



Healthy Minds, Healthy Bods

Mental Health Pack

Number 9



Prepared by: Lazza, Luke and Dean: Monday 15th June 2020

www.hmhb2016.org.uk



**“Life is not about how you survive the storm.
It’s about how you dance in the rain.”**

Welcome to the 9th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

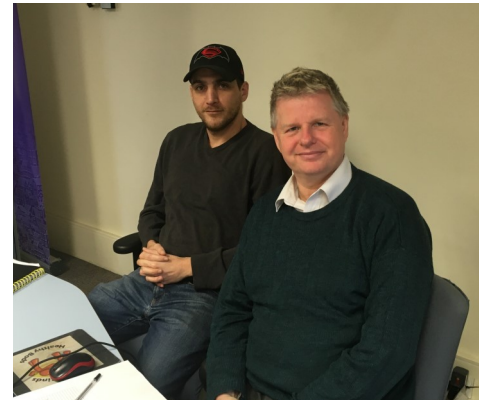
If you missed our first eight you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **www.hmhb2016.org.uk** - all of the packs are on there.

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 guide that a healthy lifestyle is the way forward. Life should be fun, with us focusing on responsibility, change, choice and being proactive.



**Luke & Lazza
Promoting HMHB
in Islington Town
Hall and Job
Centres**

**18/06/2018
and
03/02/2020**



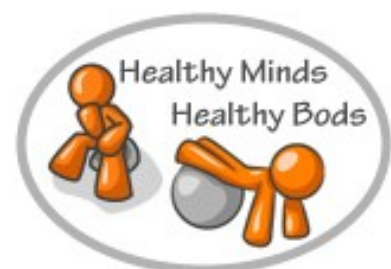
We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms

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 would need to speak with us as soon as possible. You can connect with us through our website contact page. Thanks to everyone who reads these packs.

**Currently, we do all 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.
Our GoFundMe and contacts on last page**



Healthy Minds, Healthy Bods:

Our Group Fitness supported by Better Gyms

Before the lockdown, Healthy Minds, Healthy Bods were doing all they could to demonstrate they should be part of mental health intervention in several boroughs. You can read more about our history on our website: www.hmhb2016.org.uk.

HMHB started doing outdoor exercise session in 2017 - most importantly available to all. Fitness is such a good boost if you are going through issues, but a gym can be expensive or daunting. Going to a class would feel impossible to many, as they could feel they would look stupid or not fit in. It was very important to HMHB that all ages and abilities should be able to have fun and exercise at the same time.



Photograph from one of our first outdoor sessions on the 25th July 2017.
Dean and Lazza on Highbury Fields.



**We are proud to work with Better Gym.
They have kindly allowed us studio space in
Islington and Camden since 2018.
Their faith in us is fantastic.**

Why use HMHB for fitness?

- We do not judge anyone. All are welcome. It is funny how many people come along to our sessions and say that they feel so comfortable. It matters not if you are big or small, old or young, are fairly fit or have not done any exercise for years.
- We tell people that the only people they are competing against is themselves. If you are slower than anyone else, does that matter? It is not always like that in other classes.
- We have a laugh. Yes, we obviously take fitness seriously. That is given. We sweat and work hard. But we also make it fun, have banter, and ensure everyone is having a good time. As we said in the last pack, if you aren't enjoying exercise, you will just stop.
- It's FREE. I think it is vitally important that for the many people who are on benefits, or low income, or maybe going through health issues, they have access to quality exercise options. It should not only be available to those with money.

You have a responsibility to look after the most amazing miracle ever produced since time began - your body.

When it goes wrong, you suffer.

Don't wait for that. Do all you can to give yourself the best opportunity of having a great, healthy life.

Give your body the nutrients it needs in your diet, and work your body so it fulfils its potential.

It's your choice!!!



Lazza's Quiz Spectacular

Answers are on page 19 (no peeking)

Are these too tough? They are made to make you think a bit.

Science (take your time)

There are 50 chemical elements with a vowel in the symbol. How many elements can you name? Make your list before checking at the back.

Geography

Can you name the country of these Capital Cities?

- A. Stockholm
- B. Rabat
- C. Bratislava
- D. Lisbon
- E. Kathmandu
- F. Washington DC
- G. Jakarta
- H. Nairobi
- I. New Delhi
- J. Bucharest

Sport:

All of these are sports. In alphabetical order. Can you unscramble and name the sports?

- a. ABDIMNNOT
- b. EIJLMPPTU
- c. ADEEGIKNPSST
- d. AEHHLNOPTT
- e. AABBC EEHLLLLOVY
- f. BEGIILNNNOPTW
- g. ABEEILNNSTT
- h. CDDHIIQTU
- i. AELOOPTRW
- j. ACEGINNO
- k. EFGGHIILNTTW



Entertainment:

Can you name the authors of these famous books?

- 1. Robinson Crusoe
- 2. To Kill A Mockingbird
- 3. The Hobbit
- 4. The Shawshank Redemption
- 5. Jaws
- 6. The Great Gatsby
- 7. Tarzan of the Apes
- 8. A Christmas Carol
- 9. From Russia With Love
- 10. Jurassic Park
- 11. Charlie and the Chocolate Factory
- 12. Death On The Nile
- 13. The Catcher in the Rye
- 14. The Lion The Witch and the Wardrobe
- 15. The Cat in the Hat



Film:

There are a magical eleven live action films in the Star Wars world (incl. spin-offs) Can you name them all? Extra point if you can put them in date order (of films, not of release date).

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

MIND-SET:

Closure

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.

I have been asked many times how I managed to get out of depression. Going from a feeling of utter despair, and wondering if life was worth it, to creating Healthy Minds, Healthy Bods and designing a course around a growth mind-set mentality and a healthy lifestyle. The biggest hurdle I found I had to overcome, and this was personal to me, was understanding "Closure".

First though, I want to run a quick puzzle game with you. Please do this before you head to the next page and beyond. Honestly, it's worth it. Give yourself the seconds indicated to answer each question below. If you do not know, please try an educated guess, and have an answer for all of them. Then turn the page for the results.

Question 1:



How Many Holes In
This Shirt?
10 seconds to answer

Question 2

Why are around ten per cent of
people left-handed, and the
other ninety per cent
right-handed?
1 minute to answer.
See if you can get it right!

Question 3:



Side View

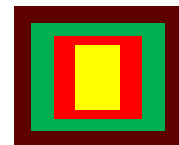
Which is the top
view for the
object to the
left. A, B, C or
D?
10 secs to
answer

Top View

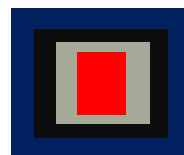
A



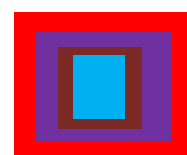
C



B



D



Question 4:

I have a piece of wood that is 8 foot long. I cut it in half, and have two pieces 4 foot long. I cut those in half and have four pieces 2 foot long.

I take another piece of wood; 16 foot long. I cut that in half, and I cut those in half again.

How long is each piece?? I give you 20 second on this one - as you may need to use your fingers!!

**"Some chapters just have to close without closure.
You cant lose yourself by trying to fix what's meant to stay broken."**

MIND-SET:

Closure; You must keep your journey going.

This is probably the most important “mind-set” feature from all our packs.

Closure: such a simple word, but sometimes achieving it is the hardest obstacle we overcome. We are brought up watching films where we get the story explained, the goody wins, the baddie is defeated, and people live happily ever after. Justice is served!! But that is not real life!!!

People know, I've had a couple of deep depressions. I don't need to share why. Things happened and I wanted answers. I felt in a dark hole. I needed to hear why people had done certain things, why some lies had been told, and why people had taken various actions that had caused me intense pain and suffering.

For me, the turning point was when I finally found an incredible counsellor who showed me that I was never going to get the closure I was looking for, but that was okay. I owed it to myself to get back into my life, regardless of reasons why things had happened. It's understanding you may never know the answer, but that the answer you have is sufficient.

So let us look at the questions on the previous page:
It is impossible to answer any correctly. All of them. You do not have enough information to get a right answer. But does that matter. You may actually be right. But you will never know for sure. Do you leave your life on hold till you do?

Question 1: Most people answer 4. But you cannot see the back of the shirt. It may have tear holes in it. Unless you get access to the whole shirt it is impossible to give a correct answer. It may be 4. Does it matter?



Question 2: Even scientists only guess. There is no scientific reason why anyone should be left or right handed. I put this in, so it makes you try and think of an answer. You may even guess right.

Question 3: Most people say D. They say the colours match the sides. Yes they do. But how do you know the side colour is the same as the top? How do you even know there is a top? It may be hollow. Unless you can see the object itself you are just making an assumption. However, it might be D.

Question 4: Most people would say 4. They say a piece of wood 16 foot cut in half is two pieces 8 foot long, and if you cut them in half you have four pieces 4 foot long.

But they are assuming I cut the wood in the same way as the first half example.

How do they know? I may have turned the 16 foot long sideways, and cut it down so now I had two pieces 16 foot long. And I could do the same with them afterwards and have four pieces 16 foot long. Or I could have cut those two pieces the other way and had four pieces 8 foot long.

Without actually knowing, it is impossible to answer. In fact, you will never know the correct answer!!

And this happens in life. We get situations which we will never know for sure. But we hang in there, waiting, hoping, to find the answer we need. Because we believe we cannot live without it. So instead, we stop living our lives.

MIND-SET:

Closure; You are stronger than you think

“If you really want closure, that means you shutting the door”

I have waited to issue nine of our mental health packs to talk about closure. I have kept the packs upbeat and positive, because we promote a growth mind-set and healthy lifestyle, and part of that is positive thinking, and pushing yourself. But closure affects us all, in many cases negatively.

Closure, for me, is something we all need to understand in our lives. And I do not in any way belittle or patronise anyone who struggles with it. I've lost many months to it myself. And life is too short for that!! If we have a relationship break-up, we want to know why, we want to know what went wrong, we need to try and find something to blame!! If we don't get a job after an interview, we try and look for our faults and even get angry at not getting the position we wanted. If we very sadly have someone pass away, family member or friend, we think about what we may have said to that person, or if we met them enough. Did we let them down in any way? But, your life needs to keep going forward!!!

My eyes were opened when I realised that I had given up on life whilst waiting for answers I was never going to get. Was it really worth hiding myself away? Of course not. I am not saying the pain just disappears. It is definitely one of those “time is a healer” things. Even though, when you are going through it you don't think that is the case.

I can only talk about things from my point of view. I did have some great friends around me. But I also went and physically looked for help. Asking for people to try and guide you is not a sign of weakness, it is a massive strength.

I also used the “exercise on referral” scheme in Islington, which got me more active. That was a real page turner for me. I had put on weight - over eating for comfort. I had slumped into an awful routine. There were days I never left my flat.

If you are suffering, please ask for help. There are countless organisations who would love to help take your arm and help guide you on in your life journey. Ultimately though, it is you who has to take steps. It is you who has to find strength where you believe you have none. It is you who has to push yourself. Your life is amazing. Don't let a yearning for answers you will never have hold you back. “Keep Moving Forward”. Life is cruel sometimes. But it can also be a joy if you allow the past to go.

“You don't need closure. You just need to give yourself permission to move on.”

Lazza's weight-loss journey

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

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12 st.

Sunday June 14th, he was 92.9 kg / 14 st 8.81 lb

Losing in week 6; 1.1 kg / 2.43 lb

6 weeks: Overall loss: 5.6 kg / 12.34 lb

It's great knowing I have support.

NUTRITION: Vegetables

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.



My mum always said, “eat your vegetables” and she was right, maybe in more ways than she knew. While you don’t have to go all veggie and become a strict vegetarian (which is fine), one of the healthiest eating habits you can foster in your family, or on your own, is to eat more vegetables. Healthy Minds, Healthy Bods prides itself that we pass on information for people to make their own decisions. Personally, I am a meat eater. But I totally respect anyone who is vegetarian or vegan. As long as you get all the right nutrients, who cares?

Surveys have shown that children who eat a lot of fruits and vegetables when they are young tend to continue this eating habit when they’re adults. But how do you get your children to eat vegetables? Eat them yourself. The more vegetables the adults in the family eat, the more children are likely to eat.

In the next couple of pages we will look at:

1. Which are the so-called “better” options for vegetables (all are good though, can I say)
2. Do some vegetables help with illnesses?
3. Does the colour of vegetables affect if you should eat more of them?
4. Is frozen vegetable as good as fresh?
5. Different ways we can cook our veg.
6. Our very own Izzwalker Rob cooks us up a Cauliflower Cheese Recipe!!

One of our last Tuesday Fitness Sessions

At Highbury Leisure Centre

25th February 2020

A Great Diversity in our Amazing Group.



NUTRITION: Vegetables

A good delve into the veg basket

HMHB has scoured the internet, and these vegetables always seem to come out on top for being the healthiest. But we are more than happy to say to you to also research any others you feel should be on this list. Most vegetables are nutrient dense anyway, but they also have other properties.

- **Spinach:** Spinach is rich in antioxidants (check health pages) that may reduce the risk of chronic disease, as it can ease risk factors such as high blood pressure
- **Carrots:** Carrots are especially high in beta-carotene, which can turn into vitamin A in the body. Their high antioxidant content may help reduce the risk of lung and prostate cancer.
- **Broccoli:** Broccoli is a cruciferous vegetable that contains sulforaphane, a compound that may prevent cancer growth. Eating broccoli can also help reduce the risk of chronic disease by protecting against oxidative stress
- **Garlic:** Studies show that garlic could help lower blood triglyceride levels. Some studies have also found that it may decrease blood sugar levels and can have an anti-cancer effect, although more research is needed
- **Brussel Sprouts:** Brussels sprouts contain an antioxidant called kaempferol, which may well protect against oxidative damage to cells and prevent chronic disease. They could also help enhance detoxification in the body.
- **Kale:** Kale is high in vitamins A, C and K as well as antioxidants. Studies show that drinking kale juice could reduce blood pressure. It is one of the best green leafy veg. It is also crammed full of essential nutrients.
- **Green Peas:** Green peas contain a good amount of fibre, which helps support digestive health. They also contain plant compounds called saponins, which may have anti-cancer effects. One cup of cooked green peas contains 9 grams of fibre, 9 grams of protein and vitamins A, C and K, riboflavin, thiamine, niacin and folate.



The wide array of bright colours that give fruits and vegetables their visual appeal come from three main types of pigment: carotenoids, which give orange and yellow vegetables their colours; flavonoids, which provide blue, red and cream colours; and chlorophyll, which makes greens green.

We will look at Red and Green.

Red

Red vegetables, like tomatoes and bell peppers, may help reduce the risk of diabetes, osteoporosis, and high cholesterol. The phytonutrients that give these ruby beauties their colour also come with powerful health benefits. Deeper colours, like the dark red of beetroot, usually means that the vegetable is richer in these phytonutrients including antioxidants, vitamins, and minerals. These nutrients can help prevent cancer, fight chronic illnesses, and strengthen the immune system. Red vegetables get their hue and nutrition boost from lycopene and anthocyanin. Lycopene is an antioxidant that has been shown to reduce heart disease risk, protect the eyes, fight infections, and protect against damage from tobacco smoke.

NUTRITION: Vegetables

A good delve into the food basket

Green

Green vegetables contain a large amount of a green pigment called chlorophyll. Chlorophyll helps plants convert sunlight into energy in a process called photosynthesis.

Chlorophyll is a potent antioxidant, helping prevent the damage caused by free radicals to your body's cell membranes. The pigment can also slow the rate at which bacteria reproduce, speeding up the healing of wounds. (*we look at free radicals and antioxidants on our health pages*)

Chlorophyll could even help you lose weight. In 2013, Swedish researchers at the University of Lund gave 5g of chlorophyll to 53 overweight women every day. They found that the supplement dramatically reduced the volunteers' appetite for eating sweets and crisps.

Eating your greens every day could also reduce your risk of developing dementia in later life. In 2017, a study by Rush University Medical Centre in Chicago discovered that people who ate at least one daily portion of green vegetables had a slower rate of decline in their memory and thinking skills.



More ways to get vegetables into your diet

Boiling and steaming veggies is great, but you can get more creative with your greens:

- drink them: throw some spinach into a breakfast smoothie
- blend them: soups are a great way to use up any leftover greens
- roast them: broccoli and peppers taste great roasted with olive oil
- stew them: artichokes, spinach and leeks are great additions to a stew
- crisp them: make kale crisps by drizzling with oil, lemon juice and salt, and bake in a hot oven for 15 mins.

Is Frozen as good as fresh?

Frozen veggies line the freezers from top to bottom at the supermarkets. But with many myths floating around today discrediting frozen foods, have you stopped to wonder if even the vegetables offer you many nutrients.

Vegetables that will be frozen are generally picked at peak ripeness, when they're the most nutritious. Once harvested, the vegetables are often washed, blanched, cut, frozen and packaged within a few hours.

Certain nutrients are lost during the blanching process. In fact, the greatest loss of nutrients occurs at this time. Blanching takes place prior to freezing, and involves placing the produce in boiling water for a short time. This kills any harmful bacteria and prevents the loss of flavour, colour and texture. Yet it also results in a small loss of water-soluble nutrients, such as B-vitamins and vitamin C.

In general, the evidence suggests that freezing can preserve nutrient value, and that the nutritional content of fresh and frozen produce is similar.

NUTRITION: Vitamin B2

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”



1. Vitamin B2 is also known as Riboflavin.
2. Food sources include eggs, green vegetables, milk and other dairy products, meat, mushrooms, and almonds.
3. Riboflavin was discovered in 1920, isolated in 1933, and first made in 1935.
4. It is a water soluble vitamin, which means it is carried to the body's tissues but is not stored in the body, and you need to ensure a daily intake.
5. The milling of cereals results in considerable loss (up to 60%) of vitamin B₂, so white flour is enriched in some countries by addition of the vitamin B₂.
6. The enrichment of bread and ready-to-eat breakfast cereals contributes significantly to the dietary supply of vitamin B₂.
7. It is involved in many processes in the body and is necessary for normal cell growth and function.



- Taken by mouth for migraines, acne, muscle cramps, burning feet syndrome, carpal tunnel syndrome.
- Some people use riboflavin for eye conditions including eye fatigue, cataracts, and glaucoma.
- Some people take riboflavin by mouth to maintain healthy hair, skin, and nails, to slow aging, for canker sores, multiple sclerosis, memory loss, including Alzheimer's Disease, high blood pressure, burns, liver disease, and sickle cell anaemia
- Riboflavin is required for the proper development of the lining of the digestive tract, blood cells, and brain function

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: Guest Chef Rob and his Cauliflower Cheese

Lazza will be back next week.

This week, Izzwalker Rob offers up his Cauliflower Cheese

Cauliflower is thought to originate from Cyprus, which historically was a former British Colony. Béchamel Sauce was used extensively in Greek and Cypriot cooking of the 19th century and the early 20th century. Cauliflower was said to have been introduced to the west during the French Lusignan rule of Cyprus. The Old French word for Cauliflower is Chou de Chypre (Cyprus cabbage).

There is a recipe for Cauliflower with Parmesan Cheese in “Mrs Beeton’s Book of Household Management” first published in 1861



- 1 Cauliflower
- 2 Tablespoons of flour (plain or self-raising)
- 50ml Vegetable oil
- 500ml Milk
- 400g Mature Cheddar cheese
- 1 Teaspoon English mustard (powder or pasty)
- ¼ Teaspoon salt.

- Chop the washed cauliflower into chunky pieces (include the leaves that come around it, if you want, as they can add to the quality) and gently boil it in a saucepan with water. Mine boiled for about 20 minutes before the stalky bits of cauliflower became tender.
- Meanwhile put the oil in another saucepan and stir in the flour, the salt and the mustard and, once it is well mixed, add the milk and gently bring it towards boiling, keeping it stirred with a balloon whisk. It should thicken up and then it is time to grate $\frac{3}{4}$ of the cheese and mix it into the sauce.
- Pre-heat the oven to gas mark 6, 200°C.
- Drain the cooked cauliflower and tip it into a shallow oven-proof dish, and pour the cheese sauce over it. Then grate the last quarter of the cheese over the top and put it into the oven for 25 minutes.
- It should be ready to eat, or to be put aside to microwave when you fancy it. Enjoy!



**Thanks so much Rob.
It looks really tasty.**

**Next week, Lazza is getting
to grips with
Bakewell Tart!!**

EXERCISE/FITNESS - Keeping it Fresh

*“Each day is another chance to change your life.
You don’t have to go fast; you just have to go”*

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.

Do you find yourself doing the same exercises over and over?
I am not saying that is a bad thing. But why not mix it up?
A lot of exercises have different versions of how to complete them.
They can include a harder version, or an easier version.
Maybe you cannot go on the floor, or have trouble standing up.



By mixing up your activities, you find you are getting to use all the muscles, and not just focusing on one set. You have more leg muscles and core muscles than you realise. Performing a different activity that doesn't strain the same part of the body will allow you to stay in shape and heal at the same time.

In the next couple of pages we are going to look at a couple of basic exercises, and try newer versions of them. It is time to shake things up a little. Over the last eight packs we have covered a multitude of movement and flexibility to inspire you to get fitter, and explain how they also affect your overall health; not just your physical abilities, but also your emotional and mental health too.



HMHB Provides

Opportunities

For Group

Fitness for

All ages and

Abilities.

Arty pics too!!!



EXERCISE/FITNESS;

Squats: Let's try some variations

The most obvious benefit of squats is building your leg muscles; quadriceps, hamstrings, and calves, as well as your Glutes. Squats, though, are a great exercise for the whole body.

Normal Squat.



Notice: Feet shoulder width apart.
Bum pushed out as you go down
Knees above the toes
Weight through heels

Do note, I have knee issues so
cannot get lower



Sumo Squat.



Notice: Feet much wider apart.
Bum pushed out as you go down
Knees above the toes
Weight through heels

Good for inner thighs



Goblet Squat (we like to call it Goblin Squat - that's us).



Notice: Feet touching.
Bum pushed out as you go down
Knees above the toes
Weight through heels

Good for Core too



Basketball Squats (incorporating a jump)



Notice: Feet shoulder width apart.
Pick up imaginary ball
Come up; throw ball in basket
If can, do a jump as you do that.
Go back down in one movement.
Repeat.



EXERCISE/FITNESS;

Crunches: Let's try some variations

Abdominal crunches are designed to tone the core muscles of the body. The exercise aids in strengthening the core muscles, improving the posture, and increasing the mobility and flexibility of the muscles

Crunch (feet 90 degrees)



Lie Down, pressing back into ground.
Lift legs to 90 degrees to ground.
Do not put arms behind neck.
Lift shoulder blades around 2 inches off ground
Imagine orange under your chin
Exhale on way up. Hold briefly. Go down.
Repeat, with slow movements.

Crunch (feet lifted high)

This is exactly same movement as 90 degrees.
However, this time, lift feet as high as possible.
Reason for not putting hands behind neck is to avoid pulling at it and causing a strain.
The reason for the imaginary orange, again it is to avoid straining your neck.



Ankle Tap Crunch



Lie on floor in crunch position.
Lift head and shoulders up
Left hand reach to left ankle.
The Right hand to reach right ankle.
Bring hand to ankle; not ankle to hand
Targets obliques and rest of core

Bicycle Kick Crunch

In Crunch position.
Bring right elbow to left knee.
Straighten left leg as you
Bring left elbow to right knee
Continue alternating movements
Targets lower abs, hips, obliques.



HEALTH / ROUTINE - Free Radicals

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

Please check it out.

www.healthymindshealthybods.blogspot.com



**“Some days you eat salad and go to the gym.
Some days you eat cupcakes and refuse to put
on underwear.
It’s called “balance”**

We regularly hear that a food is high in antioxidants. We nod our heads and agree that it will be healthy for us, and we should include them in our diet. But do we really understand what they are, and what they are doing in our bodies? Let’s have a look.

- * Antioxidants are molecules that fight free radicals in your body.
- * Free radicals are constantly being formed in your body.
- * Without antioxidants, free radicals would cause serious harm very quickly, eventually resulting in death (so clearly it is important we have them in our diet).
- * The body is under constant attack from oxidative stress. Oxygen in the body splits into single atoms with unpaired electrons. Electrons like to be in pairs, so these atoms, called free radicals, scavenge the body to seek out other electrons so they can become a pair. This causes damage to cells, proteins and DNA.
- * Free radicals are associated with human disease, including cancer, Alzheimer's disease, Parkinson's disease and many others. They also may have a link to aging, which has been defined as a “gradual accumulation of free-radical damage”.
- * Substances that generate free radicals can be found in the food we eat, the medicines we take, the air we breathe and the water we drink. These substances include fried foods, alcohol, tobacco smoke, pesticides and air pollutants.
- * The body's ability to turn air and food into chemical energy depends on a chain reaction of free radicals. Free radicals are also a crucial part of the immune system, floating through the veins and attacking foreign invaders



HEALTH / ROUTINE - How do Antioxidants help?



Antioxidants keep free radicals in check. Antioxidants are molecules in cells that prevent free radicals from taking electrons and causing damage. Antioxidants are able to give an electron to a free radical without becoming destabilized themselves, thus stopping the free radical chain reaction.

The way to look at it is like this:

Antioxidants are natural substances whose job is to clean up free radicals. Just like fibre cleans up waste products in the intestines, antioxidants clean up the free radical waste in the cells.

Our body produces some antioxidants on its own, but an insufficient amount. Oxidative stress occurs when there is an imbalance of free radicals and antioxidants (too many free radicals and too few antioxidants).

Antioxidants can be acquired through diet. Here are some good sources. Why not research others?

Dark chocolate is delicious, nutritious and one of the best sources of antioxidants. Generally speaking, the higher the cocoa content, the more antioxidants the chocolate contains.

Pecans are popular nuts rich in minerals, healthy fats and antioxidants. They may also help raise blood antioxidant levels and lower bad cholesterol

Berries are among the best sources of antioxidants in the diet. They are rich in anthocyanins and other antioxidants that may help reduce the risk of heart disease and delay the decline in brain function that happens with age

Kale is one of the most nutritious greens on the planet, partly because it's rich in antioxidants. Although regular kale is high in antioxidants, red varieties may contain close to twice as much

Beans are an inexpensive way to increase your antioxidant intake. They also contain the antioxidant kaempferol, which has been linked to anticancer benefits in animal and test-tube studies



It's no surprise that the best foods for Antioxidants are fruit and veg.

Not only high in essential nutrients, but also full of compounds that create a balance in your body, crucial for keeping you alive.

What more evidence do you need to increase your content?



What is available to you

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

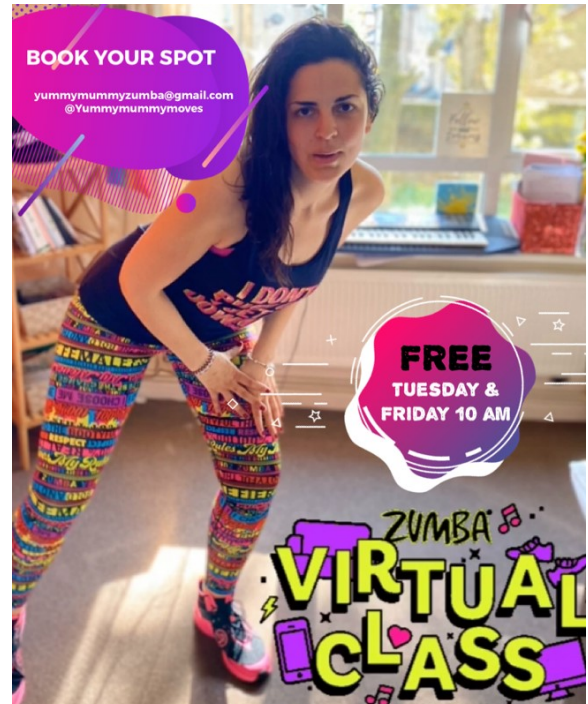
Karina is part of our weekly Sobell Fitness sessions.

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

**We have just started
Zumba 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:

This week we looked at, for me, one of the toughest hurdles we have to overcome; Closure. It is something I battled with on several occasions, and it can seriously ruin your life. A good friend once conned me out of my life savings. I was devastated, and it caused trust issues, as well as thinking I was gullible and stupid. I wanted to know why. Why me? I was his friend. Obviously, it was greed. But I would never know his actual thinking. It held me back a while. But I knew I had to trust again, and go on with my life, never knowing why. In fact, I got closure from knowing I would never get the closure I craved. Is anything happening in your life like this? It is honestly one of the hardest things I have had to do, mentally. But we are stronger and more resilient than we know. Dig deep. You owe it to yourself to now allow the past to control your future. You can choose how you react. Think about it.

Nutrition.

We all know we need to have more vegetables in our lives, as their content help to keep us alive and healthy. They are full of nutrients that affect our systems, our organs, and our mental health too. Why not try out veg you do not normally buy? Most people get the same two or three vegetables every week. Make a soup, a casserole, a stew. Go wild!! There are so many with which to experiment.



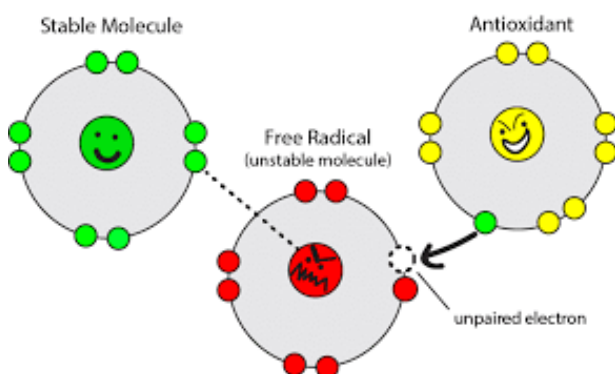
Exercise;

Over the last nine packs we have taken you through various ways to improve your fitness and your physical activity levels. We have explained why you need to do that, as well as talk about the knock on effects for your mental health.

We have demonstrated you can do them on your own, or with friends; that you can make it fun and be inventive in how you complete sessions. We have shown you don't have to do an hour, and that you can even do it in five minute blocks here and there during the day.

So why not look back at the last nine issues - including this one - and create a daily workout regime for the next seven days. You can do different things every day - concentrating on different parts of the body. Maybe legs and bums one day, upper body and arms another, and then core. Try and find ways to do as many different exercises as possible, not the same two or three you may do.

Health.



Your body is a walking miracle; It is also constantly repairing and looking after itself. But it needs your help. It needs various nutrients (vitamins, minerals, amino acids, fatty acids, sugars), as well as antioxidants and water, to stay healthy. And only you can provide these in your diets. No-one can do this for you.

So, this week, have a think about what you are probably not doing well, and put it right!!!!

Time for our Letter game

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **B**

(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Good Luck. See how many you can find during this week /

Keep coming back to it.

Try not to look the answers up.

If you get the urge to cheat, think about why you feel the need to do that!!

Quiz Answers from Page 4

See if you can beat your family and friends

Science.

Helium; Lithium; Beryllium; Oxygen; Neon; Sodium; Aluminium; Silicon; Argon; Calcium; Titanium; Iron; Cobalt; Nickel; Copper; Gallium; Germanium; Arsenic; Selenium; Molybdenum; Ruthenium; Silver; Indium; Tellurium; Iodine; Xenon; Barium; Lanthanum; Cerium; Europium; Holmium; Erbium; Lutetium; Tantalum; Rhenium; Osmium; Iridium; Gold; Bismuth; Polonium; Astatine; Radium; Actinium; Protactinium; Uranium; Plutonium; Americium; Einsteinium; Nobelium; Oganesson

Geography

the capital city of those countries

- A. Sweden
- B. Morocco
- C. Slovakia
- D. Portugal
- E. Nepal
- F. USA
- G. Indonesia
- H. Kenya
- I. India
- J. Romania

Entertainment:

the actors who played those roles.

- 1. Daniel Defoe
- 2. Harper Lee
- 3. J R R Tolkien
- 4. Stephen King
- 5. Peter Benchley
- 6. F Scott Fitzgerald
- 7. Edgar Rice Burroughs
- 8. Charles Dickens
- 9. Ian Fleming
- 10. Michael Crichton
- 11. Roald Dahl
- 12. Agatha Christie
- 13. J D Salinger
- 14. C S Lewis
- 15. Dr Seuss

How did you do?

Sport:

- a. Badminton
- b. Triple Jump
- c. Speed Skating
- d. Heptathlon
- e. Beach Volleyball
- f. Ten Pin Bowling
- g. Table Tennis
- h. Quidditch (apologies. Lol)
- i. Water Polo
- j. Canoeing
- k. Weightlifting

Film:

- 1. Solo. A Star Wars Story
- 2. Star Wars; Ep 1 - The Phantom Menace
- 3. Star Wars; Ep 2 - Attack Of The Clones
- 4. Star Wars; Ep 3 - Revenge Of The Sith
- 5. Rogue One. A Star Wars Story
- 6. Star Wars; Ep 4 - A New Hope
- 7. Star Wars; Ep 5 - The Empire Strikes Back
- 8. Star Wars; Ep 6 - Return Of The Jedi
- 9. Star Wars; Ep 7 - The Force Awakens
- 10. Star Wars; Ep 8 - The Last Jedi
- 11. Star Wars; Ep 9 - The Rise of Skywalker

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:

www.facebook.co.uk/healthymindshealthybods

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well