavour to dishes without contributing significant caloric content

**Onions are a useful vegetable adding taste to many dishes.
Why not do some research yourself?**

NUTRITION: Lazza's Kitchen

Chilli Con Carne

Lazza is still trying out new recipes

Today - he makes his first ever Chilli Con Carne from scratch

In writings from 1529, a Franciscan friar described chili pepper-seasoned stews being consumed in the Aztec capital, Tenochtitlan, now the location of Mexico City.

Using beef originated with Spanish colonizers.

In Spanish, the term "chile con carne", is first recorded in a book from 1857.



1 large onion: 1 red pepper: Garlic cloves.
Teaspoon: Chill powder, paprika, cumin (each)
500g lean minced beef
Beef stock cube in 300ml water
Tin chopped tomatoes
Good squeeze of tomato puree
Tin red kidney beans
Wholegrain rice
Sour cream (for serving)

In a little oil, heat the chopped onion and garlic. Cook till slightly tender.

Add the mince and brown.

Add the chopped red pepper.

Mix in teaspoon of the spices (chilli powder depending on your own taste)

Add the chopped tomatoes and kidney beans.

Mix the stock cube in the water and add. I added a tsp of Worcestershire sauce

Season with pepper and salt if you wish, and even a small teaspoon of sugar.

Leave to cook so the liquid disappears a bit, maybe 30 minutes.

Prepare the rice as per instructions.

Serve up with a nice dollop of sour cream.

Enjoy. Makes enough for four/five servings.



I have used shop sauces and spice mixes before, but this was my first one using my own spices and ingredients.

And, I must say, this is one of the best dishes I have created for these packs.

It was so so nice. Really tasty.

I was, as usual, absolutely stunned!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

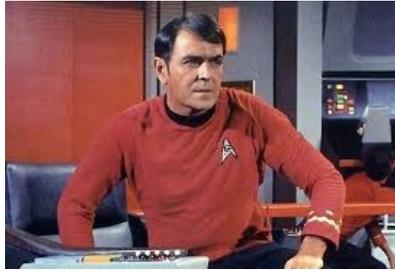
I stun myself every week. If I can do it, so can you. Try something new!!!



HMHB's Name Game Page - trickier than you think.
Name these Star Trek actors, and the Characters they played.
Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



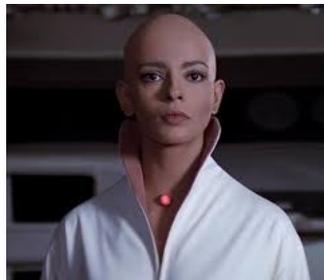
8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Bodyweight Exercises

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

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

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

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

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

Be active, be safe, and go for it.

Bodyweight exercises are strength training exercises that use the individual's own weight to provide resistance against gravity. Bodyweight exercises can enhance a range of abilities including strength, power, endurance, speed, flexibility, coordination and balance. This type of strength training has grown in popularity for both recreational and professional athletes. Sounds difficult, but it isn't.

Bodyweight training utilises simple abilities such as pushing, pulling, squatting, bending, twisting and balancing. Movements such as the press up, squat, and sit up are some of the most common bodyweight exercises.

Advantage

While some exercises may require some type of equipment, the majority of bodyweight exercises require none. For those exercises that do require equipment, common items found in the household are usually sufficient, or substitutes can usually be improvised. Therefore, bodyweight exercises are convenient when travelling or on holiday, when access to a gym or specialised equipment may not be possible. Another advantage of bodyweight training is that there are no costs involved.



Disadvantage

As bodyweight exercises use the individual's own weight to provide the resistance for the movement, the weight being lifted is never greater than the weight of one's own body, which can limit new muscle growth. Another disadvantage is that bodyweight training may be daunting to beginners and perceived as too easy for experienced athletes. Women, in general, also find it more difficult to do bodyweight exercises involving upper body strength and may be discouraged from undertaking these exercises in their fitness regimens.

Lazza's weightloss challenge

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

On Friday 8th January 2021, Lazza was 97.5kg. Losing 0.5kg in one week.

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

Was a very tough week for HMHB as a whole, so very happy with this result.

Consistency is the key.

EXERCISE/FITNESS: Harder bodyweight exercises

We want to demonstrate some to you, but we also need to take into account that not everyone is the same. Most of the exercises we show, we try and make sure that a majority of readers can give them a go, even if that means adapting them slightly for all ages and abilities. Exercise is there for us all to enjoy.

But sometimes they are harder. So on this page we will try some tough ones to do, that maybe you can try and develop if you find them difficult. Easier ones to follow.

Bear Crawl.

When performing the bear crawl you use muscles throughout the entire body including the shoulders (deltoids), chest and back, glutes, quadriceps, hamstrings, and core. You'll build both strength and endurance in these muscles if you do the exercise regularly.

As you can see, you get onto all fours (hands and feet), then move both the right arm and leg forward together, then the left together, and so on, moving forward. It is not easy. But this is a fantastic all body exercise.



Inchworm

The inchworm is a great dynamic exercise used to warm up the entire muscular system. It focuses primarily on increasing flexibility throughout ones hamstrings as well as increases strength within ones shoulders chest and deltoid.

As you can see from the accompanying picture, you start standing up. You reach to the floor then walk out your hands till you are in press up position. Then you walk your feet back up to your arms before standing up. And continue. Yes, this is tough, but really good for you.

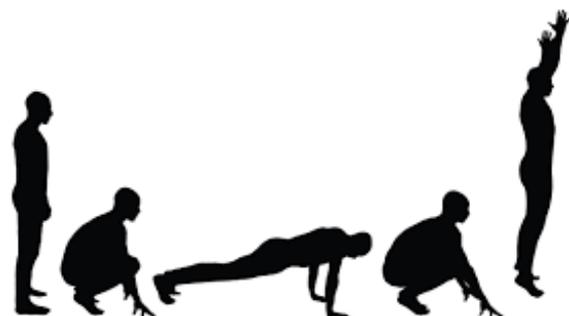


Burpee

I was first introduced to the Burpee on a bootcamp in the Cotswolds back in 2013.

The focus is on a full-body calisthenics workout that aims to build muscle strength and endurance in both your lower and upper body. A standard burpee works to strengthen the muscles in your legs, hips, buttocks, abdomen, arms, chest, and shoulders.

Start standing, squat down to get you hands on the floor, then either jump or step back into press up position (you can do one if your want), then jump/step back to squat and back upright. Do as many as you can.



EXERCISE/FITNESS:
Medium Level Bodyweight Exercises for all

That first page was quite tough. And if you can get some good reps going then I congratulate you. Keep it up, as you are doing a lot of good for your body. But these ones are slightly easier, so give these a try too.

We realise that exercise can be daunting to some of us. We may feel that we will look silly, or that the particular movement is beyond us, but it is always worth giving it a go, and trying to find a way. Even if that means only doing it a few times at first. You will build up your stamina over time.

Clock Lunge

Start by stepping forwards and lower your hips until both knees are bent at 90°, with your front knee above your foot. Then push back up. That's your standard lunge (the 12 o'clock lunge) The next step is a side lunge to your right. Make sure to keep your upper body straight and over your leading leg as you lower, keeping the trailing leg straight. Push back to starting position (the 3 o'clock lunge).

Next up is a reverse lunge. Step back (towards 6 o'clock) and lower until both knees are bent at 90°, then push back up



Curtsy Lunge Exercise

The curtsy lunge targets the main muscles involved in a lunge, the quads and glutes, but also engages some additional movers. When your leg crosses back and around, the gluteus medius on the stationary leg fires up. The hip abductors, which bring your thighs together, are also engaged.

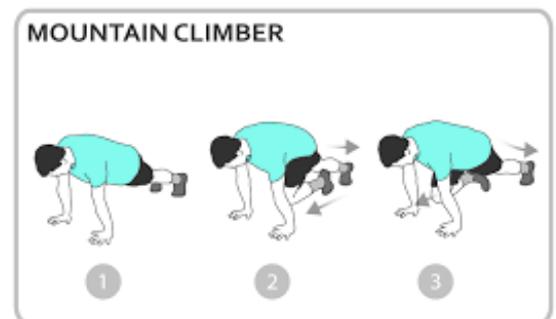
It's a normal backward lunge, except you cross the back leg behind you, as if you were performing a curtsy in front of the queen. We have done this one a lot in our outdoor sessions, and is another great strength movement.



Mountain Climber

Mountain climbers are a great power move for runners. They ramp up your heart rate, challenge your balance and agility, and get your muscles burning. And though they're usually considered a lower-body exercise, mountain climbers actually engage the upper arms and core, too.

Drop into a press-up position, supporting your weight on your hands and toes, with your arms straight and your legs extended. Keeping your core braced and your shoulders, hips and feet in a straight line throughout, bring one knee towards your chest, then return it to the starting position. Repeat the movement with your other leg, then continue alternating legs throughout. See how long you can last.



EXERCISE/FITNESS:

Let's try some easy Bodyweight Exercises

Here's the good news: you can do bodyweight exercises every day (and a lot of things you do in life can even be counted as them, such as types of gardening, some DIY, and even some shopping). This also means that if you want to train and don't have access to a gym or any facilities or equipment, then you won't have to sacrifice your workouts.

However, be aware that bodyweight exercises can be strenuous on the body, which means rest and recovery is important. You will be able to feel how your body reacts.

Wall Sit

Lean back against the wall with your torso, with your feet shoulder-width apart. Then press back and slide down the wall until your thighs are parallel with the ground. Your knees should be above your ankles and bent at right-angles. Keep your head, shoulders and upper back against the wall and see how long you can hold the position.

It primarily builds isometric strength and endurance in glutes, calves, quadriceps, hamstrings, and adductor muscles



Arm Circles

Stand with your feet shoulder-width apart and extend your arms parallel to the floor. Circle your arms forward using small controlled motions, gradually making the circles bigger until you feel a stretch in your triceps. Reverse the direction of the circles after about 30 seconds.

It gets your blood moving and can help to build muscle tone in your shoulders, triceps, and biceps.



Calf Raises

Exercises don't come much simpler than the calf raise. Stand up straight, then push through the balls of your feet and raise your heel until you are standing on your toes. Then lower slowly back to the start. For this reason, calf raises are just about the easiest exercise to slip into your day-to-day life.

Strong calf muscles result in better stability and balance, decreased risk of ankle and knee injuries, and better agility when running and jumping.



This is a pivotal year for many of us.

Last year we all struggled wondering what was happening, and were stressed.

This year will hopefully bring us out of that state.

And we should all be more aware of our fragility and the beauty of life.

This means eating better and exercising more.

Push yourself harder, and you will find significant benefits.

HEALTH / ROUTINE

Arthritis

This is a subject close to Healthy Minds, Healthy Bods' heart. Through our weekly walk, we met several people who are suffering from this malady. And I know one of our walkers is awaiting an operation to help her with her pain. We also met a wonderful man on one of our courses with Anchor Hanover Residential Housing in Hackney who had terrible arthritis that meant he walked with a severe stoop.

There are thought to be ten million people with some form of arthritis in the UK. It is the most common cause of disability in the UK and can affect people of all ages, not just older people.

The word "arthritis" means 'inflammation in the joints'. Inflammation is a difficult thing to

imagine and describe, but it is part of the body's normal healing process, just like the healing of a cut or a bruise. Inflammation can be thought of as being like a bruise with swelling on the inside of the joints, and this can cause pain and stiffness.



A normal joint is the connection between two bones. The ends of the bones are covered by a layer of cartilage which acts as a shock absorber to protect the bones from damage. A thin membrane called the synovial membrane lines the joint and produces a small amount of joint fluid called synovial fluid which helps to lubricate the joint. The joint capsule holds the joint together loosely. Strong ligaments help to anchor the bones together firmly and muscles on top and across the joint the joint move the joint in different directions.

The most common type of arthritis is "Osteoarthritis. This is often wrongly called "wear and tear" or "degenerative" arthritis and is more common in older people.

In a joint with osteoarthritis, minor injury triggers the body's healing process. This can cause the build-up of fluid inside the joint and the formation of new bone leading to swelling. Chemicals in the joint fluid can lead to thinning of the joint cartilage. Degeneration is a misleading word, as in osteoarthritis the body is attempting to repair itself and can often cause no pain at all.

One reason for the pain and stiffness of osteoarthritis is thought to be due to nerve endings in and around the joint becoming more sensitive. These nerve endings can sometimes become more sensitive and can then continue to cause pain, even when the original cause of pain has settled.

- Primary osteoarthritis is also referred to as "Idiopathic osteoarthritis" because there is no known underlying or predisposing cause. "Secondary osteoarthritis" develops as a result of another medical condition or trauma at the joint (for example, a sports injury or repetitive use).
- Creaky knees and complaining hips aren't just a stereotype of aging. Data from the Framingham OA Study revealed that symptomatic knee osteoarthritis affects 6.1% of all adults over age 30 and 9.5% of all adults between 63-93 years old. Symptomatic hip osteoarthritis affects 4.4% of adults 55 years and older.
- According to the research, men have a 45% lower risk of knee osteoarthritis and a 36% lower risk of hip osteoarthritis than women.

HEALTH / ROUTINE

Rheumatoid Arthritis

Rheumatoid arthritis is completely different to osteoarthritis which affects most of us as we get older. Rheumatoid arthritis can affect people of any age, including very young children, and it is a condition where the immune system which usually protects us from infections, starts to attack the joints causing pain, stiffness and swelling.

It is very important to diagnose rheumatoid arthritis as soon as possible because there are very effective treatments and if the symptoms are ignored or not treated properly, joint damage can happen very quickly. If rheumatoid arthritis is treated as soon as possible after the symptoms start, joint damage and disability can often be prevented. Most hospital rheumatology departments now have rapid access early arthritis clinics to see people with suspected rheumatoid arthritis as soon as possible, so that treatment can start straight away and joint damage can be prevented.



No one knows exactly why some people develop rheumatoid arthritis. It is more common in women and sometimes runs in families. It is more common in people who smoke and in people who are above a healthy weight, but no-one knows the reasons for this. (another reason to stop smoking and think about nutrition).

Rheumatoid arthritis causes pain, stiffness and swelling of the joints. The joints most commonly affected are the small joints of the fingers and toes, the wrists, elbows, shoulders and knees as well as the neck and jaw. The low back is not affected by rheumatoid arthritis, neither are the joints at the ends of the fingers.

Some people with rheumatoid arthritis will only have one or two joints affected at a time and sometimes the arthritis seems to move round the joints. Others find that they have episodes of swollen joints for a day or so and things then settle for days or weeks. The stiffness and pain of rheumatoid arthritis are usually worse in the morning which can make it difficult to grip objects, then the symptoms tend to improve during the day.

Many people with rheumatoid arthritis feel especially tired at times and sometimes low in mood. Many people have dry eyes and mouth (“sicca” symptoms or Sjogren’s syndrome) associated with the arthritis. Rarely, rheumatoid arthritis can also affect the skin, heart, lungs and kidneys.

As rheumatoid arthritis is a problem caused by the immune system, the treatments are designed to stop the immune system from damaging your joints. The sooner you start these medicines, the less damage will happen. There are many different types of medicine that do this but at the start you will usually be offered a so-called “disease-modifying drug” (DMARD) such as methotrexate, sulfasalazine or hydroxychloroquine and often medicines called steroids or corticosteroids as well. You may also be offered painkillers such as paracetamol or non-steroidal anti-inflammatory drugs (NSAIDs) such as naproxen or ibuprofen. Painkillers and NSAIDs do not affect the immune system that causes arthritis, and they will not prevent joint damage, but they can help with the pain and stiffness of rheumatoid arthritis.

Once you and your joints start to feel better, the number of tablets that you need can be reduced and you may be able to stop most or all your painkillers. The most important thing to remember is that treatment is designed to stop joints from being damaged and to reduce the risk of disability.

HEALTH / ROUTINE

What can I do to help myself re Arthritis?

Rheumatoid arthritis is more common in people who smoke or who are overweight, so altering your lifestyle can reduce your risk of developing arthritis.

Stopping smoking and reducing your weight can also mean that if you have already developed arthritis, you will have a much better response to medication.

Try to keep to a healthy weight. For every pound that you are above a healthy weight, an extra 4 or 5 pounds of weight goes through your hips knees and feet and this can increase the pain. Reducing weight can help a lot with pain.

Keep your muscles strong and do some exercise. Exercise that increases muscle strength can really help support the joints and reduce the pain of arthritis. Exercise will not harm your joints even if they are inflamed and will also help with weight control, improve posture and flexibility and reduce stress. You should try to balance active (aerobic) exercise with increasing strength (resistance) exercise plus work on flexibility (stretching) and balance to get the best results.

Keep to a healthy diet. Eating healthily can help maintain muscle and bone strength and help you keep to a healthy weight. Eating a more Mediterranean diet with less red meat, more fruit and vegetables and more omega-3 fish oils can help.

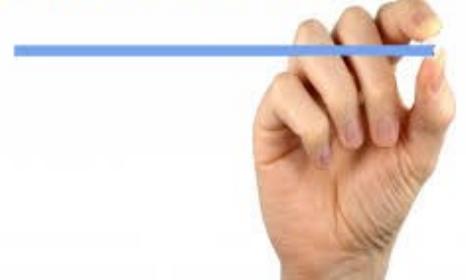
Self-management. Self-management is about taking control of your symptoms and lifestyle to live a better life with less pain and improved function.

There is more help out here too if you have arthritis.

Most of us don't think out our ability to get dressed, prepare meals, and take part in activities such as gardening as anything special. However, for someone with arthritis these can be a very big deal. Products designed to make these tasks easier can completely change the quality of life and help an arthritis sufferer to live more independently. For example, good design of clothes fastening can help someone with hand osteoarthritis to dress themselves, and a shampoo bottle that does not need to be gripped can keep someone washing their own hair.

It's remarkable the impact that a seemingly simple idea can have. There are products that help people to turn their keys in a door or car by providing extra grip and leverage, tools to pick things up easily without bending over, special handles to help grip shopping bags, and chopping boards with fixed graters and peelers to aid food preparation and relieve strain on the wrists. There are so many, and each one of these products has had an impact that you can't even imagine on someone's physical and mental well-being and overall quality of life.

ARTHRITIS



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

www.healthymindshealthybods.blogspot.com

We've added over five new entries this week. Please log on to have a read.

Why not try an exercise class!!!

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

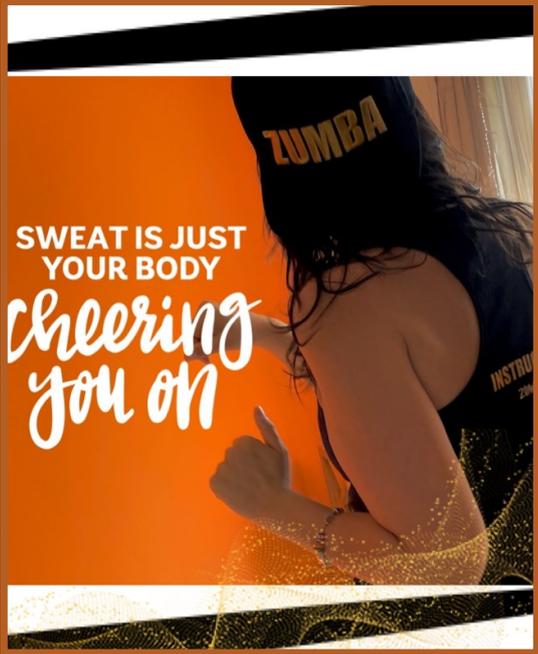
Karina is part of our weekly Sobell Fitness sessions.

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

Please contact her. They are fun, but also great for your overall health. Treat yourself!!



ZUMBA



ACTIVE WITHIN

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

www.activewithin.com

TIME TABLE

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

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

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

Check out their website for more information.

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

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

www.walkwithadoc.org



PILATES

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

**Monday 10-11am:
Pilates for strength**

**Tuesday 6.30-7.30pm:
Pilates evening flow**

**Wednesday 10-11am:
Personal Training for over 50's**

**Friday 9.30-10.30am:
Pilates for over 50's**

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

Quiz Answers from Page 4 + Star Trek from Page 15

See if you can beat your family and friends

The World: These are the years the following items were invented. How close were you?

- | | | |
|----|----------------|------|
| a. | Printing Press | 1440 |
| b. | Sewing Machine | 1790 |
| c. | Telephone | 1876 |
| d. | Car | 1885 |
| e. | Television | 1925 |
| f. | Camera | 1816 |
| g. | Battery | 1800 |
| h. | Telescope | 1608 |
| i. | Bicycle | 1817 |
| j. | Microscope | 1590 |
| k. | World Wide Web | 1989 |
| l. | Safety Match | 1862 |
| m. | Typewriter | 1868 |
| n. | Mobile Phone | 1984 |

Films

These are the Alfred Hitchcock films from the stars listed. I know it's hard!!

1. Psycho
2. Vertigo
3. Rear Window
4. The Birds
5. North By North West
6. Rope
7. Marnie
8. Torn Curtain
9. The 39 Steps
10. Dial M For Murder
11. To Catch A Thief
12. Strangers On A Train

List of Star Trek Actors/Characters - from Page 15 (it's meant to be tricky - how well did you do?)

- | | |
|--------------------------------------|-------------------------------------|
| 1 DeForest Kelly: Dr McCoy | 2 James Doohan: Scotty |
| 3 Brent Spiner: Data | 4 Jonathan Frakes: Commander Riker, |
| 5 Scott Bakula,: Jonathan Archer, | 6 Zachary Quinto: Mr Spock |
| 7 Walter Koenig: Pavel Chekov | 8 Zoe Saldana: Nyota Uhura |
| 9 Kate Mulgrew: Kathryn Janeway | 10 George Takei: Hikaru Sulu |
| 11 Persis Khambatta: Lieutenant Ilia | 12 William Shatner: Captain Kirk |
| 13 Simon Pegg: Scotty | 14 Nichelle Nicholls: Nyota Uhura |
| 15 Karl Urban, Dr McCoy | |

Music

These are all mega bestselling Albums.

These are the artist names and the year.

- | | | |
|-----|-------|-------------------------|
| 1. | BTB | Amy Winehouse: 2007 |
| 2. | B | Michael Jackson: 1987 |
| 3. | TB | Madonna: 1986 |
| 4. | BIA | Dire Straits: 1985 |
| 5. | KOTWF | Adam And The Ants: 1981 |
| 6. | AR | The Beatles: 1969 |
| 7. | BS | Phil Collins: 1990 |
| 8. | BHN | Oasis: 1997 |
| 9. | IDAD | Susan Boyle: 2009 |
| 10. | OVOE | Emilie Sande: 2012 |
| 11. | DI | Lewis Capaldi: 2019 |
| 12. | BTB | James Blunt: 2005 |
| 13. | SP | The Beatles: 1967 |
| 14. | ST | Abba: 1980 |
| 15. | T | Michael Jackson: 1983 |
| 16. | ANATO | Queen: 1975 |

Geography

The 17 landlocked European countries are:

Andorra, Armenia, Austria, Belarus, Czechia, Hungary, Kosovo, Liechtenstein, Luxembourg, Macedonia, Moldova, San Marino, Serbia, Slovakia, Switzerland, Vatican City.

QUIZ ANSWERS

Space

From the biggest, the 15 largest Solar System items are:

Sun, Jupiter, Saturn, Uranus, Neptune, Earth, Venus, Mars, Ganymede (Jupiter moon), Titan (Saturn moon), Mercury, Callisto (Jupiter moon), Io (Jupiter moon), Our Moon, Europa (Jupiter moon)

THE LAST PAGE

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

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/zombie_pt)

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.
We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well