



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 47

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, and Dean: Monday 8th March 2021

www.hmhb2016.org.uk



**“One day, you’re 17 and you’re planning for someday.
And then quietly, without you ever really noticing, someday is today.
And then someday is yesterday. And this is your life.”**

Welcome to the 47th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

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

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

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



HMHB sitting in the Arsenal team seats at the Emirates Stadium.

This was around four years ago with some of the users from our second course with Single Homeless Project.

Thx so much to Arsenal FC.

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



NEWS PAGE:
Getting rid of Belly Fat

Firstly, you cannot choose where you lose fat. Your body does this randomly. So if you are thinking that you can target specific areas to lose fat, then I have to disappoint you. But there are things you can do to help remove fat, and your body will naturally get around to your belly.

“Visceral Fat” wraps around abdominal organs, such as the liver and intestines. Due to its location, visceral fat makes up one part of metabolic syndrome: a cluster of conditions that occur together, increasing your risk of heart-disease, stroke, and type 2 diabetes. Fortunately, you can reduce the harmful belly fat committing to an exercise plan.

Any form of exercise is better than nothing but research suggests there is an optimal approach. "According to the experts, your best bet is to combine two types," says health body Johns Hopkins Medicine. They are:

- Aerobic exercise.
- Strength training (also called "resistance training") such as weight lifting.

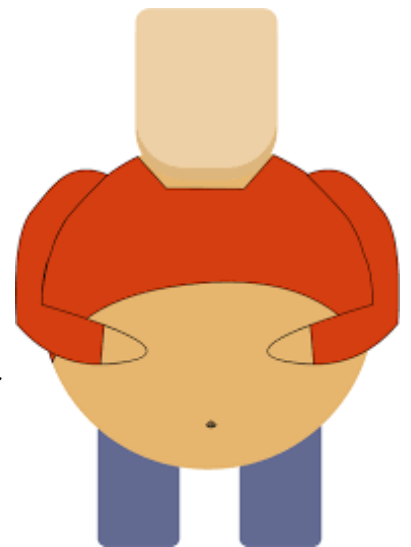
In a study, where participants combined aerobic and strength training, the effect was not confined to just visceral fat reduction. Those in the exercise group also experienced improved chronic disease markers. These included:

- Lower Blood pressure.
- Reduce Obesity.
- Improved Insulin resistance.

The NHS recommends at least 150 minute a week of “moderate intensity” exercise. This is such that “will raise your heart rate, and make you breathe faster and feel warmer.”

Examples include: brisk walking, water aerobics, cycling, dancing, rollerblading, hiking, etc.

Strength training includes: carrying heavy shopping bags, yoga, lifting weight, tai chi, heavy gardening, lifting and carrying children, wheeling a wheelchair, doing body weight exercises, etc.



In addition to getting physically active, eating a healthy, balanced diet is integral to losing the belly fat. According to Bupa, protein can be a helpful way to lose weight because it makes you feel fuller than carbohydrates and fat do.

"If you include a lean source of protein, such as skinless white chicken, in your meals you may find that you're not as hungry, and so eat less," the health body says. It also says to:

- Make sure you eat a balanced diet. Try to eat at least five portions of fruit and veg each day, and include higher-fibre starchy foods in meals
- Have some reduced-fat dairy or soya drinks fortified in calcium
- Eat more beans, pulses, fish and eggs
- Eat small amounts of unsaturated oil
- Drink six to eight glasses of water each day
- Avoid adding salt or sugar to your meals.



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)

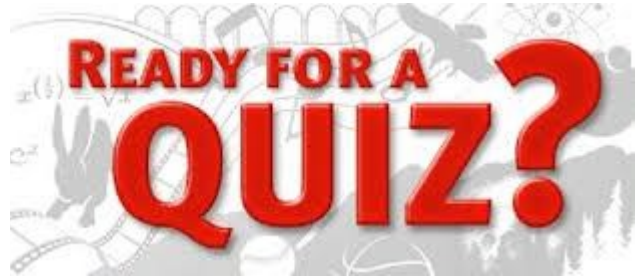
Nature

It's very difficult to be exact, but according to WorldAtlas.Com - what are the 17 animals with the highest numbers on this planet. (Animals, not insects, birds, etc). See how many you get.

Music:

Who was/is the lead singer of these bands?

- a. Communards
- b. Dire Straits
- c. Muse
- d. Jamiroquai
- e. Duran Duran
- f. R.E.M.
- g. The Cure
- h. Simple Minds
- i. Coldplay
- j. UB40
- k. Guns 'n Roses
- l. Hot Chocolate
- m. A-Ha



Film:

Can you name the actor, and their character name, who played the main Cop/Investigator in these films.

1. 1989: Die Hard
2. 1984: Beverly Hills Cop
3. 1971: The French Connection
4. 1996: Fargo
5. 1982: Blade Runner
6. 1972: Dirty Harry
7. 1993: The Fugitive
8. 1991: The Silence of the Lambs
9. 1988: The Naked Gun
10. 1988: Robocop
11. 1994: Speed
12. 1964: A Shot In The Dark
13. 2007: Hot Fuzz
14. 1978: Death On The Nile
15. 1984: Police Academy
16. 1973: The Day Of The Jackal

Sport

Name the Sports of these 2012 and 2016 UK Olympic medal winners.

1. Justin Rose
2. Jason Kenny
3. Greg Rutherford
4. Ben Ainslie
5. Jessica Ennis
6. Laura Robson
7. Luke Campbell
8. Jonny Brownlee
9. Jack Laugher
10. Helen Glover
11. Jade Jones
12. Nick Skelton
13. Liam Heath



Geography

Scotland and Wales have thirteen cities.

Seven in Scotland
Six in Wales

How many of these thirteen cities can you name?

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

MIND-SET: Developing a better Mind-set about life

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.

Last week we mentioned that the initial thoughts around Growth and Fixed Mind-set were developed by a lady called Carol Dweck. Since then, multiple mind-sets have been described, but most of them with opposites: positive and negative: active and passive: social and non-social: But with all, we are encouraging people to adopt the one that challenges you in life.

A “growth mindset,” as Dweck calls it, is pretty much exactly what it sounds like: a tendency to believe that you can grow. In her book “Mindset: The New Psychology of Success”, she explains that while a “fixed mindset” assumes that our character, intelligence, and creative ability are static givens which we can't change in any meaningful way, a growth mindset thrives on challenge and sees failure “not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities.”

“In one world, effort is a bad thing. It, like failure, means you're not smart or talented. If you were, you wouldn't need effort. In the other world, effort is what makes you smart or talented.” –Carol Dweck

She writes:

“Believing that your qualities are carved in stone creates an urgency to prove yourself over and over. If you have only a certain amount of intelligence, a certain personality, and a certain moral character, well then you'd better prove that you have a healthy dose of them. It simply wouldn't do to look or feel deficient in these most basic characteristics.”

The fixed mindset can negatively impact all aspects of your life, Dweck says.

“I've seen so many people with this one consuming goal of proving themselves in [a learning setting], in their careers, and in their relationships. Every situation calls for a confirmation of their intelligence, personality, or character. Every situation is evaluated:

- Will I succeed or fail?
- Will I look smart or dumb?
- Will I be accepted or rejected?
- Will I feel like a winner or a loser?”

But when you start viewing things as mutable, the situation gives way to the bigger picture.

“This growth mindset is based on the belief that your basic qualities are things you can cultivate through your efforts.

Although people may differ in every which way in their initial talents and aptitudes, interests, or temperaments, everyone can change and grow through application and experience.”



This is important because it can actually change what you strive for and what you see as success. By changing the definition, significance, and impact of failure, you change the deepest meaning of effort.

MIND-SET:

More tricks to keep that mind-set

Imperfections are fine

Just that word makes me feel uncomfortable. We are all different. We look different, sound different, act different. So what is perfect?? Who cares?

Certainly do not allow others to put you down. Have a bunch of encouraging and motivating people in your life. Surround yourself with people who makes you feel good just the way you are; and accepts you honestly; without faking. Find a group of happy and caring people; and learn from them what life looks like to them! And also act to please yourself, not others. I'm not saying it is wrong to not want to make others feel good, but not to the detriment of yourself. You cannot act good or very good for someone every day just to make them happy and pleased with you! Do not push yourself to become what you are not; or what you think you can never be! The results can be very frustrating.



Challenges as opportunities

Are you a person who loves challenges, or hates them? I have to say that currently I love them, and have done for a while. But, I must admit there was a lot of my life when I hated them. I used to see challenges as frustrating, maddening obstacles keeping me from where I wanted to be.

As I grew older and (hopefully) wiser, I realised that I was never going to actually achieve anything unless I was up to meet these challenges, and I learned to see them differently. Most of us know that great rewards require great sacrifice and effort. You know the old saying that nothing worthwhile comes easy? In a sense that's true. If everything we wanted was handed to us, we probably wouldn't have a lot of appreciation for it. On the other hand, when we work hard for something and then see it manifest before our eyes, we get such a powerful sense of pride and accomplishment. We can point to it and say, "I did that. It was tough, but I did it anyway."



Challenges are truly opportunities. Opportunities to grow and learn, to strengthen ourselves, to test ourselves and our faith. They reveal how badly we want to create the dreams in our hearts, and how hard we're willing to work for them. It may not seem that way at first, but with a tiny shift in attitude, we can see that we have been handed an incredible opportunity.

The next time life hands you a challenge, stop and consider for a moment what it means. Is the universe saying "no", or "I want you to try harder?" Don't look at challenges as an end, look at them as a door leading to your heart's desires. That door might be locked, but you have the key. Maybe you forgot where you put the key, or you forgot that you even had it to begin with. It might take some effort and patience to find it again, or you might even have to create a new one, but believe that you will, even if you're not sure how yet.

MIND-SET:

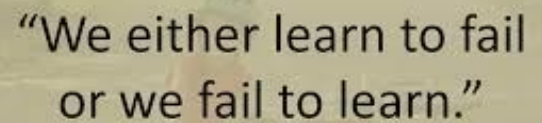
More skills for developing Mind-set

Replace “failing” with “learning”

Okay, so not that F word – the other one, ‘Failure’. When we hear the word we think only negative thoughts, but why is failure considered so bad? Besides the obvious fact that failing doesn’t feel particularly good; failure provides an opportunity to learn through the experience, teaches resilience and allows you to adapt and refine your approach on your road to success.

It is important to understand that failure of some sort is unavoidable and to be expected. It’s simply a part of life. In order to move forwards and develop, you have to step out of your comfort zone and take risks and with these risks you either fail or succeed.

Failure and learning through self-discovery is the best teacher. It forces you to reflect and review your methods. And importantly, failure will eventually lead to success, if you remain adaptable and flexible in your approach.



“We either learn to fail
or we fail to learn.”

Tal Ben Shahar

The fear of failing is one of the biggest fears people have. The difference between successful and unsuccessful people is that successful people overcome their fear of failure: they know they need to make a few mistakes to move towards their goal. Unsuccessful people look at mistakes as permanent and personal.

The fear of failure comprises of two components. The first is the fear of letting ourselves and others down. The second is the fear of exposure of that failure to the outside world. We worry too much about what other people think, and forget the most important thing which is why we are doing it. Most fears are about things that haven’t happened yet/or never will.

Fretting is counter-productive at any level. And so is the lack of action. Knowing that the fear of failure is holding you back is a step in the right direction. But it isn’t enough, because knowing isn’t doing.

Action is the best solution to bring an idea or plan to life and doing will help you dispel fear and give you confidence. Thomas Edison is a great example of this point. He tried everything that didn’t work when inventing the light bulb but he didn’t give up and eventually he succeeded. From failure, fear was overcome, and light brought into the world.

Process is as important as outcome

Listen, at the end of the day for many of us it is the outcome that is important. And I get that, I really do. When it comes to HMHB my ultimate goal is to have an ongoing career, supplying incredible intervention, helping many people, but it being a viable sustainable business. That is the outcome. I have to say, I have had to value the process too. I have learnt so much about myself and business over the last few years. Many ups and downs. Wins and losses.

There is more to success than just looking at results without understanding that at the end of the day it comes down to your consistency and the process involved in getting the job done. When you start focusing your attention and energy less on the results but rather on the processes or the techniques involved you discover that you learn faster, are more successful and even happier at the outcome. Altogether you gain more in life when you focus on the process rather than the results.

MIND-SET:

Realise your success is individual to you

Celebrate your growth with others, and theirs with them

If we celebrated others' success as if it were our own, we could feel a huge surge in positivity and joy, which can lead to greater optimism, the latter benefiting our own health. In a recent published study, an optimistic view on life was shown to protect not only against cardiovascular disease, but also prevent premature death from other major causes such as cancer, stroke, respiratory disease and infection. Such rewards in terms of health are compelling, and they confirm there is power in positive thinking. In fact, another earlier study found that positive psychology "assets," such as optimism and positive emotions, are predictors of good physical health.

By being courageous and selfless enough to embrace others' success, we also get the benefit of greater satisfaction. We feel fulfilled instead of bitter. If a friend gets a promotion with more money, it can be a natural emotion to feel a slight bit of jealousy. But instead, by relaxing and enjoying their joy, that can bring happiness into our own lives, and we can push ourselves to achieve too.



But also celebrate your own successes. Even small ones. When we are struggling with life we feel everything is going wrong.

That is not the case. In our day to day lives, we normally perform some activities which qualify as wins. They could be as small as remembering to eat healthy or performing well in a particular interview or presentation. For most of us, these small victories go unnoticed. However, we are quick to notice any mistakes or shortcomings that we could make during our day. While it is important to notice our mistakes so as to correct them, we should not ignore our small wins. This is because they give us joy and are essential to our motivation.

What exactly is a small win? This is an activity which you do successfully but weren't sure you could actually pull off. A small win varies from person to person. It can be finally being able to grow a flower or sticking to a workout plan. Small wins do not change the world. However, they can put a smile on your face and help you gain some confidence. We can get stuck on noticing all the bad activities going on in our lives and forget to see the small wins. Small wins give us the strength to reach further and try to accomplish more. Hence, they are essential in the process of growth. Take the time to notice your small wins so as to appreciate them and yourself too.

For you to have something to celebrate, it is important to actually make an effort to win. To make progress on a daily basis, you need to learn how to win consistently. This can only be accomplished using habits. These are activities which you perform without thinking about it. They come naturally to you because you have programmed your mind and body to suit them. Therefore, strive to create habits that ensure daily wins. How can you do this? Simply create and follow a plan that helps you to win some more every day. Establish them in the fields of life that you enjoy. To create a winning habit, perform a constructive activity every day for 21 days consecutively. This will help you to experience small wins every day and increases your happiness.

**Develop that Mind-set that is going to move you forward in life.
Don't stagnate. Life is too short. Do what you can.**

NUTRITION:

Nutrition Facts that are Common Sense (1)

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.

Nutrition is such a wide subject. And, as per so many topics, there can be a lot of “fake news” when it comes to talking about foods, diets, and nutrients. So let us look at a few facts we need to know.

We need to seriously limit Trans Fats for our health

Trans fat is a type of “dietary fat”. Of all the fats, trans fat is the worst for your health. Too much trans fat in your diet increases your risk for heart disease and other health problems.

Trans fats are made when food makers turn liquid oils into solid fats, like shortening or margarine. Trans fats can be found in many fried, “fast” packaged, or processed foods, including:

- Anything fried and battered.
- Shortening and stick margarine.
- Cakes, cake mixes, pies, pie crust, and doughnuts.

Animal foods, such as red meats and dairy, have small amounts of trans fats. But most trans fats come from processed foods.



Your body does not need or benefit from trans fats. Eating these fats increase your risk for health problems. Cardiovascular disease risk:

- Trans fats raise your LDL (bad) cholesterol.
- They also lower your HDL (good) cholesterol.
- High LDL along with low HDL levels can cause cholesterol to build up in your arteries (blood vessels). This increases your risk for heart disease and stroke.

Weight gain and diabetes risk:

- Many high-fat foods such as baked goods and fried foods have a lot of trans fat.

Eating too much trans fat can cause you to gain weight. It may also increase your risk for type 2 diabetes. Staying at a healthy weight can reduce your risk for diabetes, heart disease, and other health problems.

Trans fats are found in many processed and packaged foods. Note that these foods are often low in nutrients and have extra calories from sugar: *(yep, all the nice tasty ones, of course!!!!)*

- Cookies, pies, cakes, biscuits, sweet rolls, and donuts
- Breads and crackers
- Frozen foods, such as frozen dinners, pizza, ice cream, frozen yogurt, milk shakes, and pudding
- Snack foods
- Fast food
- Solid fats, such as shortening and margarine
- Non-dairy creamer

Not all packaged foods have trans fats. It depends on the ingredients that were used. That is why it is important to read labels.

A diet laden with trans-fat increases your risk of heart disease, the leading killer of adults.

NUTRITION:

Nutrition Facts that are Common Sense (2)

How often should you eat?

Some people believe that having smaller, more frequent meals may help them to lose weight. And, there are many sites on the internet that advocate this.

However, some studies suggest that meal size and frequency have no effect on fat burning or body weight. This is also found online.

The truth is that we are all different, and what works for one person may not work for others. But there is some science around how often it is healthy to eat.



The wait time between meals should be between three and five hours, according to Dr. Edward Bitok, DrPH, MS, RDN, assistant professor, Department of Nutrition & Dietetics at the LLU School of Allied Health Professions. It is hard not to listen to someone with all those achievements.

This waiting period is ideal because it is the average time it takes for the stomach's contents to be emptied into the small intestine after a standard meal, Dr. Bitok explained. We covered the digestive system in an earlier pack, so we already know that this can take some time.

Waiting this long will also ensure that a true appetite has returned to sustain the body instead of just eating out of habit or as an emotional response, according to Dr. Priya Khorana, D.Ed. — doctor of Nutrition Education.

A wait of six to eight hours between meals can cause problems in your everyday activities, according to Dr. Khorana, as it can lead to a lack of focus, acidity, irritation (hangry), shakiness, low energy, low blood sugar levels, and eventually, over-eating.

"People are likely to overeat to make up for the lack of calories, and taking this food in too quickly can lead to nausea, bloating and exhaustion as you are more likely to ignore your body's satiety cues," Dr. Khorana continues.

Waiting too long can also lead to long-term health complications such as low blood sugar levels.

On the flip side, if you don't wait long enough between meals, you may face problems that can hurt your vascular system, as well as make you gain weight, according to Jianqing Wu, Ph.D. and J.D., author of "Health Optimization Engineering."

Waiting only two hours between meals, Wu explained, can result in high glucose levels in the blood. The peak of the glucose generated from the first meal will superimpose with the glucose from the second meal and result in a bigger glucose peak.

This can lead to excessive glucose levels in the blood that can slowly ruin the vascular system. Additionally, not waiting long enough also result in adding in more calories to the digestive process than what's needed. So they also recommend the three to five hour wait period between meals to keep this from happening

NUTRITION:

Nutrition Facts that are Common Sense (3)

Sugary drinks are extremely unhealthy for you

Remember, Fructose, in the form of actual fruit, is great. Yes, it is a sugar, but is a natural sugar. The fructose in sugary drinks comes from high-fructose corn syrup, which is different. And this is not good.

Sugary drinks contain “added sugars”, and it is these that are bad for your health.

The most common form of added sugar, “sucrose” or “table sugar”, supplies large amounts of the simple sugar fructose. Fructose does not lower the hunger hormone “Ghrelin” or stimulate fullness in the same way as glucose, the sugar that forms when you digest starchy foods.



Rethink your Sugary Drink

Thus, when you consume liquid sugar, you usually add it on top of your total calorie intake, because sugary drinks don't make you feel full. In one study, people who drank sugary soda in addition to their current diet consumed 17% more calories than before. Not surprisingly, studies show that people who drink sugar-sweetened beverages consistently gain more weight than people who don't.

In one study in children, each daily serving of sugar-sweetened beverages was linked to a 60% increased risk of obesity. In fact, sugary drinks are among the most fattening aspects of the modern diet.

Table sugar (sucrose) and high-fructose corn syrup are composed of two molecules, glucose and fructose, in roughly equal amounts.

Glucose can be metabolized by every cell in your body, whereas fructose can only be metabolized by one organ; your Liver. Sugary drinks are the easiest and most common way to consume excessive amounts of fructose. (again, I repeat, do not confuse with eating actual fruits). When you consume too much, your liver becomes overloaded and turns the fructose into fat. Some of the fat gets shipped out as blood triglycerides, while part of it remains in your liver. Over time, this can contribute to non-alcoholic fatty liver disease.

The hormone “Insulin” drives glucose from your bloodstream into your cells. But when you drink sugary soda, your cells may become less sensitive or resistant to the effects of insulin. When this happens, your pancreas must make even more insulin to remove the glucose from your bloodstream — so insulin levels in your blood spike.

This condition is known as “insulin resistance”.

Insulin resistance is arguably the main driver behind metabolic syndrome, a stepping stone towards type 2 diabetes and heart disease.

Animal studies demonstrate that excess fructose causes insulin resistance and chronically elevated insulin levels.

One study in healthy, young men found that moderate intake of high-fructose corn syrup increased insulin resistance in the liver.

Be Aware

WARNING:
Drinking beverages
with added sugar(s)
contributes to obesity,
diabetes, and tooth decay.



NUTRITION:

Nutrition Facts that are Common Sense (4)

Health is about more than weight

How often have we gone to see a health professional and the first thing they ask us is to step on the scales? This could even be outside in a hallway (and that happens to me when I get my regular six month blood tests.)

Others may follow in the privacy of the exam room and lab, but that first one can be prominent, prompt, and public. It may print off your weight, or the nurse scribbles your weight on your chart like a grade, maybe even before you even have a chance to say why you're there.

There's no doubt about it, in the world of healthcare, weight is given . . . a lot of weight.

But how important is that number?



Media headlines and the medical establishment alike tend to conflate fatness with sickness. Alarms sound about the rising number of people who qualify as overweight or obese, and the presumed implications for public health. We are not saying there are not health implications for the obese, or very overweight, as that is well documented. But is it overstated?

Research suggests that the relationship between heaviness and disease is more complicated and less direct than we've been led to believe. In fact, the notion that weight is a reliable predictor of health and fitness appears to be simply incorrect.

Instead, what counts as a healthy body size is likely to be highly individual, and well-being is better gauged by measures not found on a scale, including stress levels, sleep, movement, and a positive relationship with food.

Indeed, a chart definition of health based on weight may cause more problems than it solves.

Public-health officials use body mass index (BMI) to classify people as underweight, normal weight, overweight, or obese, based on a simple equation, a person's weight in kilograms divided by the square of their height in meters. They even do this for children.

A BMI between 18.5 and 24.9 is considered "normal or healthy weight" for adult men and women, while a score of 25 to 29.9 is "overweight," and anything over 30 is ruled "obese."

But even the Centres for Disease Control and Prevention acknowledges that BMI alone is "not diagnostic of the body fatness or health of an individual."

The BMI equation doesn't differentiate between muscle and body fat, for starters, so a muscular athlete can easily have a BMI over 30. (According to the BMI scale, shown below, the actor Dwayne "The Rock" Johnson qualifies as "obese." - and I imagine so would many Rugby players).

**Obviously a healthy weight is vital for your overall health.
That is common sense. But health is a much broader subject than just that.
Think about food. Think about exercise. Think about your body.
Look after it. It's the only one you will have. Make good choices.**

Essential Nutrition: HMHB look at Vitamin B2

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

Vitamin B2 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 B2 is also called “Riboflavin”.

Riboflavin is continuously excreted in the urine of healthy individuals, making deficiency relatively common when dietary intake is insufficient. Riboflavin deficiency is usually found together with other nutrient deficiencies, particularly of other water-soluble vitamins. A deficiency of riboflavin can be primary (poor vitamin sources in one's daily diet) or secondary, which may be a result of conditions that affect absorption in the intestine, the body not being able to use the vitamin, or an increase in the excretion of the vitamin from the body.

The Celiac Disease Foundation points out that a gluten-free diet may be low in riboflavin (and other nutrients) as enriched wheat flour and wheat foods (bread, pasta, cereals, etc.) are a major dietary contribution to total riboflavin intake.

Food and beverages that provide riboflavin without fortification are milk, cheese, eggs, leaf vegetables, liver, kidneys, lean meats, legumes, mushrooms, and almonds.

The milling of cereals results in considerable loss (up to 60%) of vitamin B2, so white flour is normally enriched in some countries by addition of the vitamin. The enrichment of bread and ready-to-eat breakfast cereals contributes significantly to the dietary supply of vitamin B2. Polished rice is not usually enriched, because the vitamin's yellow colour would make the rice visually unacceptable to the major rice-consuming populations. However, most of the flavin content of whole brown rice is retained if the rice is steamed (parboiled) prior to milling.

Some people take riboflavin by mouth to prevent low levels of riboflavin (riboflavin deficiency) in the body, for various types of cancer, and for migraine headaches. It is also taken by mouth for acne, muscle-cramps, burning-feet syndrome, carpal tunnel syndrome, and blood disorders such as “congenital methemoglobinemia” and red blood cell “aplasia”.

Some people use riboflavin for eye conditions including eye-fatigue, cataracts, and glaucoma.

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

Sausage, Mash and Onion Gravy

Lazza is still trying out new recipes
Today - he makes his first ever onion gravy for the sausage and mash

The term "gravy" first appears in Middle English as *gravé* and is presumed to derive from French, since the word may be found in numerous medieval French cookbooks.

The original medieval meaning was precise:
the *gravé* consisted of the natural cooking juices that flowed from roasting meat



8 sausages (I used Lincolnshire).
Butter.
2 Onions
1 heaped teasp plain flour
1 tablesp red wine vinegar
1 small glass red wine
1 teasp soy sauce
300 ml beef stock, made with 2 stock cubes
Salt and pepper to season
Sprinkle of parsley (can use thyme)

Heat the oven to 200C and put in the sausages.
Cook the peeled potatoes in hot water for around 20-25 minutes.
In a saucepan, melt around 30g butter, and then add the diced onion.
Cook till softened and just starting to caramelise. Keep stirring to make sure they do not stick.
In a bowl add 300 ml of hot water, and add the 2 beef stock cubes
Stir well, add the vinegar, soy sauce and red wine vinegar.
Add the plain flour to the onion, stir well, then pour in the liquid mix.
Bring to boil, and simmer.
Meanwhile, drain potatoes, add the butter and milk and mash nicely.
Plate up, and enjoy.



This was all about the onion gravy.
Not every recipe has to be complicated.
This was comfort food at its best.

And it was delicious. Honestly. One of the
best things I have made. It is worth trying.

I thoroughly enjoyed eating this meal.

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!



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

Name these European Capitals from the pictures 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

Lower Body Workouts

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.

Lower body exercises target your legs and glutes. The main muscles involved include:

- Glutes
- Hamstrings
- Quads
- Calves

Strengthening these areas will not only improve your functional fitness levels, but they are also really important for preventing injury too. A lot of people can suffer from injuries if they have weak glutes and hamstrings. So, by targeting these areas, you can avoid difficulties when doing more intense forms of exercise.

Other Benefits:

Improve speed and power: whether you're a runner or simply want to just improve your overall fitness, lower body exercises will help to increase your speed and power. And by strengthening your hamstrings and your glutes in particular, you can improve your explosivity, as well as your stamina and strength. So, they're great for overall performance.

Injury prevention: Weak hamstrings and glutes are a common problem. Lower body bodyweight exercises are functional, and you can isolate each side easily to avoid asymmetries. And by strengthening your lower body muscles in this way, you can avoid injury through strains.

Convenient: when you're not using much equipment to train, you have a lot more freedom in terms of when and where you work out. So, if you need to get some strengthening in but have a busy schedule or are travelling, these are perfect for fitting into your day. You can do them at home, in the park, on your own, or with friends - which we fully recommend.

Great cardio: bodyweight exercises can be extremely challenging. For example, jumping squats, jumping lunges and lateral step-ups are all going to raise your heart rate as well as help you feel the burn. But you know your own limits. We always promote pushing yourself to try the hardest version of an exercise you can, but if you are just starting out, take your time, and build up slowly.



Let's take a look at a few exercises you can try out yourselves.

EXERCISE/FITNESS:

Lower Body: Glutes

Naturally squats and lunges are fantastic exercises for the glutes, but we have covered them a lot, so let's have a look at a few different ones you can try out, alongside the normal exercises you do.

Fire Hydrant

- Start on all fours with your wrists stacked directly under your shoulders and hips over your knees.
- Keep your belly button drawn in toward your spine, back flat, and your right leg bent at 90 degrees.
- Lift your leg out to your right side, stopping at hip height.
- Return to start. Repeat for ten times, then switch to the other leg.

When you're on all fours, you activate your core stabilizers and strengthen your base. Aside from your abs, this move primarily targets the glutes, focusing in on the medium, maximus, and tensor fascia latae, so you can sculpt your butt from all angles.



Donkey Kicks

Get on all fours, with your hands stacked directly under shoulders, and knees under hips.

Without rounding your spine, engage your lower abdominals.

Keeping the 90-degree bend in your right knee, slowly lift your leg straight back and up toward the ceiling. Your max height is right before your back starts to arch, or your hips begin to rotate.

Return to the starting position. Repeat all reps on one side, then switch legs.



Sumo Squats (variation on the normal squat)

- Stand with your feet a bit wider than hip-width apart and turn your feet out, externally rotating your hips.
- With your hands clasped together at your chest, push your hips back and squat down, keeping your back straight and your upper body lifted. Your knees should not come over your toes.
- Make sure you're pushing through your heels and engaging your inner thighs as you come back to your starting position.
- Repeat for ten times, Rest, Repeat again. Etc.



You'll be able to run faster and jump higher with strong glute muscles, as speed and agility improve. Strong glutes can help to prevent knee pain, low back pain, hamstring and groin pain. You're likelier to pull a hamstring or groin muscle if your glutes are weak.

EXERCISE/FITNESS:

Lower Body: Quadriceps (quads)

Again, normal squats and lunges are terrific quadricep exercises. You should try and ensure you keep these in your routines, and we covered them in the last couple of packs. So let's try some different ways.

Wall Sits (wall squats)

Make sure your back is flat against the wall.

Place your feet firmly on the ground, shoulder-width apart, and then about 2 feet out from the wall.

Slide your back down the wall while keeping your core engaged and bending your legs until they're in a 90-degree angle (right angle), so that if someone wanted to sit on your lap, they could. (Although now probably isn't the best time.) Your knees should be directly above your ankles, not jutting out in front of them.

HOLD your position, while contracting your ab muscles.

When you're ready to wrap it up, take a few seconds to



Diagonal Walking Lunge

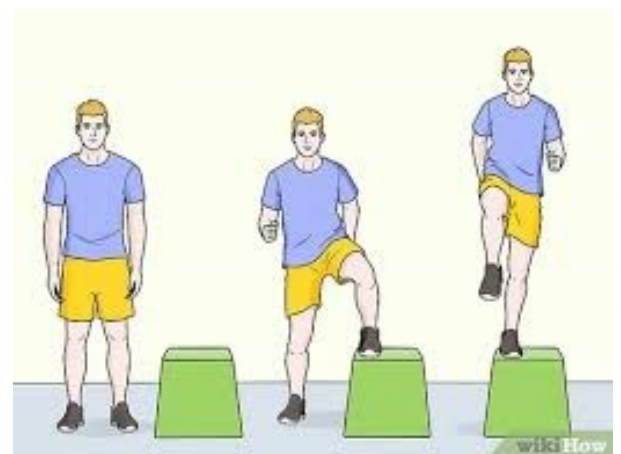
- Stand with your feet hip-width apart, and if you can hold on to some kind of weight in each hand, but this isn't necessary.
- Step out on a diagonal with one leg, and lower down into a lunge until your rear knee nearly touches the floor and your front thigh is parallel (or as low as you can).
- Step forward with your rear leg, then step out to the side again, creating a zig-zag pattern.
- Keep walking forward.



Lateral Step-Ups

- Yes, these are simple, but then again a lot of the best exercises are.
- Start standing to the left side of a box, step or bench.
- Step onto the box with your right foot.
- Step up, placing your left foot next to the right and step down to the floor with your right foot on the other side of the box.
- Lower your left foot down to the floor and immediately place it back up onto the box to repeat the movement on the other side

These basic exercises really are great. It's like using stairs as much as possible.



Each quad is a group of four muscles located at the front of your thigh. These four muscles work together to help you stand, walk, run, and move around with ease. They also keep your kneecap stable. Because you rely on your quads to do many types of activities, they can be prone to injury

EXERCISE/FITNESS:

Lower Body: Hamstrings

The hamstring muscle is built up of 3 muscles, “biceps femoris”, “semitendinosus”, and “semimembranosus”. These muscles work together to produce and control movements both at the knee and hip joint. Its main role at the knee joint is to flex your knees from a fully extended position. At the hip joint its role is to assist the gluteal muscles to perform hip extension. The hamstrings act to bend the knee and extend the hip and also pull the tibia backwards, hence serving as a protector of the Anterior Cruciate Ligament (ACL), the most important stabiliser of the knee.

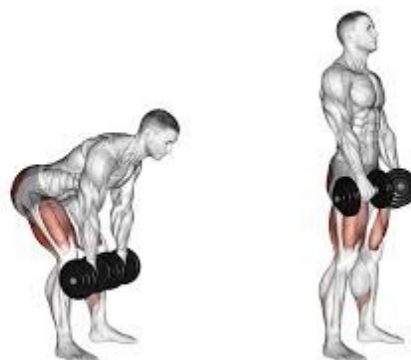
Single Leg Glute Bridge

Lie down with your back, palms, and feet flat on the floor, knees bent. Bring one leg off the floor. Keep the knee bent and flex your toes toward your head. Hold this position as you press your working leg’s foot into the ground as you raise your hips, evenly, toward the ceiling. Keep your back straight, and engage your glutes at the top of the movement to prevent your lower back from sagging. Hold at the top for a 2-second count, then lower and repeat. Complete all reps for one side, then repeat on the other.



Romanian Deadlift (hold a weight in each hand)

- Stand up tall with one dumbbell in each hand, palms facing you.
- Engage your abs, and hinge your hips back as you slowly lower the dumbbells toward the middle of your shins.
- Stand back up, then squeeze your glutes at the top
- Repeat, ensuring you keep your chin up and your back straight—do not look at the floor and curve your back.



Reverse Plank (this is quite tough)

Start by sitting on the floor with your legs out in front of you. Put your hands on the ground palms down just behind and outside your hips. Then push up and lift your body until it forms a straight line from head to toe.

Keep your arms and legs straight and brace your abs. Just as with every type of plank, don’t let yourself droop. If you can’t hold the position for 30 seconds, try supporting yourself on your forearms rather than with straight arms at first. A saggy plank is of no benefit at all.



This isn't me. :-)

The workouts of this type mainly aim to sculpt your legs. However, the majority of the exercises engage several muscle groups. For instance, when you perform your favourite squats, not only your glutes and quads work, but your core muscles as well. Moreover, such training sessions increase your heart rate and as a result you combine strength and cardio.

HEALTH / ROUTINE

Dealing With Acne

There's a reason it's called "common acne", as nearly everyone suffers from a pimple outbreak at some point in life.

It starts when greasy secretions from the skin's sebaceous glands (oil glands) plug the tiny openings for hair follicles (plugged pores). If the openings are large, the clogs take the form of blackheads: small, flat spots with dark centres. If the openings stay small, the clogs take the form of whiteheads: small, flesh-coloured bumps. Both types of plugged pores can develop into swollen, tender inflammations or pimples or deeper lumps or nodules. Nodules associated with severe cases of acne (cystic acne) are firm swellings below the skin's surface that become inflamed, tender, and sometimes infected.



Although acne remains largely a curse of adolescence, about 20% of all cases occur in adults. Acne commonly starts during puberty between the ages of 10 and 13 and tends to be worse in people with oily skin. Teenage acne usually lasts for five to ten years, normally going away during the early 20s. It occurs in both sexes, although teenage boys tend to have the most severe cases. Women are more likely than men to have mild to moderate forms into their 30s and beyond.

Acne lesions are most common on the face, but they can also occur on the neck, chest, back, shoulders, and upper arms.

The NHS suggests talking to your local doctor if:

- Your acne makes you unhappy or uncomfortable.
- Your acne is producing scars.
- Acne is causing dark patches to appear.
- You have severe acne, which may produce nodules under the skin and persistent pimples; a dermatologist may recommend prescription drugs to control the condition and prevent permanent scars.
- Your acne doesn't respond to over-the-counter remedies; so you may need medical treatment.

The occasional pimple can be concealed. If used at all, over-the-counter cover-up creams and cosmetics should be water-based. Even if outbreaks of acne cannot be eliminated, conventional treatment can provide relief.

The best treatments inhibit sebum production, limit bacterial growth, encourage shedding of skin cells to unclog pores, or a newer treatment that blocks male hormones in the skin. Because many therapies can have side effects, any patient with acne should proceed with caution when trying a new treatment. People with any type of acne that lowers their self-esteem or makes them unhappy, those with acne that is leaving scars or people with severe, persistent cases of acne, need the care of a dermatologist.

Gentle cleansing of the face with soap and water no more than two times a day can help with acne. However, this does not clear up acne that is already present. Aggressive scrubbing can injure the skin and cause other skin problems. Acne can clearly affect confidence, as we tend to judge others on appearance. If you are suffering please stay strong, follow medical advice, and we wish you all the best.

HEALTH / ROUTINE

Dealing with Bad Breath

Bad Breath, medically called “Halitosis”, can result from poor dental health habits and may be a sign of other health problems. Bad Breath can also be made worse by the types of foods you eat and other unhealthy lifestyle habits.

Basically, all the food eaten begins to be broken down in your mouth, as it starts its way in your digestive system. If you eat foods with strong odours (such as garlic or onions), brushing and flossing, even using mouthwash, merely covers up the odour temporarily. The smell tends not to go away completely until the foods have passed through your body.

If you don't brush and floss teeth daily, food particles can remain in your mouth, promoting bacterial growth between teeth, around the gums, and on the tongue. This causes bad breath. Antibacterial mouth rinses also can help reduce bacteria.

In addition, odour-causing bacteria and food particles can cause bad breath if dentures are not properly cleaned.

Smoking or chewing tobacco based products also can cause bad breath, stain teeth, reduce your ability to taste foods, and irritate your gums.

Persistent bad breath or a bad taste in the mouth may be a warning sign of gum (periodontal) disease. Gum disease is caused by the build-up of plaque on teeth. Bacteria cause the formation of toxins to form, which irritate the gums. If gum disease continues untreated, it can damage the gums and jawbone.

Other dental causes of bad breath include poorly fitting dental appliances, yeast infections of the mouth, and dental caries (cavities).

The medical condition “dry mouth” (also called xerostomia) can also cause bad breath. Saliva is necessary to moisten the mouth, neutralize acids produced by plaque, and wash away dead cells that accumulate on the tongue, gums, and cheeks. If not removed, these cells decompose and can cause bad breath. Dry mouth may be a side effect of various medications, salivary gland problems, or continuous breathing through the mouth.

Many other diseases and illnesses may cause bad breath.

Here are some to be aware of:

- Respiratory tract infections such as pneumonia or bronchitis.
- Chronic sinus infections,
- Postnasal drip,
- Diabetes,
- Chronic acid reflux,
- Gastrointestinal issues,
- Liver or Kidney problems



**That awkward moment
when you don't know if
they offered you gum out
of generosity or because
of bad breath.**

HEALTH / ROUTINE

Dealing with Body Odour

The thing about body odour, and even sweating, is that they're okay if they occur during your workout sessions or when the weather is hot and humid. But sometimes this happens in your day-to-day life as well. And not just when stressed, anxious, or nervous.

Body odour is a very unpleasant smell that the body produces when sweat and bacteria come together. This means the sweat your body generates is not the culprit here. It's actually the bacteria that live on your skin, which break down your sweat into certain acids to give rise to a horrid smell.



Stress

Did you know that stress can actually make you sweat in a manner that increases body odour? Your body contains two different kinds of sweat glands. The first is eccrine and the other is apocrine. The former excretes sweat required for cooling down, which takes the form of water. As for the latter, it's released only when you're upset or stressed. And it's the apocrine sweat that bacteria on your skin breaks down to stink you up. No wonder when you're nervous, anxious, or stressed, you end up smelling unpleasant.

Food and Drink

There is quite a huge list of foods that contributes to body odour, and that list includes red meat, sulfurous foods such as broccoli, cruciferous vegetables like cabbage and cauliflower, and even alcohol. In the case of vegetables at least, you can minimize the unpleasant odour-causing effect simply by cooking them in water and some salt. I hasten to say that you should not cut out vegetables from your diet though. :-)

Bacteria and Sweat

Not just sweat but bacteria and sweat, as put earlier, can also be a common cause of body odour. As already discussed, your body has two sweat glands. In both cases, the sweat produced has no odour and evaporates with time. But when the sweat generated by the apocrine sweat glands doesn't dissipate quickly and keeps on building up, then bacteria present on your skin begin to multiply. And with that going on, the bacteria turn the sweat into certain acids, which cause body odour.

It is possible that some health conditions also cause body odour - such as liver or kidney problems, hormonal fluctuations, and athlete's foot, amongst others, so do seek professional help if you are worried. You don't necessarily have to make drastic lifestyle changes in order to get rid of your body odour. Just make sure your daily hygiene routine consists of odour-fighting soaps and body washes. Along with a diet that doesn't contain too many foods known to contribute to body odour.

Some people also go for effective home remedies like using antibacterial body washes infused with natural ingredients that are safe to use even on sensitive skin. Other solutions include wearing clean clothes, applying antiperspirant, choosing antimicrobial fabrics, and the like.

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

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!!!

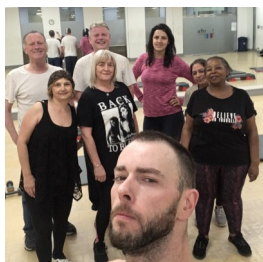
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

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

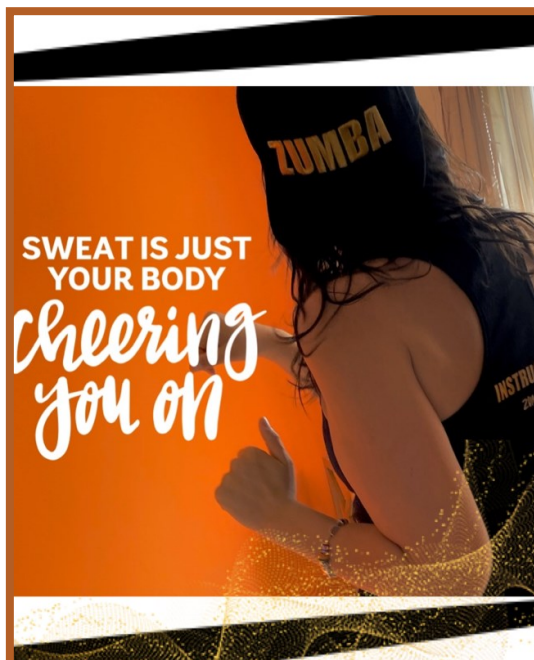
Karina is based in Islington, but her online classes are fabulous.

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



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



PILATES

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

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

As always, we are continuing to promote that Mind-set to help push you forward in life.

There are various skills we can all develop to grow that mind-set, and it is never too late to do this. It matters not about age or ability, if you have the inclination, you can do it!!!

It's up to you though. Nothing happens without action, and I know personally how difficult that can be. Confidence is also paramount. Keep pushing forward!!!



Nutrition.

A lot of information can be found about nutrition online, and some of it is not particularly accurate.

However, much of it is down to common sense when you think about it, so we picked four subjects and tried to investigate them all a bit harder.

That is the way to do it. Don't just believe everything, do your own research, and you may be surprised at what you find.

Your body needs looking after. Think about what you put into it..



Exercise



Our legs and bums take a lot of action, hold up our bodies, and have to deal with a lot of weight (and for some of us more than others!!).

The increased energy that comes with a regular lower body workout, can make everyday activities more nimble and symmetrical, avoiding injuries.

When people build their muscles, they are also going to increase their metabolism and burn more calories at rest. So try some of our suggestions, get some squats and lunges going, and improve your health.

Health.

We thought we would take a look at three common ailments that afflict our bodies at various times.

Acne, Bad Breath, and Body Odour can all have a negative impact on our social lives, and our confidence.

Obviously, the best thing is to go and see your doctor and get professional advice if you have major concerns, but small healthy lifestyle changes can make a difference too.

We look at health every week, and it always ends with exercise, diet, sleep and routine. It's up to you.



**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 + European Capitals from Page 15

See if you can beat your family and friends

Music:

These are the lead singer of these bands?

- | | | |
|----|---------------|------------------|
| a. | Communards: | Jimmy Somerville |
| b. | Dire Straits | Mark Knopfler |
| c. | Muse | Matt Bellamy |
| d. | Jamiroquai | Jay Kay |
| e. | Duran Duran | Simon Le Bon |
| f. | R.E.M. | Michael Stipe |
| g. | The Cure | Robert Smith |
| h. | Simple Minds | Jim Kerr |
| i. | Coldplay | Chris Martin |
| j. | UB40 | Alu Campbell |
| k. | Guns 'n Roses | Axl Rose |
| l. | Hot Chocolate | Errol Brown |
| m. | A-Ha | Morten Harket |

Sport

Name Sports of these 2012 and 2016 UK Olympic medal winners.

- | | | |
|-----|-----------------|--------------|
| 1. | Justin Rose | Golf |
| 2. | Jason Kenny | Cycling |
| 3. | Greg Rutherford | Long Jump |
| 4. | Ben Ainslie | Sailing |
| 5. | Jessica Ennis | Heptathlon |
| 6. | Laura Robson | Tennis |
| 7. | Luke Campbell | Boxing |
| 8. | Jonny Brownlee | Triathlon |
| 9. | Jack Laugher | Diving |
| 10. | Helen Glover | Rowing |
| 11. | Jade Jones | Taekwondo |
| 12. | Nick Skelton | Show Jumping |
| 13. | Liam Heath | Canoeing |

Film:

Can you name the actor, and their character name, who played the main Cop/Investigator in these films.

- | | | |
|-----|--------|------------------------------------|
| 1. | DH: | Bruce Willis: John McClane |
| 2. | BHC: | Eddie Murphy: Axel Foley |
| 3. | TFC: | Gene Hackman: Jimmy (Popeye) Doyle |
| 4. | F: | Frances McDormand: Marge Gunderson |
| 5. | BR: | Harrison Ford: Rick Deckard |
| 6. | DH: | Clint Eastwood: Harry Callahan |
| 7. | TF: | Harrison Ford: Richard Kimble |
| 8. | TSOTL: | Jodie Foster: Clarice Starling |
| 9. | TNG: | Leslie Nielson: Frank Drebin |
| 10. | R: | Peter Weller: Alex Murphy |
| 11. | S: | Keanu Reeves: Jack Traven |
| 12. | ASITD: | Peter Sellers: Jacques Clouseau |
| 13. | HF: | Simon Pegg: Nicholas Angel |
| 14. | DOTN: | Peter Ustinov: Hercule Poirot |
| 15. | PA: | Steve Guttenburg: Carey Mahoney |
| 16. | TDATJ | Michael Lonsdale: Lebel |

Nature

The 17 animals with the highest number on Earth are:
Humans, Cows, Domestic Pigs, Domestic Sheep, Dog,
Domestic Goat, Rabbit, Cat, Water Buffalo, Horse,
Donkey, Mule: plus: unknown numbers of Bats, Squirrel,
Red Fox, Mice, Rats. *(I'm just going by the website!!!)*

QUIZ
ANSWERS

List of European Capitals - from Page 15

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

- | | | | |
|----|-------------------|----|------------------------|
| 1 | Brussels, Belgium | 2 | Amsterdam, Netherlands |
| 3 | Athens, Greece | 4 | Madrid, Spain |
| 5 | Paris, France | 6 | Berlin, Germany |
| 7 | London, England | 8 | Copenhagen, Denmark |
| 9 | Moscow, Russia | 10 | Vienna, Austria |
| 11 | Rome, Italy | 12 | Bern, Switzerland |
| 13 | Warsaw, Poland | 14 | Lisbon, Portugal |
| 15 | Ankara, Turkey | | |
- (If you got more than ten, well done!!!)*

Geography

Seven Scottish Cities:

Aberdeen, Dundee
Edinburgh, Glasgow
Inverness, Perth, Stirling

Six Welsh Cities:

Cardiff, Newport
St Davids, St Asaph
Swansea, Bangor

THE LAST PAGE

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

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well