

# 50



## Healthy Minds, Healthy Bods

**Inspiring; Encouraging; Motivating**

**Health Pack: Number 50**

**Focus on Mind-set, Nutrition, Exercise, Health**

*The Original and The Best*



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

*Prepared by: Lazza, Oliver, and Dean: Monday 29th March 2021*

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



**"Keep on going, and the chances are that you will stumble on something,  
perhaps when you are least expecting it.  
I never heard of anyone ever stumbling on something sitting down."**

*Welcome to the 50th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).*

If you missed any of our first forty-nine (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](http://www.hmhb2016.org.uk)** - all the packs are there.

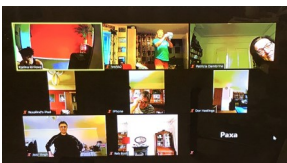
HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people 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.



**Over the last twelve months, HMHB has continued to provide chances to improve our mental and physical health, both online and face to face, following guidelines.**

**We love our friends very much, and it has been a privilege.**



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.

## **WE WANT TO BE ABLE TO SEND PRINTED COPIES**

We were previously delighted to say we could print and post copies to people who wanted a paper copy. Due to Islington Giving Funding, and the National Lottery, we were able to do this. But this funding has now run out. If you know a business that would be willing to sponsor this for the next two months that would be amazing.

**Please connect through our website contact page.**

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](http://www.gofundme/hmhb2016)**

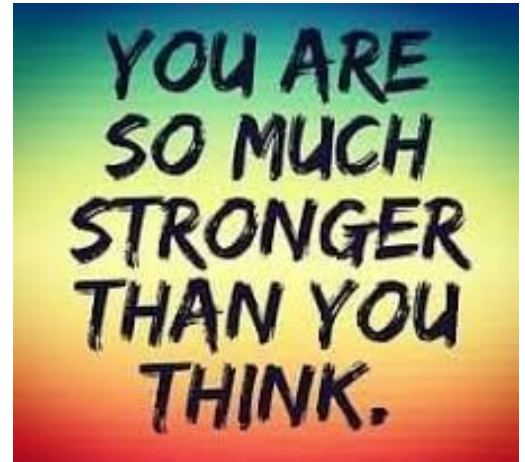


## NEWS PAGE: One Year On

It has been a year since the UK first entered Coronavirus lockdown. Since then many of us have had to find a way to cope with the rules and regulations, which have naturally changed due to ongoing circumstances. It has been an unprecedented time of isolation, mask wearing, social distancing, with a lot of fake news and conspiracy theories abounding. HMHB does not get involved with the political side of things, but we do know we would not have wanted to be in any position of decision making.

Well done to everyone who has abided as much as possible with the rules, even if you do not agree with them. The “greater good” (to quote Hot Fuzz) is the health of the nation, not our own beliefs. The “needs of the many outweigh the needs of the few” (quoting Star Trek, Wrath Of Khan now).

So from Monday March 29th lockdown restrictions will be eased slightly and people will no longer be asked to stay at home. From this date, while you can still only socialise indoors with your household or bubble, outdoor gatherings of six people or two households will be allowed: and we can restart our outdoor exercise sessions as with social distancing we are allowed a larger number.



Do note, the vaccine will not stop people catching the virus, or passing it on. What it should do is stop you getting ill enough to use the hospital. You are not immune from the virus, or that is what is thought. This is why it is important everyone takes the vaccine. Everyone!!! Keep wearing masks. Keep washing your hands.

The UK is leading the way with the vaccine. All nine high priority groups from the first phase of the programme have been offered the vaccination. The NHS is committed to an approach of “no one left behind” and if you have already been invited to get your vaccine jab and did not get the chance, you can still book your appointment at any time using the national booking service. If you have concerns, do not go online and search for news, go and speak to your local medical practice who will be able to answer any questions.

There has been recent concerns about the AstraZeneca vaccine, particularly in the European Union, quoting information about blood clots.

The UK independent medicine’s regulator, “Medicines and Healthcare Products Regulatory Agency” (MHRA), has confirmed that there is no evidence to suggest the AstraZeneca vaccine causes blood clots. “The vaccine is safe and effective, and the government encourages everyone to get it when it is their turn.” More than eleven million doses of the vaccine have now been used across the UK and side effects continue to be closely monitored through the “Yellow Card Scheme”.

The latest statement from the “European Medicines Agency (EMA)” also highlights that the benefit of the vaccine outweighs the risk,

Remember, your body is fighting a virus!!



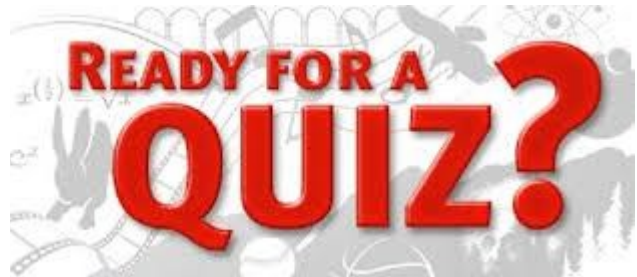
**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 25 this week (no peeking)**

**Geography**

Sixteen European Countries have no coastline at all. They are landlocked.

How many of these 16 can you name?

*Its week 50 - but it is still hard!!!*



**Music**

These were the best selling UK Albums in these years. Can you name the act?

1. 1981: Kings of the Wild Frontier:
2. 1986: True Blue:
3. 1997: Be Here Now:
4. 1961: G I Blues
5. 1984: Can't Slow Down
6. 2010: Progress
7. 2003: Life For Rent
8. 1992: Stars
9. 2016: 25
10. 2002: Escapology
11. 1987: Bad
12. 1969: Abbey Road

**Films:** Who played these famous characters, and also name the film, all nominated for a Best Film at the Oscars?

1. 1990: Oda Mae Brown
2. 2010: King George VI
3. 2014: Stephen Hawking
4. 2019: Arthur Fleck
5. 2018: Freddie Mercury
6. 2004: Howard Hughes
7. 2001: Satine & Christian
8. 1997: Rose and Jack
9. 1995: Jim Lovell
10. 2017: Winston Churchill
11. 2017: Belle
12. 2015: Max Rockatansky
13. 1991: Clarice Starling
14. 1987: Alex Forrest
15. 1975: Matt Hooper
16. 1977: Obi Wan Kenobi
17. 1967: Mrs Robinson

**Television**

Who played these TV Detectives/PIs?

1. Jonathan and Jennifer Hart (Hart to Hart)
2. Starsky and Hutch
3. Remington Steele
4. Cagney and Lacey
5. David Addison (Moonlighting)
6. Theo Kojak
7. Jane Tennison (Prime Suspect)
8. Crockett and Tubbs (Miami Vice)
9. Adrian Monk
10. Magnum PI
11. Jim Rockford
12. Jessica Fletcher
13. Holmes and Watson (BBC Sherlock)
14. Lieutenant Columbo



**The UK**

Can you name the top fifteen largest cities in the UK by population as at the end of 2019:

This includes twelve in England, two in Scotland, and one in Wales.

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



## MIND-SET: Human Behaviour

*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.*

A recent study determined that 90% of the human population can be classified into four basic personality traits. It did not mean you could not be more than one. In fact it was determined that people can be all four, even though they could appear to be opposites.

The four traits were Optimistic, Pessimistic, Trusting, and Envious. However, the latter of these four types, Envious, is the most common, with 30% compared to 20% for each of the other groups. That is fascinating in itself. So let us take a deeper look. All HMHB is doing is some research, and pointing out findings and what experts say. It is then up to you, as an individual, to decide how to use that information, or what other research you can make.

In scientific research, human behaviour is a complex interplay of three components: actions, cognition, and emotions.

Sounds complicated? Let's address them one by one.

### Actions are Behaviour

An action denotes everything that can be observed, either with bare eyes or measured by physiological sensors. Think of an action as an initiation or transition from one state to another: at a movie set, the director shouts "action" for the next scene to be filmed.

Behavioural actions can take place on various time scales, ranging from muscular activation to sweat gland activity, food consumption, or sleep.

### Cognitions are Behaviour

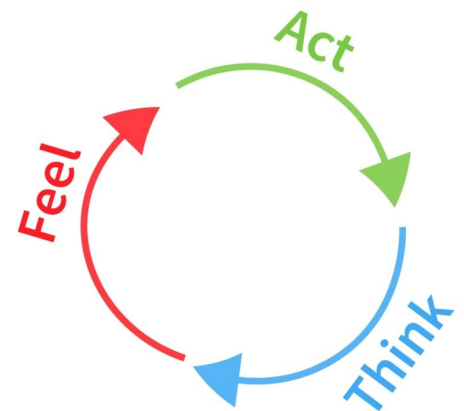
Cognitions describe thoughts and mental images you carry with you, and they can be both verbal and nonverbal. "I have to remember to buy groceries," or "I'd be curious to know what she thinks of me," can be considered verbal cognitions. In contrast, imagining how your house will look like after remodelling could be considered a nonverbal cognition.

Cognitions comprise skills and knowledge: knowing how to use tools in a meaningful manner (without hurting yourself), sing karaoke songs or being able to memorise the colour of Marty McFly's jacket in "Back to the Future" (it's red).

### Emotions are Behaviour

Commonly, an emotion is any relatively brief conscious experience characterised by intense mental activity, and a feeling that is not characterised as resulting from either reasoning or knowledge. This usually exists on a scale, from positive (pleasurable) to negative (unpleasant).

Other aspects of physiology that are indicative of emotional processing, such as increased heart rate or respiration rate caused by increased arousal, are usually hidden to the eye. Similar to cognitions, emotions cannot be observed directly.



## **MIND-SET:** **Pessimistic / Optimistic**

Pessimism can be defined as "the attitude that things will go wrong and that people's wishes or aims are unlikely to be fulfilled."

A person with a pessimistic personality tends toward a more negative (or some might say, realistic) view of life. Optimists, on the other hand, see things more positively.

Pessimists usually expect negative outcomes and are suspicious when things seem to be going well. Optimists expect good things to happen and look for the silver lining when life doesn't go their way.

Pessimism is not a trait most people aspire to. It's often associated with negativity, a "half-full" attitude, depression, and other mood disorders. However, a healthy dose of negative thinking isn't necessarily all bad. While we're all often told to smile, or think of the bright side, that's not always practical, advisable, or healthy. In fact, sometimes a little pessimism might actually be a good thing.



How can you tell if you tend to be more pessimistic? Some signs include:

- You feel surprised when things actually work out.
- You don't go after what you want because you think you will probably fail.
- You always focus on what can go wrong in a situation.
- You think that the risks almost always outweigh the benefits.
- You experience "imposter syndrome" (refers to an internal experience of believing that you are not as competent as others perceive you to be) and undervalue your own abilities.
- You tend to focus on your flaws or weaknesses rather than your strengths.
- You often feel annoyed by other people's sunny optimism.
- You often engage in negative self talk.
- You assume that all good things will come to an end eventually.
- You find it easier to live with the status quo than change things for the better.

While you may not experience all of these things or think this way all of the time, pessimists tend to engage in many of these types of thinking to some degree.

You can be "defensive pessimistic". Pessimism can be more beneficial than optimism in situations where you are waiting for news about an outcome and there is no opportunity to influence the outcome (such as waiting for the results of a job interview). When the outcome is not as good as optimists had hoped for, they take a bigger hit to their wellbeing and experience greater disappointment and negative mood than do your normal pessimists.

Strangely, this type of pessimism can even help boost confidence. In one study that followed students throughout their university years, those who were defensive pessimists experienced significantly higher levels of esteem compared to other anxious students. In fact, their self-esteem rose to almost the levels of the optimists over the four years of the study. This may be due to increases in the defensive pessimists' confidence to anticipate and successfully avoid the negative outcomes they imagined.

## MIND-SET:

### Becoming more Optimistic

Here are some excellent reasons to learn the ways to be more optimistic:

Studies constantly report that optimistic people are happier, more joyful, and more cheerful. They are better to be around.

Optimistic people are high-achievers. They see more opportunities and try more things. They accomplish their goals faster and are more successful in life. They are more persistent. They stick with their goals for longer because they believe that they will have a successful outcome.

Optimists deal better with disappointments. In the back of their minds, they have a strong feeling that the future will work out well. They can handle disappointments because they know they are temporary.



Optimistic people rarely experience depression and depressive episodes. They also have a lot less anxiety. You can only be anxious when you think negatively about the future. With an optimistic and positive view, the future looks bright and better than the present.

Think about the things you are not doing right now because you don't believe they will work. Well, that's a form of pessimism. Turn that on its head!!!

There are 4 parts to optimism. These are:

- **Thoughts:** thinking that your future will be good and pleasant in some way
- **Imagination:** imagining that your future will be better than the present
- **Energy:** feeling hopeful and excited about your future
- **Action:** acting as if you are getting a desirable outcome in the future.

The COVID-19 pandemic has given rise to a drastic increase in mental health issues. The isolation, fear, uncertainty, and economic turmoil that people are facing around the world is a breeding ground for psychological distress.

Given the current state of our world, there has never been a more important time for us to make our mental health and well-being a priority. The question remains, "How do you stay positive when everything sucks?" It's all a matter of perspective.

We know that the mind and body are connected. If you ignore one, the other one suffers equally as much. Research has found that taking care of ourselves physically and mentally can influence our happiness and train our brains over time to be more positive.

Looking after your mind and body means creating a daily self-care ritual, consisting of eating healthy foods, exercising, finding "me" time, staying connected with friends, journaling, reading, and practicing affirmations, to name a few.

Anything that helps you manage your stress and connect with the present moment is key. Even in the most challenging of times, it is always possible to find something to be grateful for. This is where optimism kicks in. By choosing to focus on what is good in your life and what makes you happy, you will grow stronger in the face of adversity.

## MIND-SET:

**Believe in you. If you don't, how can anyone else.**

Learning how to believe in yourself will open up endless possibilities in your life. At times you may find this difficult to do. The truth is that we've been conditioned throughout our lives to doubt ourselves. We must retrain ourselves to get rid of our fears and self-doubt in order to build self-esteem and self-confidence.

Everything you have in your life is a result of your belief in yourself and the belief that it's possible. According to experts, here are the four most important steps to learning how to believe in yourself. Practice them and you'll be amazed at the results:

- **Believe it's possible.** Believe that you can do it regardless of what anyone says or where you are in life.
- **Visualize it.** Think about exactly what your life would look like if you had already achieved your dream.
- **Act as if.** Always act in a way that is consistent with where you want to go.
- **Take action towards your goals.** Do not let fear stop you, nothing happens in life until you take action.

**Believe in yourself.  
You are braver  
than you think,  
more talented  
than you know,  
and capable of  
more than you  
imagine.**

In order to believe in yourself, you first have to believe that what you want is possible.

Scientists used to believe that humans responded to information flowing into the brain from the outside world. But what we now know is that instead we respond to what the brain, based on previous experience, expects to happen next. In fact, the mind is such a powerful instrument; it can deliver literally everything you want through the power of positive expectation.

This is the importance of always holding a positive expectation that what you want is going to happen. It is simply a choice and a discipline of the mind.

One of the most effective ways to establish a success mindset is to act as if you are already the kind of person who has created the ideal life you want to live.

Ask yourself: If you had already achieved your dream, what kind of person would you be? Who would you have as friends? What type of clothes would you be wearing? How would you act? How would you treat others?

Whatever actions you identify, start taking them now. By acting "as if," you will become the kind of person who is capable of creating the kind of success you want, and this will trigger your subconscious mind to find creative ways to achieve your goals.

**This is pack 50. We hope by now you have realised the importance of confidence and esteem.  
I know how difficult that can be if you are going through a tough time.  
Take action. You are worth it. Tell yourself that!!!!**

**"Just pick a goal, a goal you truly want to achieve, and take a clear-eyed look at your weaknesses: not so you'll feel less confident, but so you can determine exactly what you need to work on. Then get to work. Celebrate small successes. Analyse your weaknesses. Keep going. As you gain skill, you'll also gain a feeling of genuine confidence, one that can never be taken away, because you've earned it."**



## **NUTRITION:**

### **Why is good nutrition important?**

**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.**

After 50 packs, we at Healthy Minds, Healthy Bods hope that most of us know what healthy eating is all about: less fried food, more unsaturated fats, less added sugar, and more vegetables and fruits. When it comes to having good nutrition, however, too many of us don't know the full details of the benefits of good nutrition and how to go about achieving it. Although those who have followed these packs for the last fifty weeks are probably sick of me talking about it!!! Lol

Nutrition is an essential aspect of a healthy lifestyle and the importance of getting it right cannot be overstated.

#### **Helps with weight management**

A lot of us mistakenly associate weight-loss with fad diets, but eating a nutritious diet is really the best way to go about maintaining a healthy weight, and at the same time attaining the necessary nutrients for healthy body function. Swapping unhealthy junk food and snacks out for nutritious food is the first step to keeping your weight within a healthy range relative to your body composition, without the need to jump on the fad-diet bandwagon.



As many know, I have been on a weight loss journey myself, with ups and downs, for quite a while. I am not happy at all with my progress, but that is life, and I am very much looking forward to group exercise again. But it is my calorie intake that I have to really concentrate on.

#### **Can protect you**

Many chronic diseases such as type-2 diabetes and heart disease are caused by poor nutrition and obesity. Too many people actually wait for problems to arise before they decide to take action on nutrition. However, taking a preventive approach with a whole food-based nutrition plan also reduces the risk of developing other related diseases such as kidney failure.

#### **Helps your immune system**

Yep, this is very topical at this time of pandemic. If anything has helped us realise how important it is to look after our bodies, this virus has strengthened our knowledge. We have organs and systems that depend on our diets. What we get in our nutrition determines just how healthy we are.

Our immune system requires essential vitamins and minerals in order to function optimally. Eating a wholesome and varied diet ensures your immune system functions at peak performance and guards against illnesses and immunodeficiency problems.

#### **Even affects ageing**

Certain types of food such as tomatoes and berries can increase vigour and improve cognitive performance, all the while protecting your body against the effects of ageing.

## NUTRITION:

### We all need a balanced diet

#### Whole Grains

Whole grain foods such as brown rice and bread are forms of carbohydrates, specifically unrefined carbohydrates. They provide you with energy, healthy fibre, vitamins, minerals, and antioxidants, and aid with digestion. For people who are diagnosed coeliacs, or those with non-coeliac gluten sensitivity, it's important that you include other carbohydrate alternatives to ensure that your abstinence from wheat doesn't cost you in terms of essential nutrients.



Gluten-free carbohydrate alternatives include rice products, buckwheat (technically a pseudocereal), quinoa and starchy vegetables (e.g. sweet potato, yam, pumpkin, corn). As following a gluten-free diet may lead you to unknowingly cut out certain nutrients, it is recommended that you seek help from a registered dietitian.

#### Fruit / Vegetables

I have mentioned this before, but an ex-singer married to an ex-footballer recently was featured under a headline stating that she had not eaten carbohydrates for over 15 years. Which, of course, was completely untrue. Fruit and Vegetables are carbohydrates. What she probably meant is she has somehow managed to avoid refined carbohydrates. Which is incredible if true for 15 years. It is not a good example for the millions of younger girls and ladies who follow her to announce that all carbohydrates are bad.

Carbohydrates are a macronutrient, essential for life.

Various forms of produce are the rich sources of vitamins and minerals that help regulate body functions and protect it against chronic diseases. To get the most nutrients out of your fruits and vegetables, eat them whole: for example, eat whole fruits instead of having them juiced.

They really are pivotal to good health, and affect physical and mental health. And I imagine most people who are reading this are probably not getting enough every day.



#### Protein - do check out Pack 30, and Issue 1

We have covered Protein a lot, naturally. It is a macronutrient, one which is essential for life!!!. Protein is the primary nutrient responsible for building and repairing muscle tissue in the body, but also has many other uses. Animal meat is the most common source of protein, but there are also several plant-based options to choose from such as nuts and legumes. Individuals on plant-based diets should ensure that eat the right combination of plant protein to ensure that their dietary needs are adequately met. You need protein on a daily basis.

#### Dairy

Dairy products are rich in important nutrients like calcium, potassium, phosphorus, vitamins A,D and B12. Foods like milk, yogurt, and cheese are great examples of dairy which can be found in practically every grocer stores.

We have covered lactose intolerance in these packs, and a large percentage of the world population have some kind of intolerance. If you are worried, check with a medical professional to ensure you are getting the nutrients you may be missing out on.

## NUTRITION:

### How else can we affect diet

#### Fats and Sugars

Dietary fat (such as the kind you get from fish and olive oil) is essential for good health as they regulate cholesterol levels in your body while promoting healthy cell function. Monounsaturated, polyunsaturated, and saturated fat all play a role in this aspect of good health. On the other hand, the additional fat you often find in fried food should be minimised as they are largely polyunsaturated fat derived from processed vegetable oils such as soybean and rapeseed.

Due to their low threshold for oxidation, over consumption of polyunsaturated fat can lead to inflammatory conditions and the formation of free radicals (which is where antioxidants come in handy).

Artificial trans fat are also a strict “no-no”. In some countries they are banned. Sadly, a lot of stuff that tastes good can be made with trans fats (cakes etc.)



Sugar should also be limited – while the natural sugars present in fruits and whole grains are healthy, the refined sort you get with cakes and snacks can affect your weight and lead to metabolic diseases if consumed in excess.

#### Other habits

Apart from eating foods from the above-mentioned food groups, there are three other healthy eating habits to maintain in order to keep your nutrition plan on point.

#### Portion Size

Managing portion sizes is all about ensuring that you are getting the right amounts of nutrients and calories from your food. Over-eating or under-eating deprives you of nutrients and can affect your weight, so always regulate your meal portions. When buying food, check out the serving sizes on the nutrition labels to see what amounts to a regular serving and how much it provides in terms of nutrients.

Over the last twenty to thirty years our portion sizes have increased. We must be heedful.

#### Stay Fresh

Fresh, whole foods are the ones you will derive maximum nutritional benefits from. Always go for foods in their purest, unprocessed form such as fresh fruits, vegetables, and meat when possible. If you go with processed alternatives, pick those that have undergone simple changes such as dehydration and flash freezing to minimise nutrient-loss. Also, keep an eye on the ingredients list to ensure that you're consuming as little additives with your food as possible.

Some fruit and vegetables are just as good frozen as fresh.

#### Careful with salt

Consider tempering your salt intake with other herbs and spices to add a new dimension of flavour to your food. For example, basil, garlic, paprika and cayenne can turn an ordinary chicken breast dish into a gastronomic delight! Salt is the most common food seasoning used in cooking, but too much sodium can lead to high blood pressure and hypertension, particularly with those who are already susceptible to said conditions.



## **NUTRITION:**

### **How do I know my Nutrition is working?**

#### **Body composition**

A well-structured nutrition plan should allow an individual to maintain a healthy physique within acceptable body fat levels (18-24% for men and 25-31% for women). This also means that it should support metabolic health through a number of means, such as promoting healthy hormone function, insulin sensitivity and physical recovery.

The dangers of being overweight or obese are well-documented. Sedentary lifestyles, mixed with poor nutrition, are making many of us larger, and with that comes health complications. Many of which we cannot see, as they are going on inside the body.

#### **Cholesterol and Blood Pressure**

Monitoring your cholesterol levels and blood pressure is crucial because having a healthy weight doesn't discount the possibility of issues in these areas. While dietary cholesterol doesn't have as much effect on blood cholesterol levels as we once thought, it can still be influenced by your overall dietary fat intake. On the other end, excessive sodium intake can lead to hyper-extension, of which one of the symptoms happens to be elevated blood pressure levels.



There are so many aspects to a healthy diet, that are invisible to our eyes. But it can have a devastating effect on our health and well-being. That is why you need to take action now, to prevent these things from happening, instead of waiting for things to go wrong.

#### **Your hair and skin**

The condition of your skin and hair are good indicators of the quality of your nutrition. If you are getting enough nutrients, your skin should be firm, supple, and of a rich hue rather than flaking and pale. Your hair should be smooth and strong rather than dry and brittle; unexplained hair loss is often a sign of malnutrition.

I remember when I had my depressions that my skin would break out in spots, and even smell a bit (some would say it still does). How often do we comment on how good people look when they are happy?

#### **How's your sleep?**

Getting the right amount of nutrients and calories will help you stay energised due to its ability to promote restful sleep. If you find yourself feeling sluggish, it could be a sign of either a distinct lack of calories and/or nutrients, driving your body into "starvation mode" which hampers its restorative capabilities.

We have covered sleep many times in these packs, and I have my own problems around that due to health reasons. But it can affect your mental health and well-being as much as physical health.

#### **Bowel Movements (what a lovely subject)**

Your bowel movements reflect whether you are getting sufficient fibre from your diet, so if you find yourself being constipated, load up on more fruits and vegetables to get your digestive system going.

**Yep, once again, we talk about the benefits of good nutrition.  
Why not ask to see a nutritionist at your local medical practice?  
Ultimately, it is your decision what you eat and drink. Choose wisely.**



## Essential Nutrition: HMHB look at Vitamin B6

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

Vitamin B6 is a water soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in our diet.

Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic level.

Vitamin B6 is also known as “Pyridoxine”.

Vitamin B6 is found in a wide variety of foods. The richest sources of vitamin B6 include fish, beef, liver and other organ meats, potatoes and other starchy vegetables, and fruit (other than citrus). Adults obtain most of their dietary vitamin B6 from fortified cereals, beef, poultry, starchy vegetables, and some non-citrus fruits. About 75% of vitamin B6 from a mixed diet is bioavailable.

The human body absorbs vitamin B6 in the jejunum.

Vitamin B6 helps:

- the body to use and store energy from protein and carbohydrates in food
- the body form haemoglobin, the substance in red blood cells that carries oxygen around the body

You should be able to get the vitamin B6 you need by eating a varied and balanced diet. If you take vitamin B6 supplements, do not take too much as this could be harmful. The NHS says you should not take more than 10mg of vitamin B6 a day in supplements unless advised to by a doctor. In fact, always check with your doctor before deciding to take any kind of supplements.

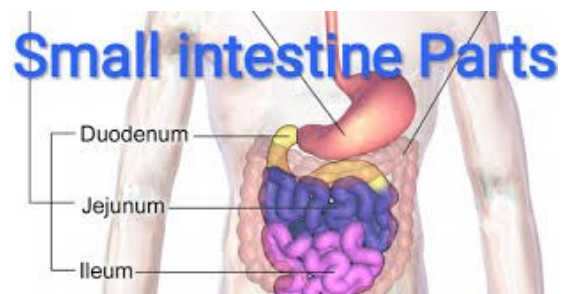
The bacteria that live naturally in your bowel are also able to make vitamin B6.

Low levels of vitamin B6 in older adults have been linked to depression, but research has not shown that B6 is an effective treatment for mood disorders.

Vitamin B6 may prevent a decline in brain function by decreasing homocysteine levels that have been associated with Alzheimer’s disease and memory impairments. However, studies have not proven the effectiveness of B6 in improving brain health

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

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





## NUTRITION: Lazza's Kitchen

### Fruity Cup Cakes with Buttercream

Lazza is still trying out new recipes  
Today - he makes his first ever Lemon and Blueberry Cup Cakes

The earliest extant description of what is now often called a cupcake was in 1796, when a recipe for "a light cake to bake in small cups" was written.

The earliest extant documentation of the term cupcake itself was in "Seventy-five Receipts for Pastry, Cakes, and Sweetmeats" in 1828.



Cake: 225g/8oz of self-raising flour  
225g/8oz of golden caster sugar  
225g/8oz softened unsalted butter  
4 eggs:  
2 tsp baking powder  
Grated zest and juice of lemon: blueberries

Buttercream: 150g unsalted butter:  
300g icing sugar: Tub Mascarpone  
Zest/Juice Lemon: Plus lemon essence

In a bowl, put the cake mix flour, sugar, butter, baking powder, lemon zest and juice, eggs, and mix thoroughly with an electric mixer until it is combined and fluffy. I also then mixed the blueberries into the mixture.

Place paper cupcake cases in a 12 hole muffin tin and spoon the mixture into the cases, filling until two-thirds full.

Preheat the oven to 180C/160C Fan/gas 4. Bake for 20-25 mins.

For butter cream, beat the unsalted butter with the icing sugar until nice and smooth. Add flavouring (I used lemon juice, essence, and lemon curd).

You can use an icing bag and nozzle, but I just spread over the top of each cake.

You can decorate too, but I then left them.

I fridged overnight. Sponge is soft and moist. Yay!!



I made some plain vanilla fairy cakes before, but this was my first cupcakes with fruit and a buttercream topping.

The fruit seemed to sink to the bottom, so maybe that wasn't right, but they tasted absolutely delicious.

Once again, I surprise myself.

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

Why not try out some new recipes and foods yourself?

This was a great and very tasty bake to prepare.

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



## HMHB's Name Game Page - trickier than you think.

Name the actor and the film from the photos below?

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## EXERCISE/FITNESS

### Let's look at certain muscles

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

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

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

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

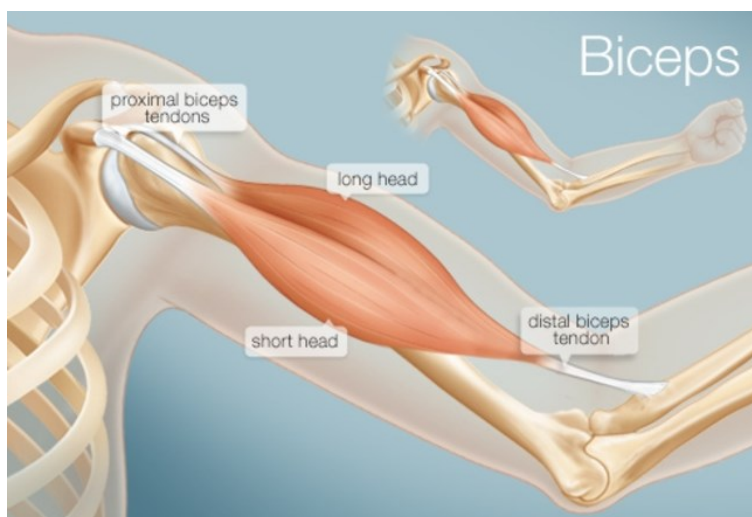
However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

### Biceps

The biceps is a muscle on the front part of the upper arm. The biceps includes a “short head” and a “long head” that work as a single muscle.

The biceps is attached to the arm bones by tough connective tissues called tendons. The tendons that connect the biceps muscle to the shoulder joint in two places are called the proximal biceps tendons. The tendon that attaches the biceps muscle to the forearm bones (radius and ulna) is called the distal biceps tendon. When the biceps contracts, it pulls the forearm up and rotates it outward.



Beyond the aesthetics of bigger muscles, it is important to work out the biceps as they are key to lifting, pushing, and pulling. As you age, the loss of these functions can be profound. Not only will you be less able to perform routine tasks, other joints and muscle groups will be eventually be compromised, including the elbows, wrists, forearms, shoulders, and lats.

Without a strong core bicep, none of the other arm and shoulder muscle groups can be fully developed or provide protection to vulnerable joints, tendons, and ligaments.

### BICEP CURL

Start standing with a dumbbell/can, or closed fist, in each hand. Your elbows should rest at your sides and your forearms should extend out in front of your body. Your knees should stay slightly bent and your belly button should draw into the spine .

Bring the dumbbells all the way up to your shoulders by bending your elbows. Once at the top, hold for a second by squeezing the muscle. Do not bend you back. The movement is the arm.

Reverse the curl slowly and repeat.





## EXERCISE/FITNESS:

### What are the Glutes

In case you weren't aware, your bum is pretty amazing. The muscles in your posterior help your body stay upright and enable you to power through workouts, so it's so important for you to know how to get the most out of your glutes.

No matter what anyone's butt looks like on the outside, they all look more or less the same on the inside.

Ready for a little butt muscle anatomy lesson? Here are the three main butt muscles that make up your glutes.



**Gluteus Minimus:** The smallest of the glute muscles lies directly under the gluteus medius. It abducts your leg (moves it away from the centre of the body) and rotates your leg inward.

**Gluteus Medius:** This pork chop-shaped muscle sits near the outside of your pelvis. Like the gluteus minimus, it abducts and rotates your leg inward.

**Gluteus Maximus:** True to its name, the maximus is the biggest muscle in your body. Its job is to extend your hip and to rotate your leg outward.

The gluteus maximus gets all the attention, but the medius and minimus also do an important job in addition to those listed above. They're responsible for stabilizing your pelvis when you walk or anytime you're off balance.

How much of your butt shape is predetermined by genetic roulette? Up to 70 percent of the body's overall shape (and therefore your butt's shape) is genetic (thanks to mum and dad). The rest is going to be influenced by nutrition, exercise, sleep, posture: anything outside your genetic code.

#### Squats (covered a lot but best for glutes)

Your feet should be between hip width and shoulder-width distance apart, with your toes slightly turned out (between 5 and 15 degrees). Your spine should be neutral, shoulders back, chest open. Make sure you keep your heels down and keep them planted throughout the move.

Initiate the movement by sending the hips back as if you're sitting back into an invisible chair. Bend knees to lower down as far as possible with chest lifted in a controlled movement. Keep lower back neutral. Do not allow knees to come over your toes. Keep chin up. Press through heels to stand back up to starting position. Repeat.

No equipment required. Can do them anywhere, and there are many variations too.



## EXERCISE/FITNESS:

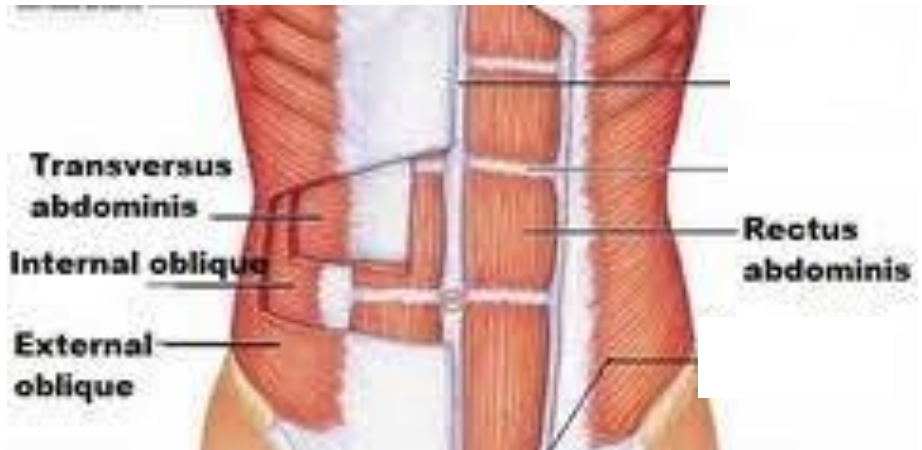
### What are your Abdominals (Abs)

#### Abdominals

The abdominal muscles are located between the ribs and the pelvis on the front of the body.

The abdominal muscles support the trunk, allow movement, and hold organs in place by regulating internal abdominal pressure.

The deep abdominal muscles, together with muscles in the back, make up your 'core' muscles and help keep your body stable and balanced, and protects your spine.



The four main abdominal muscle groups that combine to completely cover the internal organs include:

- **transversus abdominis:** the deepest muscle layer. Its main roles are to stabilise the trunk and maintain internal abdominal pressure.
- **rectus abdominis:** slung between the ribs and the pubic bone at the front of the pelvis. When contracting, this muscle has the characteristic bumps or bulges that are commonly called 'the six pack'. The main function of the rectus abdominis is to move the body between the ribcage and the pelvis. We all have a six pack (sadly mine is covered with a full size keg currently)
- **external oblique muscles:** these are on each side of the rectus abdominis. The external oblique muscles allow the trunk to twist, but to the opposite side of whichever external oblique is contracting. For example, the right external oblique contracts to turn the body to the left.
- **internal oblique muscles:** these flank the rectus abdominis and are located just inside the hipbones. They operate in the opposite way to the external oblique muscles. For example, twisting the trunk to the left requires the left side internal oblique and the right side external oblique to contract together.

Think of your core as a strong column that links the upper body and lower body together. Having a solid core creates a foundation for all activities. All our movements are powered by the torso: the abdominals and back work together to support the spine when we sit, stand, bend over, pick things up, exercise and more.

Your core muscles are the muscles deep within the abdominals and back, attaching to the spine or pelvis. Some of these muscles include the transversus abdominis, the muscles of the pelvic floor, and the oblique muscles.

#### Bicycle Crunch

Lie down with back to floor, legs straight, hand at side of head (never behind the neck). As you bring right leg up, bending at the knee, lift left elbow to meet the knee, then repeat other side, as if pedalling a bike.

Your torso should be doing all of the rotation. Your hips should not be rotating, you should be driving your legs straight forward and backward. Keep your lower back pressed into the floor during the manoeuvre





## EXERCISE/FITNESS:

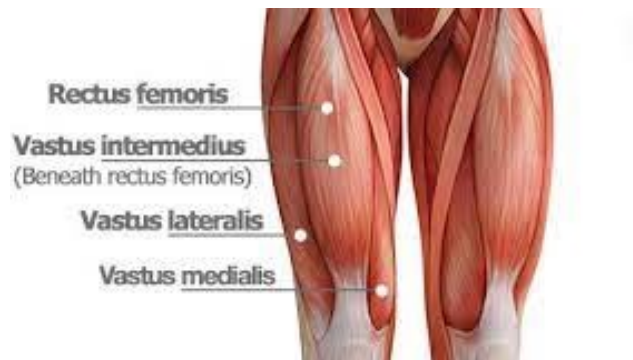
### Quadriceps (quads)

Running, squatting, jumping. You need a good, strong set of quadriceps muscles to do all these activities. But your quadriceps also help you stand and walk. Without them, you'd be hard-pressed to get around.

We often talk about our quadriceps, or quads, as if it's just one solid muscle. But your quadriceps femoris is actually a group of four muscles located at the front of your thigh. In fact, that's how it got its name. Quadriceps is the Latin word for "four-headed." Your quadriceps are some of the largest and strongest muscles in your body.

Let's take a closer look at these four muscles in your upper leg.

- **Vastus lateralis.** This muscle runs down the outside of your thigh, connecting your femur to your kneecap (patella). It's the largest of your four quadriceps muscles.
- **Vastus medialis.** This teardrop-shaped muscle runs along the inner part of your thigh, also connecting your femur to your kneecap.
- **Vastus intermedius.** As you might guess from its name, this muscle is located in between the other two vastus muscles in your thigh. It's the deepest of the four muscles.
- **Rectus femoris.** This muscle originates in your hip bone and attaches to your kneecap. It also partially covers the three vastus muscles.



As already indicated, these four muscles work together to help you do all sorts of things that you might take for granted, like standing, walking, and running. They keep your kneecap stable and help you maintain your standing posture. They also help you take steps when you're walking or running. All four muscles allow you to extend your lower leg from your knee. And your rectus femoris muscle assists in flexing your thigh at the hip.

#### **Reverse Lunge. (all lunges are good)**

Stand tall with your hands on your hips or holding dumbbells at your sides.

Take a big step backward with one foot. Sink down until your lead thigh is parallel to the ground. Your back knee should almost touch the ground.

Push through your front heel as you return to the starting position. Repeat for your chosen number of reps, switching sides each time.

Remember, keep your front knee over, but not beyond, your toes when lunging



**HMHB has looked at four of the muscles we use when exercising.  
Try and work your whole body, and see what you can achieve.  
It's interesting to actually see the muscles you are working.  
Why not do your own research? It's your body, after all.**

## HEALTH / ROUTINE

### Using Music to boost mental health

There are various amazing musical therapy groups around that work with service users to enhance their mood, and alleviate stress. But how does it do that?

I have always loved music (I have Music A Level - and reached Grade 8 on the Euphonium). And I am sure we all can get emotional to some tunes (I have sobbed my heart out on many occasions!!!).

Music is a powerful tool. It can help boost your mood as well as mend a broken heart. For centuries, music has played an important role when it comes to our ability to cope through life's greatest highs and lows. It has only been in recent years that research has suggested music can help combat depression and anxiety, along with a host of other mental health issues. Music therapy is one technique administered by health care professionals to help support people as they strive to improve and gain control over their mental health, functioning, and well being.



Music therapists are trained to incorporate a range of music making methods as they support and work their clients to achieve good mental health. Music therapy is a creative and holistic approach to healing, as well as the development of constructive and positive coping strategies. It has proven to play a big role in helping patients recover from negative events and experiences as well as those suffering post traumatic stress disorder. (PTSD).

Music is said to enhance intelligence and focus, improve health, and boost the immune system, as well as self-esteem and confidence. It can be used to relax, to boost and lift our mood, or to improve concentration. Music can also be used to aid in insomnia, helping to encourage and induce a deeper sleep. Many people have expressed how music is a form of escape for them, and can quickly and effectively transport them to a better time, place, or memory.

There have been numerous studies proving that listening to classical music helps the mind to focus. Music with a temp of sixty beats per minute has been shown to increase the brain's ability to process information. There have also been studies suggesting that EDM (Electronic Dance Music) helps to sharpen your focus while studying.

Meditative music has a cathartic effect on us, improving our mood and inducing relaxation of both the body and the mind. Research has shown the calming sounds of piano, nature, and stringed-instruments, are very effective in helping you to relax.

**“Music brings us pleasure and releases our suffering. It can calm us down and pump us up. It helps us manage pain, run faster, sleep better and be more productive.”**

**“Listening to music has a positive impact on our health, by helping us recover faster when we experience stress and through the reduction of stress hormone cortisol, to help us achieve a calm state or homeostasis.”**

## HEALTH / ROUTINE

### Using Art to boost mental health

Like the music on the previous page, many health organisations will run art classes for their users, as it has been proven to help in recovery and boost self-esteem. But why is that?

The use of artistic methods to treat psychological disorders and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being. Art, either creating it, or viewing others' art, is used to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

It may surprise you to learn that art can be an effective tool in mental health treatment. What could art possibly have to do with psychotherapy? As an expressive medium, art can be used to help clients communicate, overcome stress, and explore different aspects of their own personalities.



Art therapy integrates psychotherapeutic techniques with the creative process to improve mental health and well being. Experts characterise art therapy as an approach to mental health that utilises the process of creating art to improve mental, physical, and emotional wellness.

Techniques used in art therapy can include drawing, painting, colouring, sculpting, or collage. As clients create art, they may analyse what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviours.

People do not need to have artistic ability or special talent to participate in art therapy, and people of all ages including children, teens, and adults can benefit from it. Some research suggests that just the presence of art can play a part in boosting mental health.

People have been relying on the arts to communicate, express themselves, and heal for thousands of years. But art therapy didn't start to become a formal program until the 1940s. Doctors noted that individuals suffering from mental illness often expressed themselves in drawings and other artworks, which led many to explore the use of art as a healing strategy. Since then, art has become an important part of the therapeutic field and is used in some assessment and treatment techniques.

**“The mood changes when our beautiful nature photos are placed on the walls, providing colour, comfort, and hope to patients, caregivers, and loved ones.”**

**Elaine Poggi, founder of The Foundation for Photo/Art in Hospital**

**“Art making has the ability to move people along their journey of grief and loss into a more balanced place of healing and hope. In the face of tragedy, the creative process can help re-calibrate a mourner’s life.”**

## HEALTH / ROUTINE

### Using Drama to boost mental health

We have already looked at music and art as ways to help people who may be struggling with life, or depression, but another fantastic medium would be drama. Let's have a look at why there are so many opportunities out there to get involved with this activity.

I would also like to say that I thoroughly enjoyed some amateur dramatics when I was younger, especially pantomime. Some terrific memories. I have even written a couple of pantomimes, songs too!!

Drama has commonly been used as a form of therapy since the 18<sup>th</sup> century. Mental health hospitals used it as a way for patients to explore their own psychoses by developing their own plays. It was realised that "Drama" allowed people to explore life experiences, mental health issues, and deep-set trauma that they found too painful or difficult to verbalise. Over the years, Drama Therapy has been refined and has become an exceptionally popular form of therapy.

Drama Therapy is not the same as a regular drama class. Drama Therapists are specially trained to guide people through different activities which can help them explore issues that they find difficult to deal with using traditional therapeutic routes. Individuals that take part in drama therapy have reported seeing a difference in their behaviour, emotional state, anxiety levels, and relationships, through participating in activities such as:

- Storytelling
- Script Writing
- Puppetry
- Role-Playing
- Directing
- Improvisation
- Physical Theatre
- Mask



In fact, we at Healthy Minds, Healthy Bods, use some of these techniques in our own course. It feels quite nice to be vindicated here.

Drama therapy provides a safe space for individuals to explore and process any difficult thoughts, feelings, and experiences that they are going through, without relying on verbal communication.

It has been found as an effective aid treatment for people suffering from conditions such as; Anxiety, Depression, Schizophrenia, Eating Disorders, Bipolar, Borderline Personality Disorder, and Post Traumatic Stress Disorder.

It is an effective form of therapy for both individual and group sessions. A drama therapist can tailor how each session will be beneficial and healing to each person.

**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)**

**We try and add entries every week. Please log on to have a read.**

**We will be adding information as often as possible.**





## Why not try an exercise class!!!

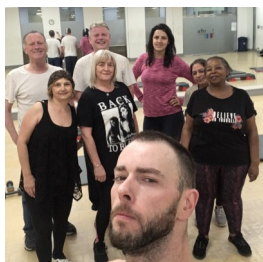
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

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

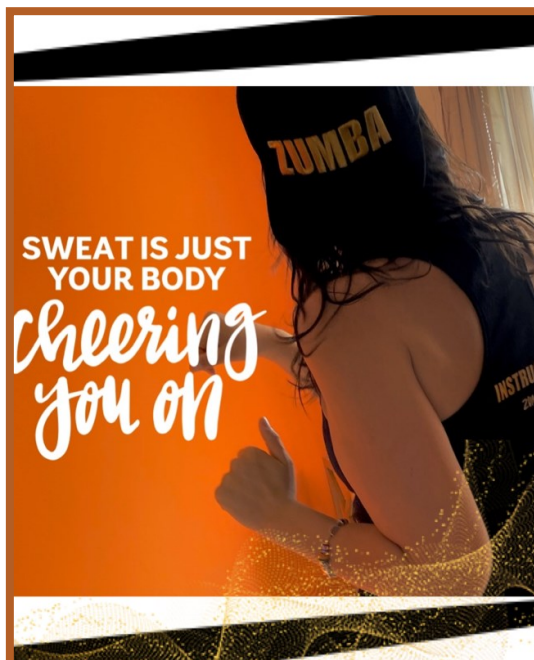
Karina is based in Islington, but her online classes are fabulous.

Please contact her.

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



# ZUMBA



### ACTIVE WITHIN

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

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

“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](http://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](mailto:hello@emmaahlstrom.com)

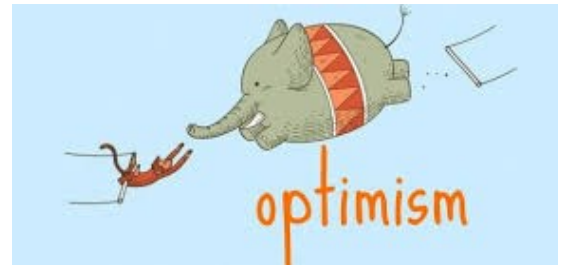
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)



## Review of Challenges and Targets

### Mind-set:

Personality is what's on the inside; behaviour is what comes out. Measuring behaviour allows us to focus on the words and actions which shape our interactions with others. Arguably, we aren't experts on someone else's personality, we don't know what's going on "behind the scenes", but we can comment on what we can see before us. Optimism and moving forward are vital for success. Think about your own thinking. Do you knock yourself, think the worst is going to happen, or are you optimistic?



### Nutrition.

Well, I remember a friend saying to me, when I was sending out Health Pack 9, that I might run out of things to say. Well, here we are at Pack 50, and he is probably right. In the end, we are saying the same thing over and over, just from different angles. Good nutrition is vital for physical health, mental health, well-being, and emotional health. The make up of your food and drink intake is what fuels your body, helps your body repair and grow, and gives you the chance of a good long life. What is not to like?



### Exercise



This week we looked at some specific muscles. Over the many weeks of these packs we have often commented on which muscles are benefiting from various routines. But it was quite interesting to actually look at these muscles in a deeper way.

Your glutes, for example, we take for granted, but actually do a lot of work behind the scenes (literally).

Why not think about the muscles that you use on a daily basis, ones we did not look at, and do your own research. Looking after them can be beneficial for well-being too.

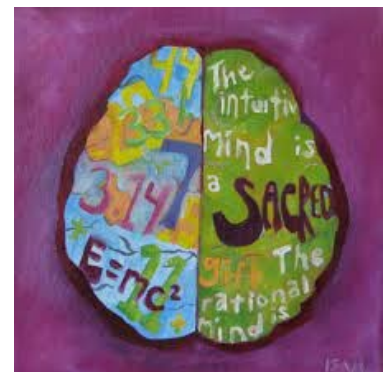
### Health.

When we have problems with our mental health, there are some fantastic organisations around that offer various types of therapy, all of which have been proven to have a positive effect.

In this pack we looked at three of these: music, art, and drama.

Anything that is "fun", but also allows us to look deeper into your lives and helps us find answers to life's situations, has to be a good idea.

In our own course we use many of these types of intervention, and it always goes down well. It can allow the user to show their feelings in a creative way, which is proven to be successful.



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

## Quiz Answers from Page 4 + actors/films from Page 15

### See if you can beat your family and friends

#### Music

These were the acts for the best selling UK Albums in these years.

1. Adam And The Ants
2. Madonna
3. Oasis
4. Elvis Presley
5. Lionel Richie
6. Take That
7. Dido
8. Simply Red
9. Adele
10. Robbie Williams
11. Michael Jackson
12. The Beatles

**Films:** These are the actors for those characters, and the films that they were in.

1. Whoopi Goldberg: Ghost
2. Colin Firth: The King's Speech
3. Eddie Redmayne: The Theory Of Everything
4. Joaquin Phoenix: Joker
5. Rami Malek: Bohemian Rhapsody
6. Leonardo DiCaprio: The Aviator
7. Nicole Kidman/Ewan McGregor: Moulin Rouge
8. Kate Winslet/Leonardo DiCaprio: Titanic
9. Tom Hanks: Apollo 13
10. Gary Oldman: The Darkest Hour
11. Emma Watson: Beauty And The Beast
12. Tom Hardy: Mad Max, Fury Road
13. Jodie Foster: Silence Of The Lambs
14. Glenn Close: Fatal Attraction
15. Richard Dreyfuss: Jaws
16. Alec Guinness: Star Wars
17. Anne Bancroft: The Graduate

#### Television

These actors played those TV Detectives/PIs?

1. Robert Wagner & Stefanie Powers
2. Paul Michael Glaser & David Soul
3. Pierce Brosnan
4. Sharon Gless & Tyne Daly
5. Bruce Willis
6. Telly Savalas
7. Helen Mirren
8. Don Johnson & Philip Michael Thomas
9. Tony Shalhoub
10. Tom Selleck
11. James Garner
12. Angela Lansbury
13. Benedict Cumberbatch & Martin Freeman
14. Peter Falk

#### Geography

The 16 landlocked European countries are:  
 Andorra, Armenia, Austria, Belarus.  
 Kosovo, Czechia, Hungary, Liechtenstein.  
 Luxembourg, North Macedonia, Moldova, San Marino.  
 Serbia, Slovakia, Switzerland, Vatican City.

**QUIZ ANSWERS**

#### List of actors/films - from Page 15

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

- |                                   |   |
|-----------------------------------|---|
| 1 Milla Jovovitch: Fifth Element  | 2 Daniel Craig: Casino Royale                       |
| 3 Roy Scheider: Jaws              | 4 Hayden Christensen: Star Wars 3: Rvge Sith        |
| 5 John Travolta: Hairspray        | 6 Kate Winslet: Titanic                             |
| 7 Tom Cruise: Top Gun             | 8 Haley Joel Osment: The Sixth Sense                |
| 9 Laurence Fishbourne: The Matrix | 10 Chloe Grace Moretz: Kick Ass                     |
| 11 John Hurt: The Elephant Man    | 12 Benedict Cumberbatch: Star Trek 2: Dark          |
| 13 Ralph Fiennes: Harry Potter 8  | 14 Sam Neill: Jurassic Park                         |
| 15 Robert Downey Jnr: Iron Man    | (These are all fave films of mine: fully recommend) |

#### The UK

Biggest 15 UK Cities (pop)

London, Birmingham,  
 Liverpool, Nottingham,  
 Sheffield, Bristol, Glasgow,  
 Leicester, Edinburgh,  
 Leeds, Cardiff, Manchester  
 Stoke on Trent  
 Coventry  
 Sunderland

# 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](mailto:hmhb2016@outlook.com)

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

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

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

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

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

Please follow and like our blogs:

[www.hmhb2016.blogspot.com](http://www.hmhb2016.blogspot.com) ; this about HMHB as a whole

[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 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**