



Healthy Minds, Healthy Bods

Health Pack: Number 12

Focus on Mind-set, Nutrition, Exercise, Health



Prepared by: Lazza, Luke and Dean: Monday 6th July 2020

www.hmhb2016.org.uk



**“If you think you are too small to make a difference,
try sleeping with a mosquito.”**

Welcome to the 12th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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

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

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



**Izzwalkers
enjoying
coffee/tea at
Clissold House
Café**

30/11/2017

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

PRINTED COPIES CAN BE POSTED TO YOU

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

Thanks to everyone who reads these packs.

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

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

**If you can, share on social media our fundraiser
www.gofundme/hmhb2016**

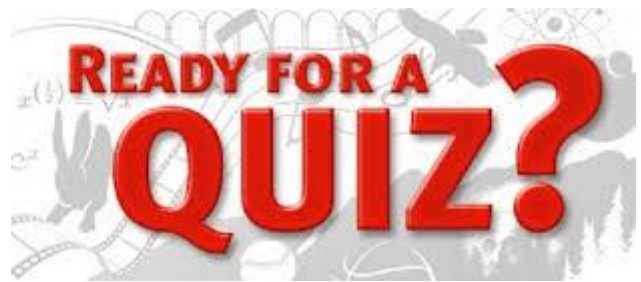


Lazza's Quiz Spectacular

Answers are on page 19 (no peeking)

History: In which year did these wars/battles start and end?

1. American Civil War
2. World War 2
3. Vietnam War
4. Boer War
5. Falklands War
6. Cold War
7. Gulf War



Geography

Can you name the US state where these cities are situated?

Los Angeles	Baltimore
Anchorage	New Orleans
Portland	Houston
Seattle	Albuquerque
Chicago	Denver
Detroit	Las Vegas
Providence	Salt Lake City
Milwaukee	Wichita

Music:

These are famous songs from film musicals. Can you name the films?

1. I Dreamed A Dream
2. Singing In The Rain
3. Diamonds Are A Girls Best Friend
4. Let The Sunshine In
5. Let It Go
6. My Favourite Things
7. Under The Sea
8. If I Were A Rich Man
9. Supercalifragilisticexpialidocious (it's right!!)
10. Over The Rainbow
11. Some Day My Prince Will Come
12. You Can't Stop The Beat
13. Dancing Queen
14. There Is Nothing Like A Dame

Film:

All these films have numbers in their titles. Can you name the missing numbers?

- 1) The Taking of Pelham ,,,, ,,,, ,,,,
- 2) Men and a Baby
- 3) Assault of Precinct ,,,,
- 4) Days Later
- 5) Passenger
- 6) The ,,,, Year Itch
- 7) The ,,,, Year Old Virgin
- 8) ,,,, A Space Odyssey
- 9) ,,,, Leagues Under The Sea
- 10) ,,,, Degrees of Separation
- 11) ,,,, Years A Slave



Sport:

Currently, there are twelve test cricket nations who can play first class cricket tests around the world.

Can you name all 12?

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

MIND-SET: Communication

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.



“Whatever words we utter should be chosen with care, for people will hear them and be influenced by them for good or ill”

I used to be very shy. Honestly, I dreaded the thought of anyone asking me a question, and the image of myself talking in front of a group of people would be terrifying. But, in many cases, the ability to be able to communicate well is imperative. Many employers, for example, want employees who are confident, who are able to voice opinions and ideas, and are willing to put themselves forward.

I still remember how I changed my own outlook, and it had an incredible effect on how I now communicate in meetings and groups. I am the main deliverer of our Ajani course, alongside Luke and Dean. I have attended thousands of meetings over the last 10 years setting up HMHB, and organise and lead some of our fitness sessions. I could never have done that many years ago.

I had been playing foot ball for my club. I was fortunate to play for the first gay amateur club created in England, based in London. We played matches around the World, as well as in local leagues (which we won). Every year there is a Gay World Cup, and a Gay European Championships. It is not a country that takes part as such, but a city that plays, so I played for London. I have played against teams from Paris, Berlin, Zurich, Hamburg, Cologne. Copenhagen, New York, Washington, San Francisco, Sydney, Frankfurt etc. In fact, I was part of the team to win the Gay World Cup in Cologne 2000 and London 2001, and the European Championship in Zurich 2000 and Copenhagen 2003, as well as a Silver Medal in the Gay Olympics in Sydney, Australia in 2002 (we lost on penalties in the final - though I did score mine).

We were travelling home on a train from an event in the UK in 1999. There were two of us on the train - others had driven. I was still new to the club, and didn't know people. I sat down, and got my book out for the two hour journey. The other guy, opposite, said: “you aren't going to read are you?” So I put it down, with a bit of dread, and we chatted for the next two hours, and it was fabulous. My fear of looking silly, with nothing to say, was unfounded. It actually made me realise that although good communication takes effort, a lot of people don't speak up because of fear, not because they are stupid. It changed me fundamentally. I sometimes still think back to that moment, and the guy had no idea that my life changed dramatically all down to chatting for two hours on a train.

“I love to talk about nothing. It's the only thing I know anything about.” (Oscar Wilde)

MIND-SET:

Can We Improve Our Communication Skills?

The good news is that you can always progress your communication skills. We all can learn tricks to find new ways to connect and converse, as well as develop better writing and vocal skills. Honestly, if you are nervous, you can get better.

Non-Verbal

One study I found online, said that nonverbal communication accounted for 55 percent of how an audience perceived a presenter. That means that the majority of what you say is communicated not through words, but through physical cues.

To communicate clearly and confidently, adopt proper posture. Avoid slouching, folding your arms or making yourself appear smaller than you are. Instead, fill up the space you are given, maintain eye contact and (if appropriate) move around the space. You may not feel confident, but look it. Appearance is important.



Are Visual Aids necessary?

At HMHB, we do use some visual aids, but during our Ajani course we try and play games, use a lot of interaction, and limit our use of PowerPoint. And it looks like we are in good company.

Steve Jobs instituted a rule at Apple that banned all PowerPoint presentations. Similarly, there was a PowerPoint ban at Facebook. Both companies realized that these types of presentations can hinder rather than help communication. We do say they can be useful too, but do a lot of interactivity around them.

Be prepared to use words, compelling storytelling and nonverbal cues to communicate your point with the audience. Avoid using visual aids unless absolutely necessary.

Feedback

As with most leadership skills, receiving honest feedback, and embracing it from friends, family members and work colleagues, is critical to becoming a better communicator. If you regularly solicit feedback, others will help you to discover areas for improvement that you might have otherwise overlooked. Many of us fear talking in case we make an error or look stupid. Sometimes, that it will inevitably happen. Don't worry, learn from it.

Be clear

Clear communication is of paramount importance. If you are chatting with people, think about what you are saying, and don't waffle! I have been known to do that, for sure. It's very easy. If you do not understand something said, then say that. Think about what you are going to voice before you open your mouth.

Listen

We are going to cover this on the next page, but half of communication does not involve you talking. Conversation is a two way thing. It is important to develop good listening skills as well.



Communicate Better®

MIND-SET:

Being a Good Listener

“Most people don’t listen with the intent to understand; they listen with the intent to reply.”

I know that “listening” and “not talking” is something I have been improving over the last few years. I recognise that it is a skill that we all need to develop, and is actually quite hard. Doing the Mental Health First Aid Course taught me that I was not as good at it as I thought, and I needed to improve.

Don’t get distracted

You know the feeling. You’re talking to someone, and you can tell from their body language and distant look in their eye that the person is not really listening to you. You realize they’re more interested in an audience than a conversation, so they’re simply waiting for you to stop talking so that they can talk. Distracted listening is a big problem. These days our mobiles are constantly tugging at our attention, but the person we are chatting with can feel insignificant if you keep looking at it while you are chatting. The same thing happens on phone calls, too. You can almost always tell if someone is checking their email or doing something else when you’re talking to them (brief lags in their responses are a giveaway). We don’t like it happening to us, so don’t do it to them. Give them your undivided attention.

Have an “Improv” approach

Improvisation, if properly taught, is really about listening to the other person, because there’s no script. It’s about responding. If you think about it, if you have an argument with your partner or friend, most of the time people are just waiting for the other person to finish so they can say what they’re waiting to say. So usually they’re these serial machine-gun monologues, and very little listening. That doesn’t work in improvisation. On stage, with this kind of show, the actors don’t know what goofball thing others are going to say, so they can’t be planning anything. They have to really be listening to everyone around them so they can make an intelligent, and hopefully funny, response.

The best kind of listening is about being comfortable not knowing what you’re going to say next, or what question you might ask. Trust that you’ll think of something in the moment based on what the other person just said. That will send a powerful signal to the other person that you’re truly listening to them.



The word “LISTEN” contains all the same letters as the word SILENT.

Lazza’s weight-loss journey

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

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12st.

Sunday June 28th, he was 91.6 kg / 14st 5.95 lb

Losing in week 9; 0.5 kg / 1.10 lb

**9 weeks: Overall loss: 6.9 kg
1st. 1.20 lb**

Delighted to have lost over a stone

NUTRITION: Herbs

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.



HERBS are the leaves of the plant, such as rosemary, sage, thyme, oregano, or cilantro. **SPICES**, on the other hand, come from the non-leafy parts, including roots, bark, berries, flowers, seeds and so on.
e.g. Coriander (Cilantro) leaves are a **HERB** while the seeds are a **SPICE**.

Herbs

We all use various herbs to affect the taste of our food. We think of Mint, Coriander, Basil, Thyme, Parsley, Chive, Dill, Rosemary, but there are many many more. And some are used for both savoury and sweet dishes. What we don't maybe realise are the health gains from these simple tasty additions to our meals. Here are a few benefits, but why not look up other herbs and what they can do for you.

- One cup of chopped **Parsley** provides over one thousand percent of your daily value of vitamin K, plus it's rich in Myricetin, a flavonoid that may have some anti-cancer properties.
- **Tarragon** contains magnesium, iron and zinc. The amount used in cooking is usually negligible.
- **Basil** has a sweet, aromatic and somewhat peppery flavour, and is rich in plant polyphenols that are thought to prevent chronic diseases.
- **Thyme** has a minty, earthy, lemony flavour with a hint of pine. It is believed that the oil of Thyme may have antimicrobial properties and is a good source of vitamin C.
- **Rosemary** can be described as lemony with a hint of pine. The distinguishing difference between Rosemary and Thyme is that Rosemary looks like a branch from a pine tree. It's a good source of iron, calcium and vitamin B6, and research has shown that Rosemary may deter the formation of carcinogenic compounds during grilling.

Luke and Lazza with the then
Islington Mayor, David.
At our Great Get Together event
In Islington

23rd June 2018

Fabulous community gathering



NUTRITION: Spices

Both herbs and spices are used to flavour food, but research shows they're chock-full of healthy compounds and may have health benefits. Herbs and spices fight inflammation and reduce damage to your body's cells. That's because each one is rich in phytochemicals, which are healthful plant chemicals

I will be honest, for some reason I have always been nervous about using spices and herbs in my cooking. I think it is not really knowing how much I should be adding, and which spices go with which foods. It's my own fault, as I can easily research. Since the lockdown, as people know who have been reading these packs, I have been doing a lot of cooking, and I have had to use them in the recipes. I am learning all the time.



So how do spices help our health? Let us look at just a few. But please do your own research too.

Cinnamon is a popular spice, found in all sorts of recipes and baked goods. It contains a compound called Cinnamaldehyde, which is responsible for cinnamon's medicinal properties. Cinnamon has potent antioxidant activity, helps fight inflammation and has been shown to lower cholesterol and triglycerides in the blood. But where cinnamon really shines is in its effects on blood sugar levels. Cinnamon can lower blood sugar by several mechanisms, including by slowing the breakdown of carbohydrates in the digestive tract and improving insulin sensitivity. Studies have shown that cinnamon can lower fasting blood sugars by 10-29% in diabetic patients, which is a significant amount.

Turmeric is the spice that gives curry its yellow colour. It contains several compounds with medicinal properties, the most important of which is curcumin. Curcumin is a remarkably powerful antioxidant, helping to fight oxidative damage and boosting the body's own antioxidant enzymes. This is important, because oxidative damage is believed to be one of the key mechanisms behind ageing and many diseases. Curcumin is also strongly anti-inflammatory, to the point where it matches the effectiveness of some anti-inflammatory drugs. Studies suggest that it can improve brain function, fight Alzheimer's, reduce the risk of heart disease and cancer, and relieve arthritis, to name a few.

Studies have consistently shown that 1 gram or more of **Ginger** can successfully treat nausea. This includes nausea caused by morning sickness, chemotherapy and sea sickness. Ginger also appears to have strong anti-inflammatory properties, and can help with pain management. One study in subjects at risk for colon cancer found that 2 grams of ginger extract per day decreased markers for colon inflammation in the same way as aspirin.

Garlic health effects are due to a compound called allicin, which is also responsible for its distinctive smell. Garlic supplementation is well known for combatting sickness, including the common cold. Human studies have also found garlic supplementation to cause significant reductions in blood pressure in people with high blood pressure.

We have only looked at a few Herbs and Spices in these pages, but hopefully you can see they are not just added to your meals to add taste, but also can provide your body with compounds that can significantly affect your overall health.

NUTRITION: Vitamin B6

Vitamins

“A **vitamin** is an organic molecule (or related set of molecules) that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet”



- According to Wikipedia: “Its active form, pyridoxal 5’-phosphate, serves as a coenzyme in some 100 enzyme reactions in amino acids, glucose and fat metabolism.” So that’s clear!!!!
- It is a water soluble vitamin, meaning it is carried to the body’s tissues, but cannot be stored in the body, and therefore you need to ensure you get it in your daily diet.
- Vitamin B6 is widely distributed in foods in both its free and bound forms. Cooking, storage, and processing losses of vitamin B6 vary and in some foods may be more than 50%, depending on the form of vitamin present in the food.
- Foods that contain large amounts of B6 include fortified breakfast cereals, pork , turkey, beef, bananas, chickpeas, dark chocolate, potatoes and pistachios.
- A deficiency of vitamin B6 alone is relatively uncommon and often occurs in association with other vitamins of the B complex. The elderly and alcoholics have an increased risk of vitamin B6 deficiency, as well as other micronutrient deficiencies. Evidence exists for decreased levels of vitamin B6 in women with type 1 diabetes and in patients with systemic inflammation, liver disease, rheumatoid arthritis, and those infected with HIV.



1. Vitamin B6 may prevent a decline in brain function by “decreasing homocysteine levels that have been associated with Alzheimer’s disease and memory impairments”
2. Not getting enough vitamin B6 can lead to “low haemoglobin and anaemia”.
3. high doses of vitamin B6 “may be effective at decreasing anxiety and other mood issues associated with PMS”.
4. Vitamin B6 supplements may reduce your risk of age-related macular degeneration (eyes)

Like all Vitamins, this nutrient is “essential for life”. Your body cannot create it so you have to get it through your diet. Why not research this Vitamin this week, and what foods you need to consume? It’s your body, and your choice.

NUTRITION: Lazza's Kitchen

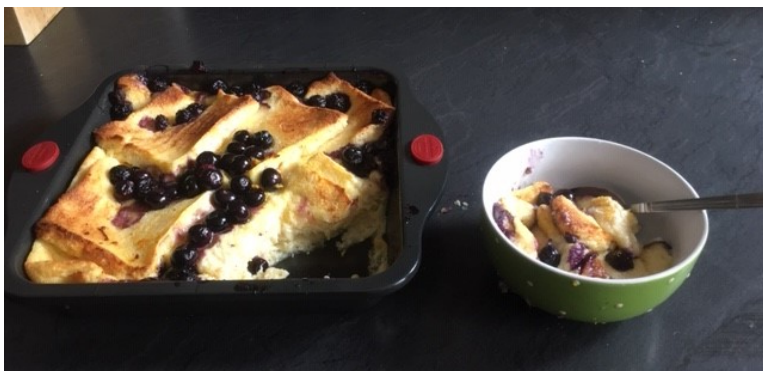
Bread & Butter Pudding

**Lazza is still trying out new recipes
Today - his first Bread and Butter Pudding**

The earliest bread and butter puddings were called whitepot and used either bone marrow or butter. Whitepots could also be made using rice instead of bread, giving rise to the Rice Pudding in British Cuisine. A recipe for bread and butter pudding is found in Eliza Smith's "The Compleat Housewife" of 1728



- 50g raisins (I used blueberries instead)
 - Zest and juice of one orange
 - Bread - crust less white, use number of slices you need for size of dish
 - Butter
 - 400ml milk (depending size of dish)
 - 300ml double cream
 - 1 large egg
 - 3 large egg yolks
 - 1/2 teasp. Vanilla Essence
 - 4 tablespoon of caster sugar:
- Mix raisins/blueberries with orange juice and zest
 - Spread the bread with the butter and layer the dish from bottom and then overlapping.
 - Beat the milk, eggs, cream, vanilla essence and sugar (I also added a pinch of nutmeg and cinnamon to taste - and can I say, after eating, it makes a difference)
 - Pour the raisins/blueberries all over the bread in the dish
 - Pour the cream mixture all over the bread. Let it soak in.
 - Preheat the oven to 175C. If you want, spread a bit more sugar on top of pudding (I didn't)
 - Place dish in the oven and let it cook for around 30-40 minutes.
 - Check on it. The custard mix should set a bit in the middle and it becomes a light brown on top.
 - Enjoy it hot or warm.



**This has been a favourite
pudding of mine for ages.
I am stunned at just how
good it has turned out.**

It's scrummy!!!!

**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 the first time I had ever cooked Bread and Butter Pudding.**



HMHB's Game Page

Name the countries for each flags:

Answers at bottom of quiz page answers (page 19)



1



2



3



4



5



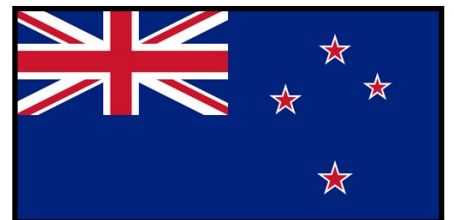
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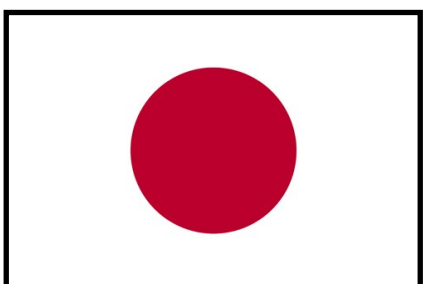
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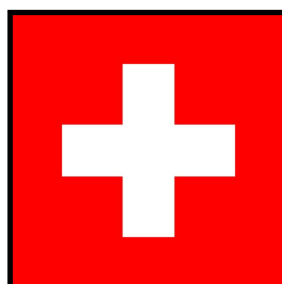
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12



13



14



15

EXERCISE/FITNESS - Walking

GUEST CONTRIBUTORS

“WALK WITH A DOC”

FROM THE USA

*“My biggest fear about becoming a Zombie
is all the walking I’ll have to do.”*

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods were part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area. I, personally, have used both Clissold Park and Highbury Fields so far. As long as you Social Distance you will be fine. Find ways to be active.

Walking is a simple, free way of getting more physically active and is ideal for people of all ages and fitness levels. It is easy to build into your daily routine and doesn't require any special equipment .

We have already said in previous packs that we joined a world wide network called “Walk With A Doc” who are based in the USA. Our own Izzwalkz is partnered with our local doctor’s - Highbury Grange Medical Practice since November 2016. The next two pages we have handed over part of them to the Walk With A Doc team - see an advert for them on Page 16 of this pack. They have walks all over the world, not just the United States.

Since their first event in 2005, “Walk with a Doc has grown as a grassroots effort, with a model based on sustainability and simplicity. A doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace. Healthy snacks, coffee, and blood pressure checks are an optional part of a Walk with a Doc event. The Walk added an Executive Director in 2009 and focused on building a program that could easily be implemented by interested doctors in other cities around the country. As a result of these efforts, the reach of Walk with a Doc now extends all around the globe with over 500 chapters worldwide, including Walk with a Future Doc chapters led by medical students.”

**HMHB Provides
Opportunities
For Group
Fitness for
All ages and
Abilities.**



EXERCISE/FITNESS;

Why should I walk more?

We thank Walk With A Doc for allowing us to use their words in this issue.
Please also check out their website: www.walkwithadoc.org

Walking is one of the best things you can do for your health. Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity, such as walking, can provide these health gains.

Here are just some benefits: Check out the WWAD website for a list of 100.

- Physical *and* mental benefits
- Maintaining or obtaining a healthy weight
- Decreased risk of cardiovascular disease and cancer
- Decreased blood pressure and improved cholesterol
- Prevention and management of type 2 diabetes and arthritis pain
- Lowered risk of depression and improved mood
- Lowers LDL Cholesterol (bad)
- Increases HDL Cholesterol (good)
- Prevents and Reduces High Blood Pressure
- Reduces heart attacks by 86% (with healthy lifestyle choices)
- Reduces risk of stroke by 50%
- Lowers resting heart rate to make your heart more efficient
- Improves cardiovascular endurance and performance
- Improves circulation



WWAD have really helped a lot of people, and HMHB are also proud at the number of people who have come through us. We know, from our feedback, that people love our walks. We ensure they are welcoming, and that nobody is left out. There are no cliques. Everyone is encouraged to participate in conversation, and there is always plenty of laughter (mainly at me!!). We are not just a walk, we are friends.

Walk With A Doc, according to their current details, have 530 different chapters (HMHB is one of them). They are in 47 US States, and in an incredible 34 countries world wide.



Top 4 reasons for taking part in the walks:

- Health Benefits of Exercise
- Health Education
- Walking with other people (interaction)
- Getting outdoors into Nature

Izzwalkz walks in Clissold Park and Highbury Fields

A good walk can do wonders for your mental health. Being active has a whole range of benefits when it comes to mental well-being. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.

EXERCISE/FITNESS;


How can I make it a healthy walk?

Walking is the best medicine. It's free, outdoors, and works your whole body. But you can make a walk even more healthier. Let's think of speed.

Whether you are walking for fitness or weight loss, you should walk fast enough to achieve moderate intensity in your workout. Walking at a brisk pace is a moderate-intensity cardio exercise. The speed of a brisk pace is different for each person as it depends on your heart rate, age, and level of fitness. But, most importantly, it is faster than your normal walking pace. We are not saying that an amble around the local park is bad, because you are still doing something, getting outdoors, and using your body. But if you want to achieve good results, walk faster.

A brisk walking pace can be from 13 to 20 minutes per mile, or from 3.0 mph to 4.5 mph. At this pace, you should be breathing noticeably harder, but able to speak in full sentences.

If your walking pace is 20 minutes per mile, it may be either fast enough to be moderate-intensity exercise or too slow. If you are more fit, it might be only be light-intensity exercise. You can only determine this by understanding what the moderate-intensity zone feels like and what heart rate will put you into that zone. I should say, that on our walks, we tend to have people who are older. Obviously, speed can diminish for them, and we even have some fantastic walkers who have to use sticks. So, please go easy if you have to.

- When we go for a walk, our circulation increases, which nourishes our whole body with blood and oxygen. This nourishment provides what our tissues need to repair themselves, often solving minor issues before we even notice them.
 - Walking also helps calm the mind and reduce the effects of stress. The rhythm of walking helps us enter a light meditative state, which then regulates breathing, lowers stress hormones, and can bring a sense of peace and calm
- 
- The actual act of putting one foot in front of the other keeps our bodies and minds in conversation with each other. The motion of it involves complex interactions between muscles, bones, and connective tissues. Walking helps tune up those interactions, and increase coordination in general.
 - Going outside to walk increases all these benefits by adding fresh air and uneven ground. The fresh air, open space, and interactions with nature all help to boost the immune system and regulate sensory processing, and may offer a sense of peacefulness. Uneven ground keeps our coordination and stabilization systems active, reducing the likelihood of falling and helping improve joint health.
 - Going for a walk is one of the most fundamental self-care practices we can do. It directly supports comprehensive mental and physical health, which in turn increases our internal feelings of vitality and our overall sense of wellbeing.

HMHB would like to thank David and Bryan at Walk With A Doc for contributing to this pack. It feels amazing that our small project has friends in the United States of America. Both HMHB and WWAD clearly just want to improve the health and fitness of everyone they meet. Thanks guys.



HEALTH / ROUTINE - Supplements

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

www.healthymindshealthybods.blogspot.com

Always check with your doctor before you start taking any supplements. It is possible they can interfere with current medications you take.



When you reach for that bottle of vitamin C or fish oil pills, you might wonder how well they'll work and if they're safe. The first thing to ask yourself is whether you need them in the first place.

I am sure that most of us take one or more dietary supplements daily or on occasion. I do take a multivitamin and a fish oil, alongside three current daily medications. Supplements are available without a prescription and usually come in pill, powder or liquid form. Common supplements include vitamins, minerals and herbal products, also known as botanicals. People take these supplements to make sure they get enough essential nutrients and to maintain or improve their health. But not everyone needs to take supplements. You should be able to get all of the nutrients you need by eating a variety of foods in a healthy diet.

Some supplements may have side effects, especially if taken before surgery or with other medicines. I, for example, am not allowed to take St. John's Wort, as it would interfere with one of my daily medications. Supplements can also cause problems if you have certain health conditions. And the effects of many supplements haven't been tested in children, pregnant women and other groups. So please talk with your health care provider if you're thinking about taking dietary supplements. You should discuss with your doctor what supplements you're taking.



Most Common Supplements are:

- I. Multivitamins
- II. Fish Oil (Omega 3/6/9)
- III. Glucosamine
- IV. Minerals: such as Iron/Zinc/Magnesium
- V. Many herbal remedies

**Ask yourself: Why am I taking these supplements? Are they really making a difference?
Why am I not getting enough of this supplement in my daily nutrition?**

HEALTH / ROUTINE - Just how safe are supplements?

All prescription and non-prescription drugs are regulated in the United States by the Food and Drug Administration (FDA). But dietary supplements are treated more like special foods. Because supplements aren't considered drugs, they aren't put through the same strict safety and effectiveness requirements that drugs are. So all the drugs you can buy, even without a prescription, must be proven safe and effective but, astonishingly, dietary supplements do not.

However, in the UK, food supplements are regulated under food law, which is based on the principle that products must be safe for consumption and not misleadingly labelled. Food law does not permit any food to make any claim, or imply that it can treat, prevent or cure any disease or adverse medical condition.

Herbal substances come from plants and many are used in both food supplements and medicinal products. For example, sage, ginseng and garlic can all be found in both food supplements and herbal remedies. A herbal product will be considered a medicinal product if medicinal claims are made about it i.e. that it can prevent, treat or cure disease. Such products are regulated by the Medicines and Healthcare products Regulatory Agency (MHRA) and display the Traditional Herbal Registration (THR) logo if they have been approved for sale. So do check before you buy.



Food law does not permit any food to make any medicinal claim, or imply that it can treat, prevent or cure any disease or adverse medical condition.

Food supplements are intended to supplement the diet; they are not medicines and therefore should never imply that they can do more than maintain and support health. Food supplements cannot claim or imply that they can replace a varied and balanced diet.

**This all sounds scary, but sometimes supplements are recommended.
Let's look at a few - but again, always check with your doctors before starting.**

- If you're pregnant, trying for a baby or could get pregnant, it's recommended that you take a 400 microgram folic acid supplement every day until you're 12 weeks pregnant. Folic acid supplements need to be taken before you get pregnant, so start taking them before you stop using contraception or if there's a chance you might get pregnant.
- Because it's difficult for people to get enough vitamin D from food alone, everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter. Some groups of the population are at greater risk of not getting enough vitamin D and are advised to take a supplement every day of the year. Why not look into this?
- Fish oil is said to: improve arthritis; reduce ADHD; reduce the likelihood of heart attack and cancer; improve high-density lipoprotein (HDL, the so-called good) cholesterol
- Some people are recommended to take iron supplements because they are anaemic or at risk of developing anaemia. This is because the iron stores in their body are low. Iron is needed for the production of haemoglobin, which is an essential ingredient in red blood cells.

All HMHB does is provide information. It's your choice how you use it. We don't recommend or condone. If you want to use supplements check with your Doctor first. Your overall health is what is important.

What is available to you

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

Karina is part of our weekly Sobell Fitness sessions.

Contact her at the email
on her flyer.
Give it a try!!!!

**She has just started
Zumba with HMHB on
Highbury Fields every
Sunday at 9:30am.**



yummymummyzumba@gmail.com



ACTIVE WITHIN

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

www.activewithin.com



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

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



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

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

www.walkwithadoc.org

Review of Challenges and Targets

Mind-set:

I guess we all wish we could communicate better sometimes. A lot of us look back at events that have happened in our lives and wish we had said certain things at that time. Being a good communicator is so very important for success and happiness. However, one of my own things I need to improve, listening is just as important. Think about how you appear to people. Are you always anxious to get your point across? Mental Health involves making the other person feel special.



Nutrition.

When we think of our nutrition, and how it affects our overall health, we do not tend to think about our garnishes and spices. But herbs and spices can contain essential compounds that we need in our bodies. I think this is something I am going to research more, especially as I am cooking a lot more now. I admit I had never really thought about it till I researched for this pack.

If you are trying out new recipes, why not look into your favourite herbs and spices, and try out some you maybe never touch?



Exercise;



One of the easiest forms of exercise is walking (although I do know some people have mobility issues). It is something most of us can at the drop of a hat. It gets you outdoors, it is free, you do not have to use complicated equipment, and is great fun as well if you are in a group (which I know is not as easy during the Covid pandemic).

Our wonderful guest contributors, Walk With A Doc, like HMHB, promote walking as a medicine available to us all.

Health.

At HMHB, all we do is pass on information and let people decide how they use it. When we talk nutrition we do not tell anyone which foods to eat. That's a personal choice. However, we do stress that any dietary intake needs to include all the vital essential nutrients to keep us alive and healthy.

That should mean most of us never have to take supplements. But it is a huge business.

Just please check with your doctor before you decide to ingest any supplements. We all think we are doing the right thing, but you may actually be causing more harm than good.



**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 3 + Flags from Page 11

See if you can beat your family and friends

History: In which year did these wars/battles start and end.

1. American Civil War: 1861 - 1865
2. World War 2 1939 - 1945
3. Vietnam War 1955 - 1975
4. Boer War 1899 - 1902
5. Falklands War 1982
6. Cold War 1947 - 1991
7. Gulf War 1990 - 1991

Geography

Can you name the US state where these cities are situated?

Los Angeles	California
Anchorage	Alaska
Portland	Oregon
Seattle	Washington
Chicago	Illinois
Detroit	Michigan
Providence	Rhode Island
Milwaukee	Wisconsin
Baltimore	Maryland
New Orleans	Louisiana
Houston	Texas
Albuquerque	New Mexico
Denver	Colorado
Las Vegas	Nevada
Salt Lake City	Utah
Wichita	Kansas

Sport: Cricket Test Nations

Afghanistan	Australia
Bangladesh	England
India	Ireland
New Zealand	Pakistan
South Africa	Sri Lanka
West Indies	Zimbabwe

Film:

All these films have numbers in their titles. Can you name the missing numbers?

- 1) The Taking of Pelham One Two Three
- 2) Three Men and a Baby
- 3) Assault of Precinct 13
- 4) 28 Days Later
- 5) Passenger 51
- 6) The Seven Year Itch
- 7) The 40 Year Old Virgin
- 8) 2001, A Space Odyssey
- 9) 20,000 Leagues Under The Sea
- 10) Six Degrees of Separation
- 11) 12 Years A Slave

How did you do?

Music:

These are famous songs from film musicals. Can you name the films?

1. IDAD: Les Miserables
2. SITR: Singin' In The Rain
3. DAAGBF: Gentleman Prefer Blondes & Moulin Rouge
4. LTSI: Hair
5. LIG: Frozen
6. MFT: The Sound Of Music
7. UTS: The Little Mermaid
8. IIWARM: Fiddler On The Roof
9. S: Mary Poppins
10. OTR: The Wizard Of Oz
11. SDMPWC: Snow White & The Seven Dwarfs
12. YCSTB: Hairspray
13. DQ: Mamma Mia
14. TINLAD: South Pacific

Flags: 1; Uruguay: 2; Turkey: 3; Jamaica: 4; Russia: 5; Portugal: 6; India: 7; South Korea: 8; China: 9; New Zealand: 10; Barbados: 11; South Africa: 12; Malta: 13; Japan: 14; Switzerland: 15; Germany;

THE LAST PAGE

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

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

You can text Lazza: **07964 430456**

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

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

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Please follow us on Twitter if you use it: **@hmhb2016**

Please follow PT Dean on Twitter if you use it: **@zombie_pt**

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well